

Growing Wiser — Week 10



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Generous Father God!

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7:7-12

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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.



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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/GRuEVoqebvl>

Rest and talk together.

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

Go deeper: *Why might God not answer our prayers the way we want?*



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/7nInrrd51H8>

Go harder: Do five rounds.

Challenge

**Salt and light**

The leader stands at one end of the room or yard facing away from the others. Everyone else stands at the other end with hands above their heads.

Walk slowly with high knees, up on toes so it is hard to balance, tensing the whole body. When the leader shouts 'Salt and Light' and turns around, everyone must freeze. If the leader sees anyone moving that person must do three push-ups.

Repeat the game. Swap leaders.



https://youtu.be/m_VlgbZBgjU

Go harder: Increase to five push-ups.



Praying to a listening Father

Read **Matthew 7:7-12** from the Bible.

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

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

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.

Verses 7 and 8 tell us that God wants us to continually come to Him in prayer. He encourages us to ASK for what we need, to SEEK Him with our hearts and minds, and to persistently KNOCK with the expectation that He will answer.

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.



Paper islands

Stand in a big circle with paper sheets on the floor as islands in the middle. Everyone moves around the circle until the leader says “islands”. Everyone must stand on an island. If they cannot, they stand at the side. More than one person can be on an island at a time if they can balance.

After each round, take an island away. Continue until one island is left. Have fun!



<https://youtu.be/Fn9iLdVBueM>



A photograph of a woman and a young child sleeping peacefully in a bed. The image is overlaid with a teal color filter. In the center, there is an orange rectangular box containing white text. The woman is on the right side of the frame, and the child is on the left side, both with their eyes closed and relaxed expressions.

Health tip

Get enough sleep each day.



Burpee relay



Set up a course about 10 meters long.

Do this relay in pairs. One person in each pair does a lap of the course doing a sequence of burpees and long jumps while the other person does superman holds at the start line. Tag and swap places.

Do four to six laps each.



https://youtu.be/sYD7_9DTdH0

Rest and talk together.

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

Go deeper: *What are some similarities and differences between our earthly father and our heavenly Father?*



Superman opposites



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

Raise your right arm and left leg as far off the ground as you can.

Hold for three seconds and relax.

Repeat with opposite arm and leg.

Do 10 repetitions and rest. Repeat.

Go easier: Reduce the number of repetitions.

Go harder: Do two or more rounds.



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>

Go easier: Do it for only three minutes.



Receiving from a generous Father

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. Afterwards reflect on how you felt.

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.



How well do you know ...?

Play in pairs. Each pair needs a marker and paper. For each round write as many things as possible in 60 seconds. The winner is the person with the most things at the end of three rounds.

- Round 1: Things in a hospital.
- Round 2: Things in a church.
- Round 3: Things you know about God your Father.

After each round share what you wrote.

Reflect:

Which round was easier? Why?

What did you discover about God?

Do you think you know our Heavenly Father enough?



Health tip

Get enough sleep each day.

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



Arm circles and body shapes

Arm circles: Stand in a circle and together complete 15 of each arm movement. Small circles forward, small circles backward, big circles forward, big circles backward.

Body shapes: Lie face down, arms overhead and palms facing each other. Move your arms like the hands of a clock into each formation.

Do three rounds.



<https://youtu.be/l1Hfa4VISZI>

Rest and talk together.

If you could snap your fingers and it would happen, what is something you would like someone to do for you today?

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



Superman clock

Holding the superman position, move arms into positions like the arms of a clock. Go from overhead (12 o'clock) to having arms close to the body (6 o'clock). Hold each position for five seconds.

Repeat three times.



<https://youtu.be/5SuTvsNAZI4>

Go easier: Only repeat twice.



Random sit-up challenge

Write the numbers 1-12 on pieces of paper and put them in a hat or bowl.

Each person picks one paper and does the number of sit-ups indicated before tapping out to next person.

Return all papers to the container. Do three rounds. Change the movement each time or even add fun actions such as giving a hug to a family member or choosing someone else to do the sit-ups for you.



https://youtu.be/JJGjLy9_q2w

Go harder: Do four or more rounds.



Living for our loving Father

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.



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?

After you've finished sit together and discuss how it felt to find the food.

Reflect:

Was it easy or hard? Why?

How can we relate this treasure hunt to what we have learned about our generous Heavenly Father this week?



Tip for parents

At the end of each day be ready to listen to your child at bedtime. This is commonly the time when concerns and deeper questions are raised.

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

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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.

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Thank you.

The family.fit team



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