

Growing Wiser — Week 5
Growing by praying!

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	Running on hot lava	Read and discuss Matthew 6:5-8
DAY 2	Partner squats	Read and discuss Matthew 6:9-15
DAY 3	Pay it back	Read and discuss Matthew 6:9-15

Jesus emphasizes the importance of communicating with God who is our loving heavenly Father. He teaches us how to pray and gives us a pattern to follow.

It's found in the Bible in [Matthew 6:5-15](#).

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



Running on hot lava

Spread out around the space. Select a leader.

When the leader says “hot lava” everyone runs on the spot as fast as they can. When the leader says “stop” everyone does squats. Repeat until everyone is breathing heavily.



https://youtu.be/dCWo_H0vpGg

Rest and Talk



God knows our needs

- *What is the difference between a need and a want?*

Read Matthew 6:5-8.

In these verses Jesus talks about different ways of praying.

- *How does verse 8 help our understanding?*

Chat to God: Talk together about what each of you ‘need’ today. Then go to your room and close the door. Spend some time in silent prayer asking your Heavenly Father for these needs.

DAY 2

Get active



Partner squats

Stand facing a partner. Hold each other's wrists and squat at the same time. Do three rounds of 10 squats.



<https://youtu.be/-j7rGXwfEp4>

Rest and Talk



God knows what is best

- *In what ways do you hear God's name being respected or disrespected in your community?*

Read Matthew 6:9-15.

The first half of this pattern for prayer is focused on God.

- *How can we keep God's name holy and honor Him in our lives?*

Chat to God: Hold hands in a circle as you ask God together to help you to do His will. Finish by reciting Matthew 6:9-10, adding actions for 'name', 'kingdom' and 'will'.

DAY 3

Get active



Pay it back

Stand opposite a partner. One person is 'A' and the other 'B'. Player A touches Player B (for example, a shoulder tap). Player B repeats that action back to A and adds a second action (for example, a shoulder tap and a head touch). Continue adding actions until one player cannot remember the sequence correctly.



<https://youtu.be/PQU5eDUzHTg>

Rest and Talk



Ask God for what you need

- *What do our bodies need every day?*

Read [Matthew 6:9-15](#).

In this pattern for prayer, there are four specific requests which Jesus encourages us to make.

- *Talk about what each of them mean and look like in your everyday life.*

Chat to God: Jesus finishes His pattern for prayer with a strong reminder of the need to forgive others. Is there someone you need to forgive today? Make this the focus for your prayer – silently or together.

Words of the Week

You can find these words in a free online Bible here at [Matthew 6:5-15 \(NIV\)](#).

Bible passage — Matthew 6:5-15 (NIV)

“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. ⁸Do not be like them, for your Father knows what you need before you ask him. “This, then, is how you should pray: “Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. ¹¹Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.’ For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

Health tip

Eat well.

Eat more vegetables and fruits. Go for color and variety – dark green, yellow, orange, and red.



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.

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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



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