

Growing Deeper — Week 9
Jesus responds to our needs!



7 minutes to help grow your
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It's so easy!

Gather the family for 7 minutes:

	 Get Active <i>4 minutes</i>	 Rest and Talk <i>3 minutes</i>
DAY 1	Speed ball	Read and discuss Mark 10:46-52
DAY 2	Partner mountain-climbers	Read and discuss Mark 10:46-52
DAY 3	Sock basketball	Read and discuss Mark 10:46-52

This is part of a journey through Mark's story as we explore 'Who is this man Jesus?'. It's found in the Bible in **Mark 10:46-52**.

It's easy! No special equipment. Just a sense of fun and an open mind!

More information at the end of the booklet. Please read the terms and conditions.



DAY 1

Get active



Speed ball

Find a ball. Everyone runs around the space throwing the ball to one another to catch. When someone drops the ball they must do six squats or three burpees.



<https://youtu.be/wb5lwu1pbQ>

Rest and Talk



Call on Jesus anytime

- *When have you been in a big crowd seeing someone famous?*

Read **Mark 10:46-52**.

When Bartimaeus called Jesus “Son of David”, he was saying he believed Jesus was the Messiah. The Jews looked forward to the coming of the Messiah who would save people from their sin.

- *What would you call out to Jesus?*

Chat to God: Spend time in silent prayer. Picture yourself in a crowd, seeing Jesus. Now take turns to say one sentence to describe your reactions. Thank Jesus for being present.

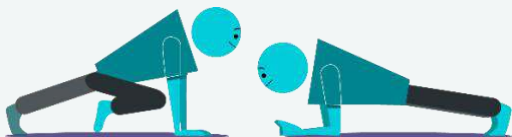
DAY 2

Get active



Partner mountain-climbers

Work in pairs. One person does 10 mountain-climbers while the other person is in a plank position. Swap places. Do three rounds.



Rest and Talk



Jesus hears us

- *Talk about a time you had to struggle to be heard.*

Read **Mark 10:46-52**.

Bartimaeus was making plenty of noise and many people told him to stop! But he just shouted even louder. Jesus hears us when we call on Him – from our shouts to our whispers.

- *What do you need Jesus to help you with?*

Chat to God: Tell God the needs of your household in whispers. Pause and in a louder voice, thank Him for hearing you.

DAY 3

Get active



Sock basketball

Make a ball from a rolled-up sock. One person uses their arms as the goal. Choose three places to shoot from. Everyone gets three shots at each place. Count the number of successful shots to find the winner.

Play again and blindfold the person taking the shots.



<https://youtu.be/5zt0ZewwXzU>

Rest and Talk



Jesus is ready to respond

- *When did you receive something that was **exactly** what you needed?*

Read **Mark 10:46-52**.

The crowd changed. It went from telling Bartimaeus to stop shouting, to encouraging him. “Don’t be afraid! Come on!” So he jumped up, full of hope, and Jesus healed him.

- *Think of someone in your community who is in need. Brainstorm ideas to help them.*
- *Could your household respond to this need and encourage them?*

Chat to God: Lord help us to notice the needs of people around us and respond.

Words of the Week

You can find these words in a free online Bible here at [Mark 10:46-52](#) (NIV).

Bible passage — Mark 10:46-52 (NIV)

Then they came to Jericho. As Jesus and his disciples, together with a large crowd, were leaving the city, a blind man, Bartimaeus (which means “son of Timaeus”), was sitting by the roadside begging. When he heard that it was Jesus of Nazareth, he began to shout, “Jesus, Son of David, have mercy on me!”

Many rebuked him and told him to be quiet, but he shouted all the more, “Son of David, have mercy on me!”

Jesus stopped and said, “Call him.” So they called to the blind man, “Cheer up! On your feet! He’s calling you.” Throwing his cloak aside, he jumped to his feet and came to Jesus.

“What do you want me to do for you?” Jesus asked him.

The blind man said, “Rabbi, I want to see.”

“Go,” said Jesus, “your faith has healed you.” Immediately he received his sight and followed Jesus along the road.

Health tip

Reduce technology 'screen' time.
Close some social media accounts.



More Information

We hope you enjoyed *family.fit fast*. It has been put together by volunteers from around the world. It's free!

You will find full family.fit sessions on the website <https://family.fit>. Share it with others.

Find videos at the [family.fit YouTube® channel](#)

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If you translate this into a different language, please email it to us at info@family.fit so it can be shared with others.

Thank you.

The family.fit team



Promotional
video

TERMS AND CONDITIONS

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