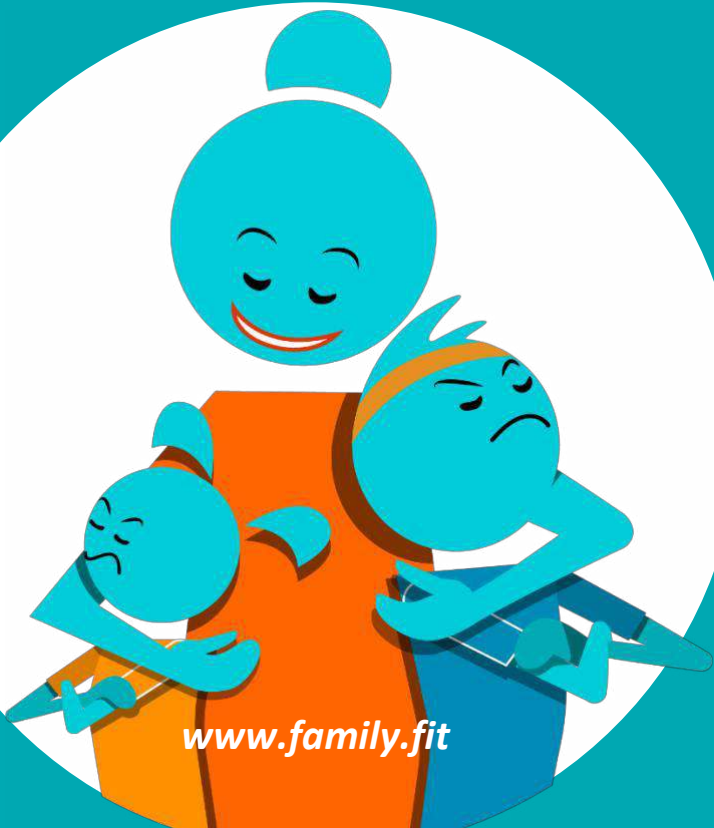


*Growing Wiser — Week 3*  
**Going even further!**

**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 sit-ups	Read and discuss Matthew 5:43-48
<b>DAY 2</b>	Follow the leader	Read and discuss Matthew 5:43-48
<b>DAY 3</b>	Impossible jump	Read and discuss Matthew 5:43-48

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 5:43-48](#).

**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 sit-ups

Lie on your back with legs bent and feet firmly on the floor. Curl your body towards your knees to “sit up”. Return to start position.

Work in pairs. One person does sit-ups while the other holds their feet down. Do five sit-ups and swap places.

Do three rounds.



<https://youtu.be/0xZYM4MkaUE>

## Rest and Talk



### Jesus teaches us

- *Which people do you trust to teach you good and right things?*

Read [Matthew 5:43-48](#).

Here Jesus is clear and direct.

- *What do you think He wants to teach us? What can you learn about yourself? God?*

**Chat to God:** Jesus teaches us in many different ways. Pray that you will recognize God’s lessons and apply them in your life.

# DAY 2

## Get active



### Follow the leader

Go for a short jog around the house or yard while everyone follows a chosen leader. Try to go to every room or space. The leader can change movements – side steps, high knees and so on. Swap leaders.



<https://youtu.be/v-W35X8Fj68>

## Rest and Talk



### Jesus challenges us

- *What are some things you do with friends that you wouldn't do with strangers or people who don't like you?*

Read Matthew 5:43-48.

Jesus challenges us to be radically different in how we treat others, including those who may be our enemies.

- *How can we respond to the challenge?*

**Chat to God:** Draw two circles. Write the names of the people you love most in the first circle, and those you find hardest to love in the second. Pray together for the people in both circles and for each other. Ask God to give you His love and acceptance for all people.

# DAY 3

## Get active



### Impossible Jump

Make a line on the ground. Everyone stands on the line and jumps as far as possible. The second time everyone stands on the line and holds their toes while they jump. Why was it impossible the second time?

This week we have been learning how to go even further in becoming more like Jesus as we love and pray for our enemies. Like this game, it sounds easy, but it is hard, even impossible, without God's help.



<https://youtu.be/DU0FcdCCvyE>

## Rest and Talk



### Jesus sets an example for us

- *According to Jesus, why do we need to love our enemies?*

Read Matthew 5:43-48.

God demands difficult things from us but gives us His own example.

- *How can we reflect the perfection of our Heavenly Father?*

**Chat to God:** Thank God that He freely gives gifts like sun and rain to everyone. Ask God to help you follow His example and to love everyone, including those who persecute you or make your life difficult.

# Words of the Week

You can find these words in a free online Bible here at [Matthew 5:43-48 \(NIV\)](#).

## **Bible passage** — Matthew 5:43-48 (NIV)

“You have heard that it was said, ‘Love your neighbor and hate your enemy.’ But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. If you love those who love you, what reward will you get? Are not even the tax collectors doing that? And if you greet only your own people, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect.”

## **Health tip**

Plan for success. Involve children and teens in making a family budget. This will help them to understand we may need to make hard decisions on how we spend our money.

# 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

## TERMS AND CONDITIONS

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