

Growing Wiser — Week 4
Growing by giving!

family.fit *fast*

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



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It's so easy!

Gather the family for 7 minutes:

	 Get Active <i>4 minutes</i>	 Rest and Talk <i>3 minutes</i>
DAY 1	Tic-tac-toe	Read and discuss Matthew 6:1-4
DAY 2	Right hand or left hand	Read and discuss Matthew 6:1-4
DAY 3	Jumping jacks and high knees running	Read and discuss Matthew 6:1-4

In a world where our actions are often posted on social media, Jesus' upside-down Kingdom teaching about giving in secret is challenging.

It's found in the Bible in [Matthew 6:1-4](#).

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



Tic-tac-toe

Make a Tic-Tac-Toe game board on the ground before you start (use tape or rope).

Work in two teams. Each team is given a challenge such as 5 burpees or 10 lunges. When completed, two people run and place their piece on the tic-tac-toe game.

Continue with new challenges until the game is won.



<https://youtu.be/6UJ9L3jFaoY>

Rest and Talk



What do others see?

- *In what ways do we try to impress others?*

Read Matthew 6:1-4.

Jesus warns us about doing things in order to be seen by others.

- *What could you do to 'practice your righteousness' today?*

Chat to God: Ask God to forgive you for the times you have been more concerned about outward appearances. Pray for God's help to do what pleases Him.

DAY 2

Get active



Right hand or left hand

Get sticky notes or small pieces of paper and a pen. Take turns to write or draw two different exercises or fun body movements on separate pieces of paper. Place one in each hand and ask someone to choose “right hand or left hand”. The whole family does the chosen movement for one minute. Ensure each person has at least one turn.



<https://youtu.be/VKzBKgt3zqw>

Rest and Talk



What do you see?

- *Tell about a time when you gave something to someone in need.*

Read Matthew 6:1-4.

Jesus expects us to be generous in our giving.

- *What else can we give, apart from money, to those in need?*

Chat to God: Think of people you know with needs and write their names on pieces of paper. Spread the names out and pray for God to lead you as you give to others.

DAY 3

Get active



Jumping jacks and high knees running

Do 10 jumping jacks and 20 running on the spot with high knees. Rest one minute between each round.

Do three rounds.



https://youtu.be/F_pKsg6_6zY

Rest and Talk



What does God see?

- *Tell about a time you did something in secret for another person.*

Read Matthew 6:1-4.

In these verses Jesus challenges our motivation for giving. He encourages us to give to others in secret, realizing that nothing is hidden from God.

- *What is the reward Jesus talks about here?*

Chat to God: Collect an item of food, a cup of water, a piece of clothing, a coin, and some medication. As each person holds an item, pray that people's needs for these will be met, and that God would raise up secret givers around the world.

Words of the Week

You can find these words in a free online Bible here at [Matthew 6:1-4 \(NIV\)](#).

Bible passage — Matthew 6:1-4 (NIV)

“Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven. So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, they have received their reward in full. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you.”

Health tip

Plan for success.

Set goals together as a family and start making plans for how to accomplish them.

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 so it can be shared with others.

Thank you.

The family.fit team



Promotional
video

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