

Growing Wiser — Week 10
Generous Father God!

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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	Superman	Read and discuss Matthew 7:7-12
DAY 2	Tower challenge	Read and discuss Matthew 7:7-12
DAY 3	Treasure hunt	Read and discuss Matthew 7:7-12

Jesus wants us to know that God is a kind and wise Father. He hears our prayers and gives us good things we need.

It's found in the Bible in [Matthew 7:7-12](#).

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



Superman

Lie face down on the floor or on a mat with your arms stretched above your head (like Superman).

Raise your arms and legs off the floor as far as you can for three seconds. Then return to the starting position.

Do the movement 15 times, resting as needed.

Do three rounds. Rest between rounds.



<https://youtu.be/7nlnrrd51H8>

Rest and Talk



Praying to a listening Father

- *Talk about some of the times when God answered your prayers and some of the times when He didn't.*

Read Matthew 7:7-12.

Verses 7 and 8 tell us that God wants us to continually come to Him in prayer.

Make a family list of what you will ask for, what you will seek, and what new ways to serve God's kingdom you will pursue.

Chat to God: Bring this list to God. Ask God to help you not to give up in pursuing God and trusting Him as your generous Father.

DAY 2

Get active



Tower Challenge

Work in pairs with six cups per pair. One person holds superman while the other does five squats. After each round place one cup to build a tower. Swap roles. Do six rounds. Try to build your tower as fast as possible.



<https://youtu.be/IXRKX3nLZe8>

Rest and Talk



Receiving from a generous Father

- *Talk about any gifts you have received from someone who was caring for you.*

Read Matthew 7:7-12.

Focus on verses 9-11. Find some simple items to help act out the story. Two children ask their father for bread – one receives bread, the other a stone. Create the second drama in a similar way.

- *What does God want to give us? Do we always know what is best for us?*

Chat to God: Take a moment to think about how God has been generous to you. Write your answers on paper, or each one can share aloud. Talk to God and thank Him for each one of those answers.

DAY 3

Get active



Treasure Hunt

Hide 20 small food items in a room (for example, vegetables or fruit). How many items can your family find in three minutes?

Rest and Talk



Living for our loving Father

- *If there were no limits, what would you do for someone else today?*

Read Matthew 7:7-12.

Focus on verse 12. This verse is commonly known as 'the Golden Rule'. Choose and face your partner. Decide who leads. The leader does something to their partner who immediately does it back to them – partner payback. The actions could be positive such as a smile or hug, or negative such as a gentle pinch or poke.

- *In what ways does this verse shape how we should live for God?*

Chat to God: Think about times you have acted in a way you wouldn't like done to you. Together, pray that you will be given strength from God to act in ways that always please Him.

Words of the Week

You can find these words in a free online Bible here at [Matthew 7:7-12 \(NIV\)](#).

Bible passage — Matthew 7:7-12 (NIV)

⁷ Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

⁹ Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

¹² So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets.

Health tip

Get enough sleep each day.
Aim for the same bedtime every day to help
your body find its optimal health.



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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