

Growing Wiser — Week 3



*family.fitness.faith.fun*



**Going even further!**

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DAY 2

DAY 3

Matthew  
5:43-48

Jesus  
teaches us

Jesus  
challenges us

Jesus sets an  
example for us



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Wheelbarrow  
and inchworm

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Grab the tail



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Butterfly  
sit-ups

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sit-ups



Challenge

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challenge

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Sit-up/push-up  
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Explore

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verses and  
guess an  
object

Reread verses  
and guess  
differences

Reread verses  
and play  
mirror game



Play

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game

Knee tag

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jump

# 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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## Wheelbarrow and inchworm

**Wheelbarrow:** Work with a partner. Walk 10 meters then swap places.

**Inch worm:** Bend at the waist and place your hands on the floor. Walk your hands out until you're in a plank position with a flat back. Then walk your feet as close to your hands as you can.

Repeat for 10 meters. Do three rounds.



<https://youtu.be/89YWsTOqOwA>

Rest and talk together.

Share something you learned recently. Who or where did you learn it from?

**Go deeper:** *Which people do you trust to teach you good and right things?*



## 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>

***Go harder: Do five or more rounds.***



## Family plank challenge



Line up next to each other in a plank position. The first person stands up and jumps over each family member and resumes a plank at the end of the line. The next person does the same until everyone has had a turn (two turns in small families). Work as a team! What is the total distance you can cover in one minute?

Repeat two or three times and see if you can go further each round.



<https://youtu.be/dxYpFve0X1M>



## Jesus teaches us

Read **Matthew 5:43-48** from the Bible.

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

These verses continue Jesus' teaching about what it is like to live in His upside-down Kingdom.

### **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.”

Think of an object. Describe it so others can guess what it is. Think of another object. This time only answer questions with “yes” or “no”. Which was easier? Why?

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.



## Web trap game

Get three or more chairs and some string or ribbon. Tie the string between the chairs to create a web. Then try to walk or crawl through the strings without moving the chairs or dislodging the string. See how many different arrangements you can make and how far you can go!



<https://youtu.be/q9W5IVqfZWY>



## Health tip

Plan for success.



## 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 together.

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

***Go deeper:*** *Enemy is a strong word. Who could Jesus be referring to in your world?*



## Butterfly sit-ups

Lie on your back with the bottom of your feet together and knees out to the side – like a butterfly. Try to keep your feet on the ground as you do ten sit-ups. Rest one minute and repeat.

***Go easier:*** Reduce to five sit-ups.

***Go harder:*** Increase to fifteen sit-ups.



## Family fun circle

Form a circle. One after another, each person does 10 squats. Encourage each other to go as quickly as possible using the correct form. How many times can you go around the circle in two minutes?

Finish the round by holding a plank for 20 seconds and a superman for 20 seconds.

Do three rounds and see how far you can go.



<https://youtu.be/zsonkh1tv2w>



## Jesus challenges us

Read Matthew 5:43-48.

Choose one person to leave the room. Give everyone else one minute to change something in their appearance. The person returns and tries to guess what is different. Take turns to guess.

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.



## Knee tag

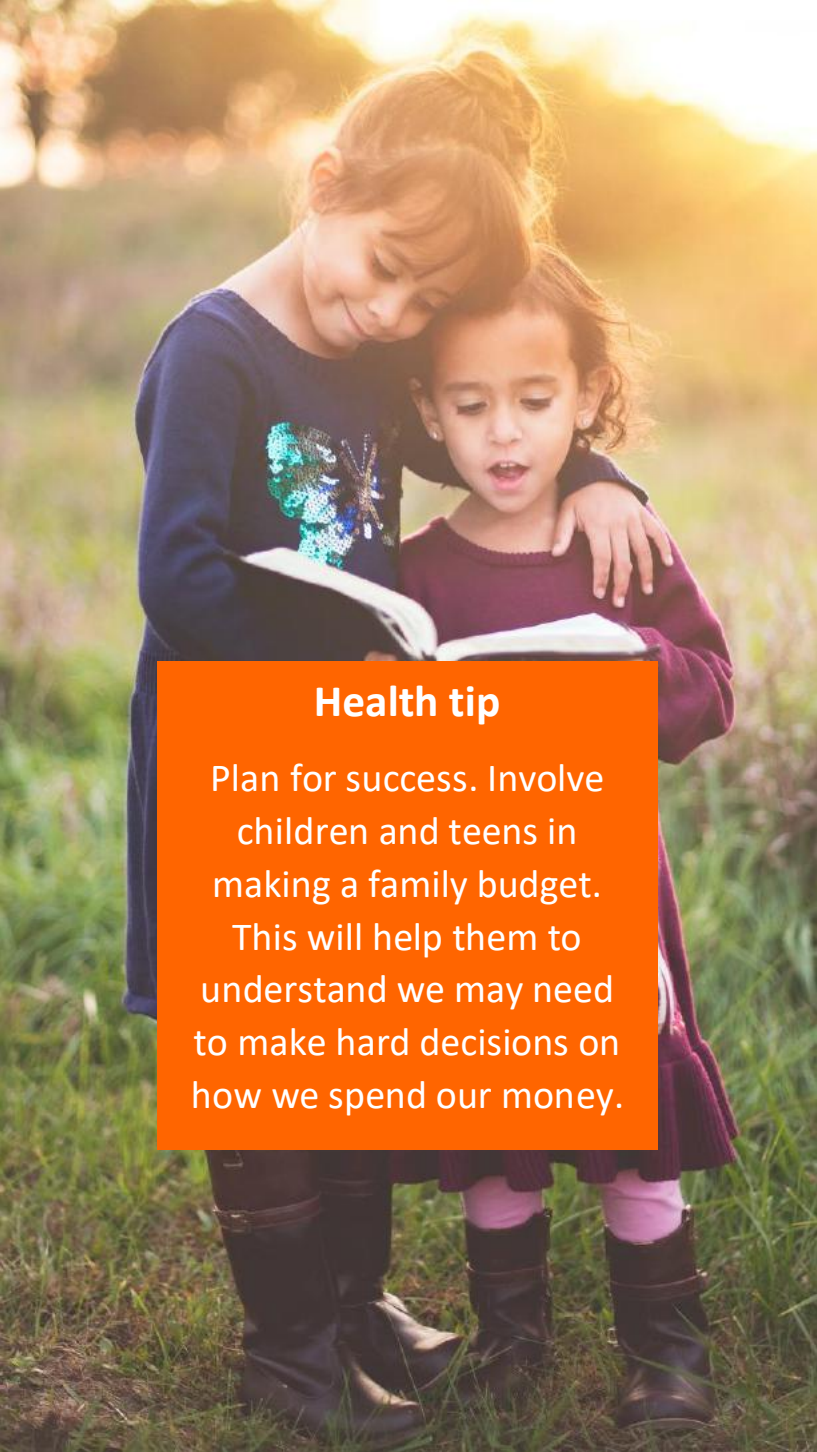
Compete in pairs. Try to touch your opponent's knees as many times as you can in 60 seconds while you protect your own with your hands and body position. Change partners and try again.

Now go further and try to touch everyone else's knees while you protect your own.



<https://youtu.be/cdXD5KN5iBM>





## 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.



## Grab the tail

Everyone wears a scarf or small towel as a 'tail' tucked in at the back of their pants. The goal is to collect as many tails as you can, while protecting your own. If you lose your tail, do five push-ups and continue the game. Have fun.



<https://youtu.be/goixt6sB2Es>

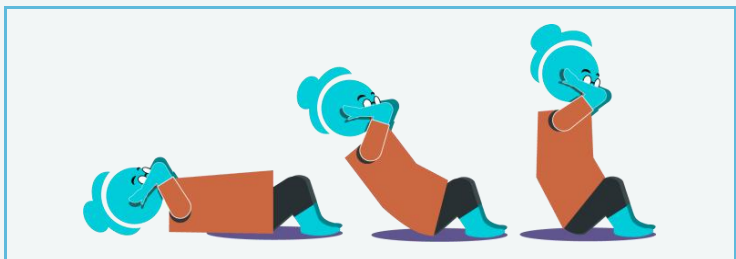
Rest and talk together.

What does it mean to be perfect? Can you name something that is perfect, or close to perfect?

***Go deeper:*** *Jesus calls His disciples to meet the highest possible standard. How can we do this practically?*



## Weighted sit-ups



Find an object around your home that has some weight to it such as a bottle of water, a toy, or something else you can hold.

Do 10 sit-ups while holding the weight close to your chest. Be sure to squeeze your core when doing the sit-up.

Do three rounds.



<https://youtu.be/ufGar8JeTuY>

***Go easier:*** Reduce to five sit-ups.

***Go harder:*** Increase to fifteen sit-ups.



## Sit-up/push-up tabata



Listen to the Tabata music.



<https://youtu.be/AmcrvuWBkpQ>

Do sit-ups for 20 seconds, then rest for 10 seconds. Do push-ups for 20 seconds, then rest for 10 seconds.

Repeat this sequence. Do eight rounds.

***Go harder:*** Increase the number of repetitions in 20 seconds.



## Jesus sets an example for us

Read Matthew 5:43-48.

Split into pairs and play the mirror game. One person is the mirror and must repeat the other person's movements exactly. Switch roles after 30 seconds.

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



## 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.



<https://youtu.be/DU0FcdCCvyE>

### *Reflect:*

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.



## Tip for parents

We are models for our kids.

When we model peaceful and loving relationships, our children feel more secure and loved. How we talk and behave in front of our children has a big influence on them.

# 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

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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**!

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Thank you.

The family.fit team



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