

Growing Wiser — Week 7



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Building treasure that lasts!

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6:19-24

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Reread verses
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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.



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 together.

Talk about an item you really liked that was destroyed or stolen.

Go deeper: *What things do you value or treasure most?*



Mountain-climbers



Put hands and feet on the ground and keep your whole body straight like a plank. Move one knee up towards your elbows and then move foot back to the starting position. Repeat with other leg.

Do 50 repetitions. Rest after every 10.



<https://youtu.be/ZNx5leoyKa8>

Go easier: Reduce repetitions to 20 or 30.

Go harder: Increase repetitions to 80 or 100.



Give all you have

Give each person several coins or tokens. How many coins can you collect as a family in eight minutes? Set a timer, and complete at your own pace:

- 20 lunges
- 10 sit-ups
- 5 push-ups

This is one round. One round = one coin. Each time you complete a round, place a coin in the middle. See how many coins you can collect as a family. Grow together by giving all you have.



What we value

Read **Matthew 6:19-24** from the Bible.

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

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

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.”

Run and find something you treasure. Share why this item is important to you.

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.



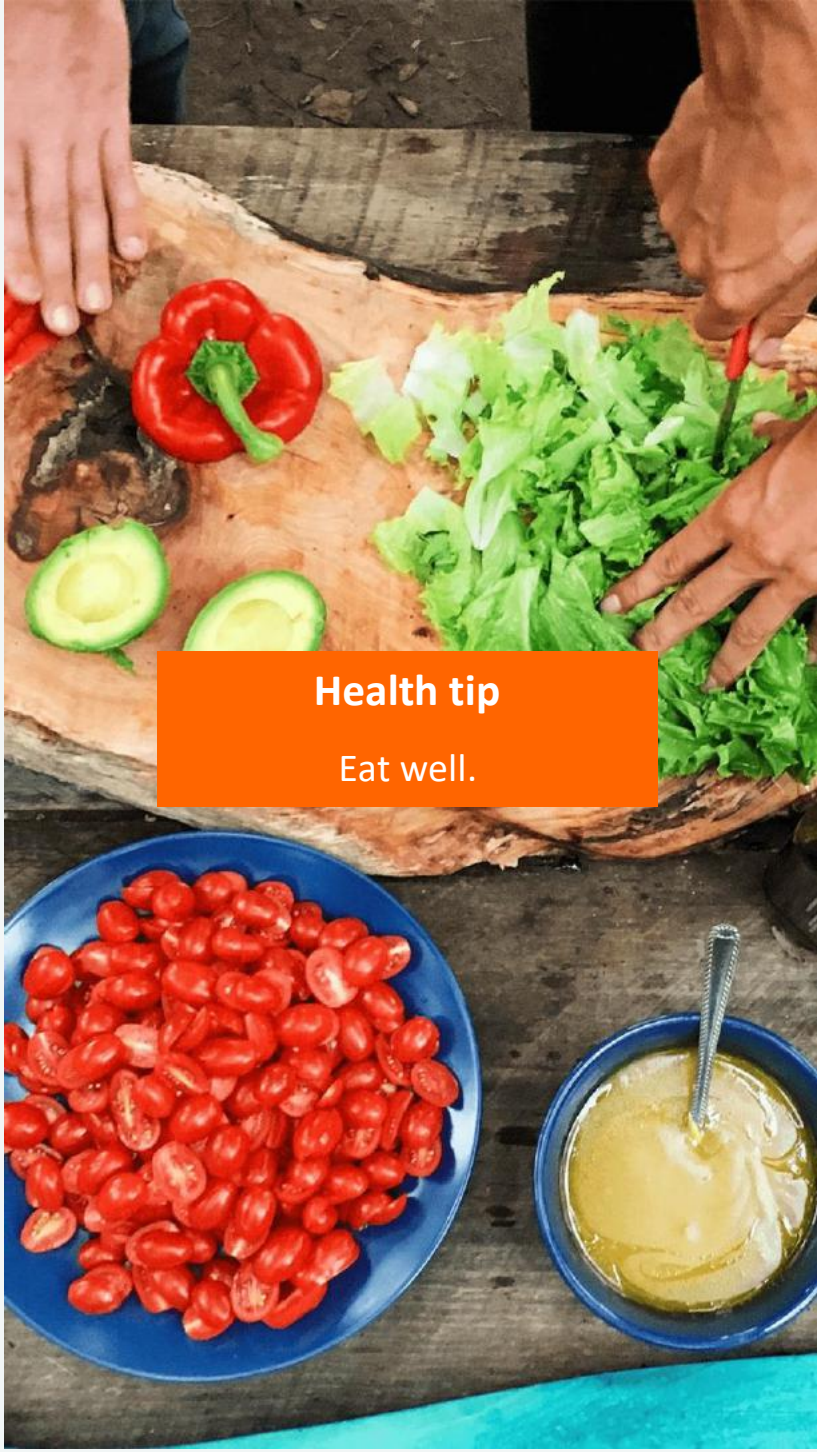
Rob the nest

Place several balls or pairs of socks per person in a container in the middle. It should be an equal distance from all players. Each person also has a 'nest' (small container) in front of them. Set a timer for five minutes.

On "go" everyone runs to the middle and grabs one item for their nest. Continue until all the 'treasure' is gone. Players can steal one item at a time from each other's nests but cannot defend their own. The person with the most 'treasure' in their nest at the end of five minutes wins.



<https://youtu.be/S19OODh8hEw>



Health tip

Eat well.



Mirror warm-up

Stand with a partner. One person decides actions such as high knees running, squats, superman, lunges, and so on. The other person acts as the mirror and follows their actions.

Swap roles after 60 seconds.



<https://youtu.be/63tV8cYbwAY>

Rest and talk together.

What role do the eyes have in our body?

Go deeper: *How can things we look at make our minds full of light or darkness?*



Mountain-climbers and planks

Do 10 mountain-climbers and then hold a plank position for 10 seconds. Rest for 30 seconds.

Do five rounds.

Go easier: Reduce to three rounds.

Go harder: Complete 15 mountain-climbers each round.



Tabata challenge

Listen to the Tabata music.



<https://youtu.be/AmcrvuWBkpQ>

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.

Go harder: Increase the number of repetitions in 20 seconds.



What we see

Read Matthew 6:22-23.

Tie a thin scarf over someone's eyes, spin them around and ask them to find the door. How long did it take? Do it again without the scarf.

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.



Flip-flop relay

Work in pairs. One person will be the walker, the other will move the flip-flops. The walker walks slowly across the room while the other person moves the two flip-flops so the walker always steps on a flip-flop. Swap roles.

Do three rounds. In the last round the walker can close their eyes. What happens?



<https://youtu.be/dFu3aQ8zDWE>



Health tip

Eat well.

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



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 together.

Talk about a time you had to choose between two options.

Go deeper: *What does it mean to be completely devoted to one thing?*



Mountain-climber marathon



Do 100 mountain-climbers. Only rest as needed.



<https://youtu.be/ZNx5leoyKa8>

Go easier: Reduce number to 50.

Go harder: Increase number to 125.

Challenge

**Side by side**

Lineup side-by-side. Use a rag or stocking to join ankles with the person on either side of you. (Those on each end will have their outside foot free.) Start a timer.

Begin by completing 10 squats at the same time, then work together as a team to move as fast as possible across the room or garden to a finishing line. You must move sideways (not forwards or backwards) and stay connected. Stop the timer when the last person crosses the finish line and the whole family has completed another 10 squats together. Rest and repeat.

Do three rounds. Try to get faster!



<https://youtu.be/ACeqBwvplU4>



Who we serve

Read Matthew 6:24.

Choose two people to be 'masters' and ask them both to give commands at the same time. What happens?

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.



Samurai, Ninja and Sumo

Make up a simple action for the three different characters – Samurai, Ninja and Sumo. Stand facing each other and choose a leader.

Everyone, including the leader, secretly chooses a character to act out. At the count of 3, everyone does the action for their chosen character. Anyone with the same character as the leader gets a point. The first person to five points wins.

Swap leaders and play again.



<https://youtu.be/VOSEtmEtljw>

Reflect:

How did you feel when you chose the right option?



Tip for parents

Listen to your kids when they share how they are feeling. They will look to you for support and reassurance. Accept how they feel and give them comfort.

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](#)

Find more parenting tips at <https://www.covid19parenting.com/tips#>



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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Thank you.

The family.fit team



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