

Growing Wiser — Week 12
Discerning good from bad!

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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	Corners warm-up	Read and discuss Matthew 7:15-20
DAY 2	Who is faster?	Read and discuss Matthew 7:15-20
DAY 3	Push-up pyramid	Read and discuss Matthew 7:15-20

Jesus has just described two paths to follow in life. Now He reminds us that there are many who would try to guide us along the wrong path. Beware of these 'friends'. You can tell who they are by the 'fruit' of their lives.

It's found in the Bible in [Matthew 7:15-20](#).

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



Corners warm-up

Label the corners of the room with the numbers 1-4. Each person starts at a different corner and does a different warm-up. Move around the room to the next number. Do two rounds.

1. 10 jumping jacks
2. 10 back heels kicking
3. 10 sit-ups
4. 10 squats



<https://youtu.be/wjLlb-GaFjI>

Rest and Talk



True friends

- *When have you worn a disguise?*

Read Matthew 7:15-16.

Each person finds something in the house to wear as a disguise to change their appearance.

Talk about some of the ways your good friends have been a positive influence in your life and how other friends have been a negative influence.

Chat to God: “Lord, please give us clear eyes to see when people aren’t who they make themselves to be. Give us all wisdom to discern.”

DAY 2

Get active



Who is faster?

Measure the total time it takes for every person to complete 10 of each of the following movements:

- 10 mountain-climbers
- 10 sit-ups
- 10 push-ups
- 10 lunges

Rest and Talk



Good or bad fruit

- *What causes some trees to go 'bad'? How is this similar for people?*

Read Matthew 7:17-18.

Good fruit comes from good trees. Draw a tree with different fruit on it. Write names of family members on the pieces of fruit with a description of something good you see in that person's life.

- *How do we keep our lives healthy and producing good fruit?*

Chat to God: Looking at your drawing, thank God for each family member and pray for a plentiful harvest of good fruit in their life.

DAY 3

Get active



Push-up pyramid

Start with one push-up. Rest briefly. Do two push-ups and rest, then three push-ups and rest. Continue all the way to 10 push-ups. Once you get to 10, work your way back down to one again. If you do the whole pyramid, you will have completed 100 push-ups.

Wow!

Rest and Talk



Useful or useless

- *Name some of the most useful items in your home. Name useless items too.*

Read Matthew 7:19-20.

Jesus wants us to be fruitful in our lives. Hold a piece of fruit as you talk together as a family about ways to live lives that support each other, serve others and build the Kingdom.

Chat to God: Begin with a moment of silent reflection as you confess to God the times your lives have not produced the good fruit Jesus is talking about here. Pray together for family and friends.

Words of the Week

You can find these words in a free online Bible here at [Matthew 7:15-20 \(NIV\)](#).

Bible passage — Matthew 7:15-20 (NIV)

“Watch out for false prophets. They come to you in sheep’s clothing, but inwardly they are ferocious wolves. By their fruit you will recognize them. Do people pick grapes from thornbushes, or figs from thistles? ¹⁷ Likewise, every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. ¹⁹ Every tree that does not bear good fruit is cut down and thrown into the fire. Thus, by their fruit you will recognize them.”

Health tip

Get enough sleep each day.

Don't discuss difficult issues just before bed.
Worries can keep you awake.



More Information

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Thank you.

The family.fit team



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