

*Growing Wiser — Week 1*  
**Live with purpose**

**family.fit**  
*fast*

7 minutes to help grow your  
*family.fitness.faith.fun*



[www.family.fit](http://www.family.fit)

# It's so easy!

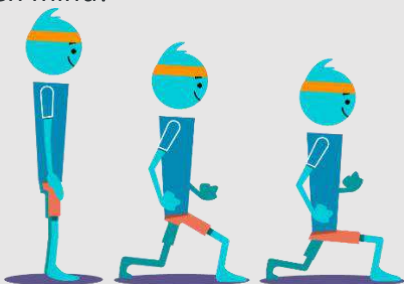
Gather the family for 7 minutes:

	 <b>Get Active</b> <i>4 minutes</i>	 <b>Rest and Talk</b> <i>3 minutes</i>
<b>DAY 1</b>	Partner lunges	Read and discuss Matthew 5:13-16
<b>DAY 2</b>	Sock basketball	Read and discuss Matthew 5:13-16
<b>DAY 3</b>	Obstacle course	Read and discuss Matthew 5:13-16

These verses come at the start of the most famous 'sermon' Jesus gave for followers in His upside-down Kingdom.

It's found in the Bible in **Matthew 5:13-16**.

**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



### Partner lunges

Stand straight with hands on hips. Step forward with one leg and lower your hips until your front knee is bent at 90 degrees. Alternate legs.

Practice lunges in pairs facing each other. Start slowly and carefully. Do four rounds of 10 repetitions. Rest between each round.



<https://youtu.be/vb0H2Ke823I>

## Rest and Talk



### Know your purpose

- *Name three things you use salt for or find salt in.*

Read Matthew 5:13-16.

Jesus used familiar things to help us think about what it means to follow Him. He uses salt here. Find some salt and try to get a single grain each and taste it.

- *What things taste better with salt? What do you think being 'salt' means for us today?*

**Chat to God:** Find a family photo or a photo of those you love. Take a little salt and sprinkle it on the photo as you pray a blessing over each person.

# DAY 2

## 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.



<https://youtu.be/d2c863bAZT0>

## Rest and Talk



### Be known for doing good

- *On each finger, count ways that others have been good to you personally or as a family.*

Read Matthew 5:13-16.

Collect as many lights as you can. Then find the darkest place and turn on each light.

- *In what ways can you let your light shine?*

**Chat to God:** In the quiet, ask God to help you see how you can let your light shine. Write down these ideas and share them together. Turn off all the lights except one. Thank God that even a little light makes a big difference.

# DAY 3

## Get active



### Obstacle course

Set up an obstacle course. Use the space you have inside or outside (for example, run to the tree or chair, leap over the path or rug, and so on). Be creative! Take turns to get through the obstacle course as quickly as possible. Time each person.



<https://youtu.be/0wf6zfkzmCQ>

## Rest and Talk



### Live for God's glory

- *Who do you know who shines the light of Jesus?*

Read [Matthew 5:13-16](#).

The ultimate purpose Jesus suggests in these verses is that our lives will somehow visibly point to God and give Him glory!

- *Imagine you are alone with Jesus. Where, or to whom, do you think He might ask you to let your light shine?*

**Chat to God:** Ask God to help each of you to let your light shine this week in a way that might cause others to give God glory.

# Words of the Week

You can find these words in a free online Bible here at [Matthew 5:13-16](#) (NIV).

## **Bible passage** — Matthew:13-16 (NIV)

“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

## Health tip

Plan for success.

Have a family meeting every week to bring unity and to coordinate plans.



# 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](mailto:info@family.fit) so it can be shared with others.

Thank you.

*The family.fit team*



Promotional  
video

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