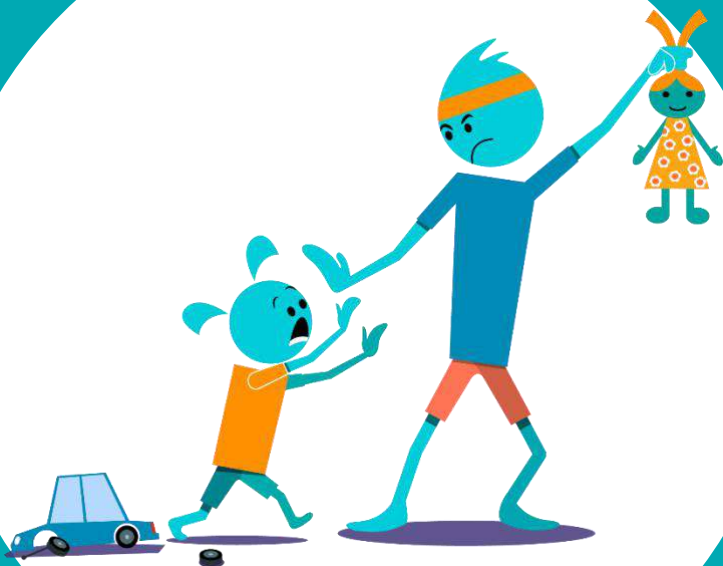


*Growing Wiser — Week 2*  
**Giving a different way**



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>	Move to music	Read and discuss Matthew 5:38-42
<b>DAY 2</b>	Ants on a log	Read and discuss Matthew 5:38-42
<b>DAY 3</b>	Pyramid push-ups	Read and discuss Matthew 5:38-42

Giving generously when someone does not deserve it is difficult. These verses continue Jesus' teaching on what it is like to live in His upside-down Kingdom.

It's found in the Bible in [Matthew 5:38-42](#).

**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



### Move to music

Put on some favorite music. Repeat these moves until the music ends:

- 10 running on spot
- 5 squats
- 10 running on spot
- 5 squats with hand clap above head



<https://youtu.be/ATHqkVnm8nE>

## Rest and Talk



### Generosity instead of revenge

- *If someone does something nasty to you, how do you react?*

Read Matthew 5:38-42.

When someone hurts us, it is natural to want to fight back.

- *Can you think of times when Jesus experienced hurt from others – and acted differently? What do you find surprising about His words here? Which parts are hard?*

**Chat to God:** Jesus' words are 'upside down' – not the 'normal' way of reacting. Share one thing Jesus says that sounds exciting or one thing that sounds almost impossible. Pray that God will make the impossible possible.

# DAY 2

## Get active



### Ants on a log

Everyone stands on a 'log' (a line, low wall or a bench). The goal is to reverse your order on the log without anyone falling off. Work together so everyone is successful. Set a timer.



<https://youtu.be/l1pHjfxleEc>

## Rest and Talk



### Many ways to be generous

- *What are some ways of giving that don't involve money?*

Read Matthew 5:38-42.

- *What are different ways of 'giving' – especially to people who have been unkind to you?*

Together, write sentences that are relevant for your family using Jesus' model: "If someone ..., then we should ..."

**Chat to God:** Take turns to read out each sentence. After each one, ask Jesus for His help to do it. Leave the sentences where you can see them this week to remind everyone that Jesus' way is 'upside down'.

# DAY 3

## Get active



### Pyramid push-ups

Start with one push-up. Rest briefly. Do two push-ups and rest, then three push-ups and rest. Continue all the way to 10 push-ups. Once you get to 10, work your way back down to one again. If you do the whole pyramid, you will have completed 100 push-ups. Wow!

*Go easier: Push-up against a wall, table or on knees.*



[https://youtu.be/stuFr3i21\\_M](https://youtu.be/stuFr3i21_M)

## Rest and Talk



### Follow Jesus' words every day

- *List three things your family could never give away.*

Read Matthew 5:38-42.

Talk about times when a friend or stranger asks for something that belongs to you.

- *How do you feel? Does it depend on what they ask for or who they are?*

Plan different ways of giving so you demonstrate Jesus' words: "don't turn away from them".

**Chat to God:** What kind of reputation does your family have for being generous with time, friendship and help? Ask God to help you to be an 'upside down' family.

# Words of the Week

You can find these words in a free online Bible here at [Matthew 5:38-42 \(NIV\)](#).

## **Bible passage** — Matthew 5:38-42 (NIV)

“You have heard that it was said, ‘Eye for eye, and tooth for tooth.’ But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also. And if anyone wants to sue you and take your shirt, hand over your coat as well. If anyone forces you to go one mile, go with them two miles. Give to the one who asks you, and do not turn away from the one who wants to borrow from you.”

## Health tip

Plan for success.

Find a regular time for a family meeting each week. Check the calendar together. Find solutions to problems and encourage each other with successes.



# 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](#)

Find us on social media here:



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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