

*Growing Wiser — Week 11*  
**Choosing the right way**

**family.fit**  
*fast*

7 minutes to help grow your  
*family.fitness.faith.fun*



# It's so easy!

Gather the family for 7 minutes:

	 <b>Get Active</b> <i>4 minutes</i>	 <b>Rest and Talk</b> <i>3 minutes</i>
<b>DAY 1</b>	Mirror warm-up	Read and discuss Matthew 7:13-14
<b>DAY 2</b>	Yes and no!	Read and discuss Matthew 7:13-14
<b>DAY 3</b>	Weighted lunges	Read and discuss Matthew 7:13-14

Jesus has been telling this crowd of people on the mountainside how to live the way God wants. It's life changing. Now, as He comes to the end of His message, He invites them to choose the one path that will lead them to this way of life.

It's found in the Bible in **Matthew 7:13-14**.

**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



### 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



### It's your choice

- *What are some of the choices you have already made today?*

Read Matthew 7:13-14.

Place objects or furniture as obstacles around the room or yard. Each person has to cross the room in their own way.

- *Why did each person choose to go the way they did?*

Explore the idea of how God gave us 'free will' to make choices.

**Chat to God:** Thank God for the 'free will' we have to make choices and ask for His wisdom in making them. Each person could name a choice they are facing for others to pray about.

# DAY 2

## Get active



### Yes and no!

Choose a leader and put some music on. Dance or do a movement until the leader says 'yes' or 'no'. When the leader says 'yes' everyone does a squat. Go back to dancing. When the leader says 'no' everyone does a burpee. Keep dancing until the leader speaks.

Take turns to be the leader.



[https://youtu.be/AI\\_Ga9Ic-LQ](https://youtu.be/AI_Ga9Ic-LQ)

## Rest and Talk



### Choosing the easy way

- *Tell of a time when the 'easy way' was not the best choice.*

Read Matthew 7:13-14.

Work together to quickly draw a picture of the scene putting in the broad road and lots of people. Discuss why all these people have chosen this particular road.

- *Share times when you just 'went along with the crowd' because it was easier than choosing to do something else.*

**Chat to God:** Pray for any family members who may be struggling to make good choices because of the pressure from those around them to 'follow the crowd'.

# DAY 3

## Get active



### Weighted lunges

Add weight to the lunge. Wear a backpack with a book in it or hold water bottles in your hands. Think creatively to find weights the right size for each person. Remember to keep the proper technique.

Complete two sets of 10 repetitions. Rest 30 seconds between sets.

## Rest and Talk



### Choosing the hard way

- *Tell of a time when the 'hard way' was the best choice.*

Read Matthew 7:13-14.

Close your eyes and imagine Jesus standing at the entrance to a narrow road and beckoning people to come with Him. Imagine yourself choosing to follow Him. Jesus wants us to choose 'life' and He promises to be with us all the way.

- *What are some of the good things about following Jesus' way?*

**Chat to God:** Thank God for the life He offers us through Jesus. Take it in turns to name people in your family or others you know using these or similar words: 'Lord, please help (Name) choose to follow Jesus'.

# Words of the Week

You can find these words in a free online Bible here at [Matthew 7:13-14 \(NIV\)](#).

**Bible passage** — Matthew 7:13-14 (NIV)

“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.”

## Health tip

Get enough sleep each day.  
Different aged children and adults need  
different hours of sleep each night. Learn  
what you need!



# 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](#)

Find us on social media here:



If you translate this into a different language, please email it to us at [info@family.fit](mailto:info@family.fit) so it can be shared with others.

Thank you.

*The family.fit team*



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