

Growing Wiser — Week 7
Building treasure that lasts!

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fast

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	Starfish	Read and discuss Matthew 6:19-21
DAY 2	Tabata challenge	Read and discuss Matthew 6:22-23
DAY 3	Speed ball	Read and discuss Matthew 6:24

Jesus expects His followers to adopt the values of His upside-down kingdom. He warns us against living for the things of this life.

It's found in the Bible in [Matthew 6:19-24](#).

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



Starfish

Work with a partner. One person gets in a plank position with legs apart. The other person jumps over the legs, one leg at a time and returns to the start. Repeat 10 times and then swap places.

Do three rounds.



<https://youtu.be/GRuEVoqebvI>

Rest and Talk



What we value

- *What things do you value or treasure most?*

Read Matthew 6:19-21.

- *What does it mean to store up treasures in heaven?*

The things we treasure rule our lives. Where people put their treasure reveals where their hearts really are.

Chat to God: Spend time alone with God and ask Him to show you where your treasure is. Consider what you think about, and how you use your time, talents, and money.

DAY 2

Get active



Tabata challenge

Listen to the Tabata music. Do mountain-climbers for 20 seconds, then rest for 10 seconds. Run on the spot for 20 seconds, then rest for 10 seconds. Repeat this sequence. Do eight rounds.



<https://youtu.be/AmcrvuWBkpQ>

Rest and Talk



What we see

- *What role do the eyes have in our body?*

Read Matthew 6:22-23.

Some things we look at or think about are like a scarf over our eyes. They make it much harder to see where we are going.

- *How can we have healthy spiritual 'eyes'?*

Chat to God: Pray that God will help you to have healthy eyes and that as a family you would look at things that will bring light into your lives rather than darkness.

DAY 3

Get active



Speed ball

Find a ball. Everyone runs around the space throwing the ball to one another to catch. When someone drops the ball, they must do six squats or three burpees.



<https://youtu.be/V0R3fyAG5m0>

Rest and Talk



Who we serve

- *What does it mean to be completely devoted to one thing?*

Read Matthew 6:24.

Jesus makes it clear that you cannot be devoted to God if you are devoted to money and the things money will buy.

- *Why is it impossible to serve both God and money?*
- *Who are you serving today?*

Chat to God: Ask God's forgiveness for the times you are not devoted to Him. If Jesus Christ is your Lord, pray that you will serve and glorify Him alone.

Words of the Week

You can find these words in a free online Bible here at [Matthew 6:19-24 \(NIV\)](#).

Bible passage — Matthew 6:19-24 (NIV)

“Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also. ²²The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness! ²⁴No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.”

Health tip

Eat well.

Stock your food cupboard or fridge with ingredients that are quick to prepare and easy to cook.



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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