

Growing Wiser — Week 4



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Growing by giving!

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DAY 1

DAY 2

DAY 3

Matthew
6:1-4

What do
others see?

What do you
see?

What does
God see?



Warm-up

Corners
warm-up

Push up and
run fast

Jumping jacks
and high knees
running



Move

Burpee
preparation

Burpees

Burpee frog
jumps



Challenge

Tic-tac-toe

Burpee relay

Burpee dice
challenge



Explore

Read the
verses and
mime a chore

Reread verses
and discuss
giving

Reread verses
and play hide
and seek



Play

Generous
words

Right hand or
left hand

Giving in secret

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.



Corners warm-up

Label the corners of the room with the numbers 1-4. Each person starts at a different corner and does a different warm-up. Move around the room to the next number. Do two rounds.

1. 10 jumping jacks
2. 10 back heels kicking
3. 10 sit-ups
4. 10 squats



<https://youtu.be/wjLlb-GaFjl>

Rest and talk together.

In what ways do we try to impress others?

Go deeper: Why do we do this?



Burpee preparation



Part of a burpee is pushing off the floor. Do three rounds of 9 push-ups and 12 squats. These movements will help you to build up to a burpee.

Rest between rounds.

Go easier: Do only two rounds or lower the repetitions to 5 push-ups (from knees) and 10 squats.

Go harder: Don't rest between rounds – go fast!



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>



What do others see?

Read **Matthew 6:1-4** from the Bible.

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

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

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.

Take turns to mime a household chore while others guess. What compliments might you receive for doing something well? Do you complete a task for the reward or because it's the right thing to do?

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.



Generous words

Tape a sheet of paper to the back of each person and give everyone a pen. Take turns to write positive things about each family member on their paper. Younger ones can draw pictures or ask for help in writing. When everyone is finished remove the papers and sit in a circle to read them.



<https://youtu.be/KtxshTq4Ug4>



Health tip

Plan for success.



Push-up and run fast



Work in pairs. One partner does three push-ups while the other runs on the spot. Swap movements. Don't stop until each person completes a total of 15 push-ups.

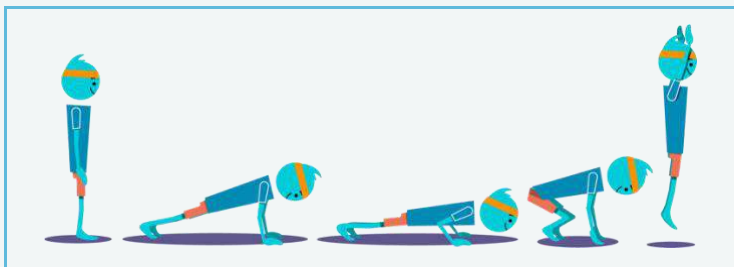
Rest and talk together.

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

Go deeper: *How do you help when there are so many people with needs?*



Burpees



Start slowly and use the correct technique. Stand upright and move to the plank position to do a push-up on the floor. Jump your feet in and do a partial squat. Then leap into the air and clap above your head. Try to do it in one fluid movement.

Do three burpees then rest. Do three rounds.



https://youtu.be/Gpyz3u_Dq_g

Go easier: Do only two rounds.

Go harder: Do six burpees per round.



Burpee relay



Set up a course about 10 meters long.

Do this relay in pairs. One person in each pair does a lap of the course doing a sequence of burpees and long jumps while the other person does superman holds at the start line. Tag and swap places.

Do four to six laps each.



https://youtu.be/sYD7_9DTdH0



What do you see?

Read Matthew 6:1-4.

Gather the money in your house today and put it on the table. What will it be used for this week? What would it mean for your family if you gave some of this money to a person in need?

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 on top of the money and pray for God to lead you as you give to others.



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>



Health tip

Plan for success.

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



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 together.

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

Go deeper: *What might you miss out on when no one knows the good thing you've done?*



Burpee frog jumps



Start from a standing position and do a normal burpee. Each time after you stand and clap, jump as far forward as you can like a frog.

Take turns and measure how far each person can jump! Have at least five attempts.

Go easier: Refer back to the burpee move from Day 1 or Day 2 this week.

Go harder: Increase the number of attempts.



Burpee dice challenge



You will need a dice or small pieces of paper numbered 1-6 in a bowl.

Stand in a circle and take turns to roll the dice or select a piece of paper and do the number of burpees indicated. Add the total number of burpees for your family. What's your score?

Do four rounds or play for four minutes.



<https://youtu.be/wOLk2y8sjml>

Go harder: Increase the number of rounds.



What does God see?

Read Matthew 6:1-4.

Have one person hide and everyone else search until they find them.

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?

As a family, plan to do something in secret for a neighbor or friend this week.

Chat to God: Gather 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.



Giving in secret

Write each person's name on a piece of paper and place in a container. Everyone chooses one name without revealing it to anyone else. If you choose your own name, pick again.

This week, think of ways to secretly give to the person whose name you chose. These could include writing an encouraging note, doing a helpful job, leaving a small gift, and so on.

At the end of the week sit down together and try to guess your secret giver.

Reflect:

How did it feel to receive the gifts and encouragement?

How did it feel to give in secret?

A young girl with long dark hair and two pink bows is smiling and looking down. She is wearing a white top and a tan ruffled skirt. An elderly woman with short grey hair and glasses is smiling and looking at the girl. She is wearing a light-colored top with a yellow and black floral pattern. The background is bright and out of focus, suggesting an outdoor setting like a beach or park.

Tip for parents

Be gentle with your children as they learn, but also with yourself as the parent.

Just because something didn't go well today, this doesn't define who you are as a parent. Remind yourself of the things you did do well, even if they may seem small.

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](#)

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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!**

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

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Thank you.

The family.fit team



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