

Growing Wiser — Week 2



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Giving a different way

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Matthew
5:38-42

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instead of
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Explore

Read the
verses, discuss
and share
experiences

Read verses,
discuss and
write
'if...then...'
sentences

Read verses,
discuss and
plan ways to
be generous



Play

Paper islands

Ants on a log

Mime and
guess

Getting started

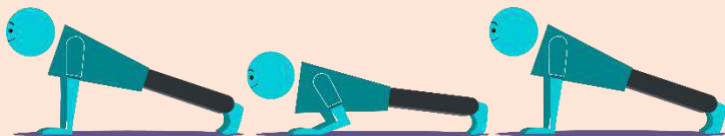
Help your family to be active inside or outside this week with three fun sessions:

- Involve everyone – anyone can lead!
- Adapt for your family
- Encourage each other
- Challenge yourselves
- Don't exercise if it causes pain

Share family.fit with others:

- Post a photo or video on social media and tag with **#familyfit** or **@familyfitnessfaithfun**
- Do family.fit with another family

More information at the end of the booklet.



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By using this resource you agree to our Terms and Conditions <https://family.fit/terms-and-conditions> as detailed in full on our website. These govern your use of this resource by you and all those exercising with you. Please ensure that you and all those exercising with you accept these terms and conditions in full. If you disagree with these terms and conditions or any part of these terms and conditions, you must not use this resource.



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>

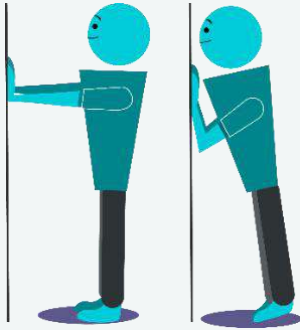
Rest and talk together.

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

Go deeper: *When have you been in a situation where you wanted to take revenge? What did you choose to do?*



Wall push-ups



Stand with arms outstretched towards a wall. Lean forwards, place palms on the wall, bend elbows and push back to standing position.

Complete 10 wall push-ups and rest. Do three rounds.

Go easier: Stand closer to the wall.

Go harder: Do push-ups from your knees or toes.



Drawing lots

Place at least 10 pieces of paper in a container, each with a different task written on it: 10 sit-ups, 5 push-ups, 15 jumping jacks, hug each person, 'high five' each person, get a glass of water for each person, 20 seconds of high knees, 20 seconds of plank, 15 seconds of superman.

Take turns to draw lots and do the task on it. You can choose to help another person with their task, and you can also choose to draw lots more than once if you want an extra challenge.

Do three rounds.



<https://youtu.be/W-OY9808VPY>

Go harder: Increase to five rounds.



Generosity instead of revenge

Read **Matthew 5:38-42** from the Bible.

If you need a Bible, go to <https://bible.com> or download the Bible App onto your phone.

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

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.”

Discuss:

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.



Paper islands

Stand in a big circle with paper sheets on the floor as islands in the middle. Everyone moves around the circle until the leader says “islands”. Everyone must stand on an island. If they cannot, they stand at the side. More than one person can be on an island at a time if they can balance.

After each round, take an island away. Continue until one island is left. Have fun!



<https://youtu.be/Fn9iLdVBueM>



Health tip

Plan for success.



Hand touches

Face a partner in a push-up position. Try to touch the other person's hands while protecting your own. How many touches can you make in 60 seconds?



<https://youtu.be/tT9ATt9fLxE>

Rest and talk together.

What's the best gift you've ever been given? What's the best gift you've given to someone else?

Go deeper: *What are some ways of giving that don't involve money?*



Partner push-ups



The key to a good push-up is keeping your body in a straight line and your elbows close to your side.

Face your partner on the floor with your knees on the ground and your hands in line with your shoulders. Do a push-up at the same time and then give each other a one-handed 'high five'.

Complete 10 and rest. Do two rounds.



https://youtu.be/stuFr3i21_M

Go easier: Reduce repetitions to eight.

Go harder: Complete three rounds.



Carry all the objects

Gather 20 objects (balls, toys, spoons). Put all objects together five meters away.

The first person bear-crawls to the objects. They do three push-ups, grab one (or more) objects and do walking lunges back with the object(s).

Each person must return with one more object than the previous person until all of the objects are returned to the starting line.

Do three rounds.



https://youtu.be/CoK_I3tQ0ZQ

Go harder: Increase to five push-ups or burpees.



Many ways to be generous

Read Matthew 5:38-42.

Jesus talks about soldiers and people in court which may not be your experience. Imagine Jesus is sitting with your family right now. 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'.



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>



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.



Arm circles and body shapes

Arm circles: Stand in a circle and together complete 15 of each arm movement. Small circles forward, small circles backward, big circles forward, big circles backward.

Body shapes: Lie face down, arms overhead and palms facing each other. Move your arms like the hands of a clock into each formation.

Do three rounds.



<https://youtu.be/l1Hfa4VISZI>

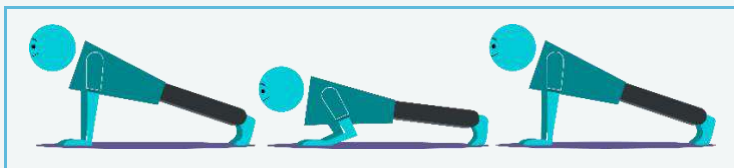
Rest and talk together.

List three things your family could never give away.

***Go deeper:** What limits should we put on our generosity? How do we decide this?*



Push-up pyramids



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. Only complete the pyramid to eight before going down again.

Go harder: Do a more advanced version of the push-up.



Give what you can

With a partner see how many squats you can do in seven minutes. Your score will be the total repetitions you do as a team.

This challenge is a “no-stop” challenge. This means that if you need to stop and have a break, your partner will have to be generous and perform a plank while you rest. Swap who’s doing the squats at any time but try to do at least 10 squats each time.

Be sure to give encouragement, give motivation... give any way you can!



<https://youtu.be/JYM28FTrhqc>



Follow Jesus' words every day

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 that 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.



Mime and guess

Which things are easy for you to give and which things are difficult? It can be tangible things like toys, money or clothes, or intangible things like time, service, and kind words.

Mime or draw your response for others to try and guess.

Reflect:

Was this easy or hard to do? If it was hard, why? As a family, challenge each other to give a harder thing this week.

Tip for parents

Keep it positive!

It's hard to feel positive when your kids are driving you crazy. We often end up saying, "Stop doing that!"

But they will listen better to positive instructions and praise for doing right.



Terminology

A **warm-up** is a simple action that gets muscles warm, breathing deeper, and blood pumping. Play fun, up-tempo music for your warm-up activities. Do a range of movements for 3-5 minutes.

Stretches are less likely to cause injury when done AFTER warm-ups. Stretch gently – and hold for five seconds.

Movements can be seen on the videos so you can learn the new exercise and practice it well. Starting slowly with a focus on technique will enable you to go faster and stronger later.

Rest and recover after energetic movement. Conversation is great here. Sip water.

Tap out is a way to pass the exercise on to the next person. You can choose different ways to “tap out” for example, hand clap or whistle. You make it up!

Round – a complete set of movements that will be repeated.

Repetitions – how many times a movement will be repeated in a round.

Web and Videos

Find all the sessions at the [family.fit website](#)

Find us on social media here:



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



family.fit Five Steps



Promotional video

Stay Connected

We hope you have enjoyed this booklet of family.fit. It has been put together by volunteers from around the world.

You will find all the family.fit sessions on the website <https://family.fit>.

The website has the latest information, ways you can give feedback, and is the best place to stay connected with **family.fit**!

If you enjoyed this, please share with others who might like to participate.

This resource is given freely and meant to be shared with others at no cost.

If you would like to receive family.fit as a weekly email you can subscribe here:

<https://family.fit/subscribe/>.

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



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