

Growing Wiser — Week 6
Growing by fasting!



7 minutes to help grow your
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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	Knee tag	Read and discuss Matthew 6:16-18
DAY 2	Hot seat	Read and discuss Matthew 6:16-18
DAY 3	Plank and lunge challenge	Read and discuss Matthew 6:16-18

Jesus assumes His followers will fast from time to time as part of their prayer and devotion to God. While fasting is a good practice, we need to have the right motives.

It's found in the Bible in [Matthew 6:16-18](#).

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



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 protecting your own.



<https://youtu.be/cdXD5KN5iBM>

Rest and Talk



The reason for fasting

- *What is the longest time you have gone without eating?*

Read Matthew 6:16-18.

- *Why did Jesus give these instructions on how to fast?*

Traditionally, fasting is going without food, but it isn't enough to just deprive ourselves of food or sleep. We must also devote ourselves to God and worship Him.

Chat to God: Going without something is a way to check our priorities. Pray that God will reveal what you can go without for a time. Use this to deepen your relationship with Him.

DAY 2

Get active



Hot seat

One person holds a squat while everyone else does 30 jumping jacks. Rest for 20 seconds and then tap out to the next person.

Do four rounds.



<https://youtu.be/gJc4p1jT2zA>

Rest and Talk



The way to fast

- *In what ways do we change our faces for others to see?*

Read Matthew 6:16-18.

- *How might we use our faces or appearance to hide what is in our hearts?*

These verses remind us that if we choose to fast and go without something, we are not to wear gloomy faces and make it obvious. We can hide our motives from others, but not from God.

Chat to God: Discuss and agree on something your family can go without, and for how long. Pray that God would use this time to strengthen your connection with our Father who sees in secret.

DAY 3

Get active



Plank and lunge challenge



Work with a partner. While one person is in a plank position the other does lunges. Change places after 10 lunges on each leg. Do four rounds.

Rest and Talk



The result of fasting

Read [Matthew 6:16-18](#).

Jesus makes it clear that those who fast should do it quietly and secretly.

- *What does Jesus promise to those who fast for the right reasons?*

Chat to God: Think of a need in your community that requires consistent prayer. Make it a focus of your prayer this week in spaces you create by 'going without'.

Words of the Week

You can find these words in a free online Bible here at [Matthew 6:16-18 \(NIV\)](#).

Bible passage — Matthew 6:16-18 (NIV)

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

Health tip

Eat well.

Keep a supply of healthy snacks for your family such as fruit, nuts, and seeds.



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



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