

Growing Wiser — Week 5



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Growing by praying!

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Matthew
6:5-15

God knows our
needs

God knows
what is best

Ask God for
what you need



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20, 15, 10,
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verses and act
out a scene

Reread verses
and discuss

Reread verses
and gather
objects



Play

What's the
time Mr Wolf

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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.



IMPORTANT AGREEMENT BEFORE USING THIS RESOURCE

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.



Running on hot lava



Spread out around a 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 together.

What would you like for your next birthday?

Go deeper: *What is the difference between a need and a want?*



Slow squats



Family.fit is about fun, but correct technique is important too!

Complete five squats as follows:

- Take five seconds to descend as low as you can
- Hold for three seconds
- Stand up fast in one second

Complete three sets. Rest as needed.



<https://youtu.be/YhNxDUgBA7c>

Go easier: Squat onto a low chair.

Go harder: Increase to seven squats per set.



Bowl of burpees

Each family member writes or draws a personal prayer need on a piece of paper and places it in a bowl. Take turns to pick a prayer need and read it aloud. Everyone completes seven burpees before someone prays for that need.

Continue until all needs are prayed for and all burpees done.



<https://youtu.be/KPQeqh96lec>



God knows our needs

Read **Matthew 6:5-8** from the Bible.

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

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.

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.

Have one person stand on a chair with arms stretched upwards and pray in a loud voice, “God you are great and I am here to worship you today”. Another person kneels

with head bowed and prays the same prayer silently.

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.

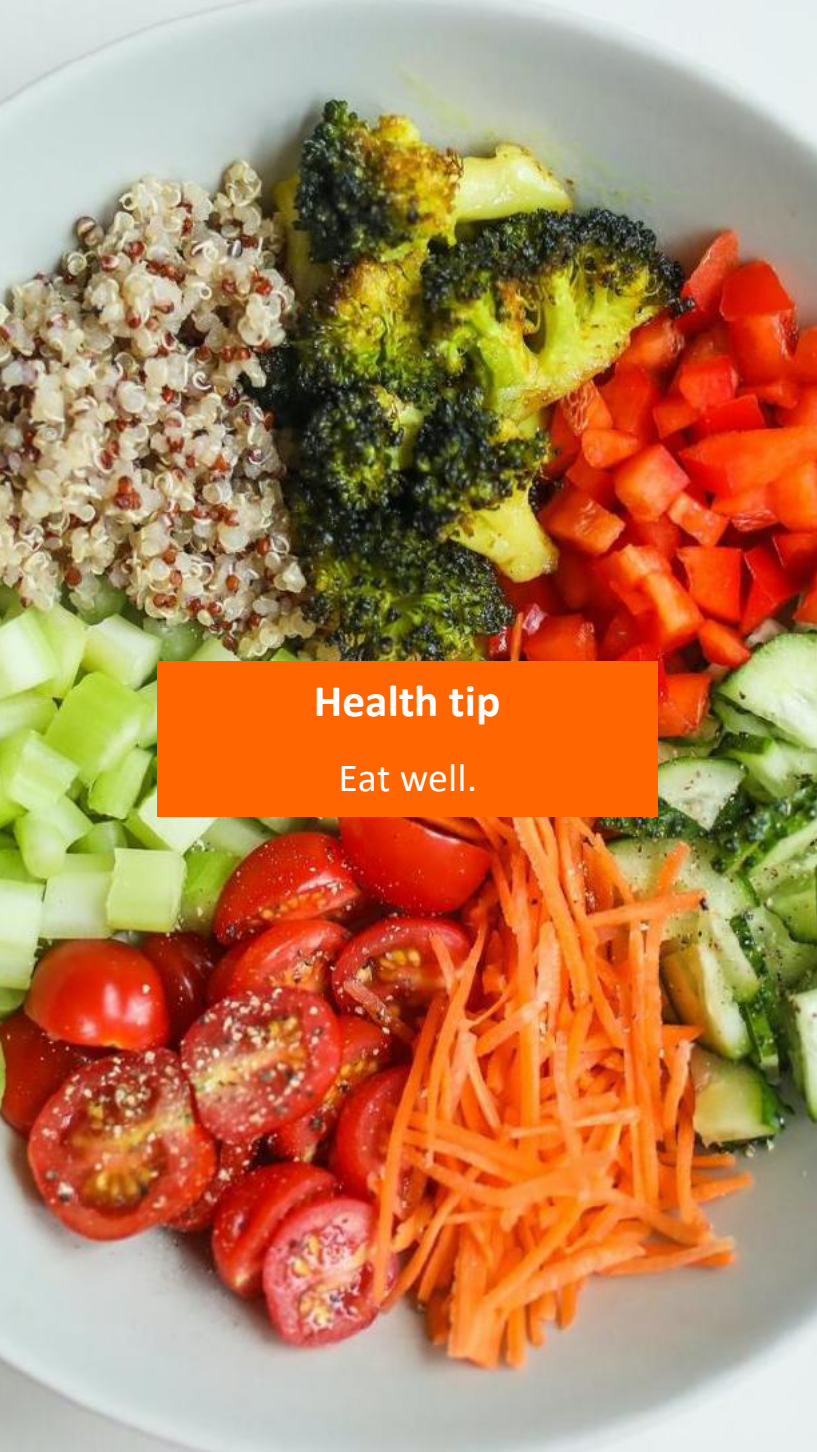


What's the time, Mr Wolf?

One person is Mr Wolf and stands at one end with their back to the other players. The others stand on the starting line and shout “What’s the time, Mr Wolf?” Mr Wolf responds with a number from 1-12, for example “It’s two o’clock”. The players take two steps towards the wolf. They continue to ask the question and take steps until the wolf responds, “It’s dinner time”. All players try to run back to the starting line without getting caught by the wolf. Take turns to be the wolf.



<https://youtu.be/imTVo9zQPJA>



Health tip

Eat well.



Junkyard dog

One person sits on the floor with legs out to the front and arms out to the side. The others jump over the arm, the legs and the second arm. Everybody jumps two rounds and changes places so everybody gets to jump.



<https://youtu.be/jgISsNnFVys>

Rest and talk together.

Do you know the meaning of your name, or why your parents chose it?

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



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>

Go easier: Complete three sets of eight squats.

Go harder: Increase squats to 15 per round.

Challenge

20, 15, 10 and 5

Start with 'high fives', then do:



- 20 jumping jacks
- 15 lunges
- 10 push-ups
- 5 squats

End with 'high fives'.

Do three rounds with no rest between them.

Go harder: Increase number of rounds.



God knows what is best

Read Matthew 6:9-15.

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

- **God's name** – How can we keep God's name holy and honor Him in our lives?
- **God's kingdom** – Describe some of the good things happening in your community or the world that reflect God's heart.
- **God's will** – Talk about what God might want to do through your family this week.

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



Sequence memory

Everyone faces a leader who thinks of three or more different workout movements in a sequence (for example, jumping jacks, lunges, jogging). The leader demonstrates the sequence of movements and the others mimic the routine in the right order as quickly as possible. Whoever is first to complete the sequence correctly becomes the next leader.



<https://youtu.be/376m0LNpsxk>



Health tip

Eat well.

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



Dance and freeze

Put on some up-tempo music. Everyone dances using their whole bodies. Take turns to stop the music. Everyone freezes when it stops and then does 10 speed skaters (bend and touch knee with opposite hand).

Repeat until everyone is breathing heavily.



<https://youtu.be/m2robkaZS3I>

Rest and talk together.

What is one thing you would enjoy eating every day of your life?

Go deeper: *What do our bodies need every day?*



Weighted squats



It's important to add weight to the squat if you can. Take turns to grab a backpack, a large water bottle (or a child!) and complete 10 squats. Encourage each other!

Do three rounds.

Go easier: Do five squats each round.

Go harder: Increase to 15 squats each round.

Challenge

**Race and pray**

Bear walk – Walk face down with feet and hands on the floor.

Crab walk – Walk face up with feet and hands on the floor.

Form two teams and find a timer. On “go”, one person from each team does a bear walk across the room to a piece of paper and does 10 lunges. They draw something on the paper they would like the family to pray for and crab walk back. Continue until each person has drawn three prayer pictures. Which team won? Pray together for the needs you have drawn.



<https://youtu.be/Srr1c7BQ2gA>

Increase or decrease the number of lunges as needed.



Ask God for what you need

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.

Gather four objects in your house to remind you of them and use them as you recite these verses together.

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.



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>

Reflect:

How did you feel during this game? Did it seem like retaliation?

Is there someone you still need to forgive?



Tip for parents

Keeping positive, having a routine and trying to get some one-to-one time with each child when you can, will help you manage your children's behavior and your feelings.

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

We hope you have enjoyed this booklet of family.fit. It has been put together by volunteers from around the world.

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.

This resource is given freely and meant to be shared with others at no cost.

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<https://family.fit/subscribe/>.

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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