

*Growing Wiser — Week 8*  
**Growing in trust!**



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



[www.family.fit](http://www.family.fit)

# 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>	Follow the leader	Read and discuss Matthew 6:25-34
<b>DAY 2</b>	Dips with leg raises	Read and discuss Matthew 6:25-34
<b>DAY 3</b>	Fill the cup	Read and discuss Matthew 6:33-34

Jesus continues to challenge His followers to put God and His kingdom first. Instead of worrying like pagans, we are to trust God to provide for our needs.

It's found in the Bible in [Matthew 6:25-34](#).

**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



### Follow the leader

Go for a short jog around the house or yard while everyone follows a chosen leader. Try to go to every room or space. The leader can change movements – side steps, high knees and so on. Swap leaders.



<https://youtu.be/v-W35X8Fj68>

## Rest and Talk



### God's provision

- *What are some of the material needs people worry about?*

Read Matthew 6:25-34.

- *How has God provided for you?*

As we look at the way God provides for His creation, we can be confident that He will also provide for us.

**Chat to God:** Think about the ways God has shown His care for you. Thank your Heavenly Father for providing for all of your needs.

# DAY 2

## Get active



### Dips with leg raises

Dip on a chair by supporting your weight on your arms. As you dip, extend one leg off the floor. Alternate legs.

Do 10 repetitions and rest. Repeat.



<https://youtu.be/TOXFtDm3WqM>

## Rest and Talk



### Trust – don't worry

- *How do the worries of the world stop you from trusting in God?*

Read Matthew 6:25-34.

- *How should followers of Jesus respond to the worries of the world?*

Jesus teaches that worry is essentially a lack of trust in God. His followers should live very differently from unbelievers who fail to trust in God for even their basic needs.

**Chat to God:** Ask God to help you not to worry but to grow in trust in Him both individually and as a family. Pray for your family's trust in God to be a clear testimony to others.

# DAY 3

## Get active



### Fill the cup

Using a chair, each person does three dips and then runs to a marker to scoop water into a glass using a spoon. Tag the next person to continue. Keep going in a relay until the glass is full.

Three dips = one spoon



<https://youtu.be/4ezmpWOF8K8>

## Rest and Talk



### Seek God first

- *Name three things that are important to you.*

Read Matthew 6:33-34.

Followers of Jesus are to give God and His kingdom first priority in their lives. If we put Him first, He promises to meet our needs.

- *What does it look like to seek God's kingdom first?*
- *How can we help each other do this?*

**Chat to God:** Ask for God's help to put Him first in your life and seek His kingdom above all else. Give thanks that if we have faith in our Heavenly Father, we don't need to worry about tomorrow.

# Words of the Week

You can find these words in a free online Bible here at [Matthew 6:25-34 \(NIV\)](#).

## **Bible passage** — Matthew 6:25-34 (NIV)

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup>But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

## Health tip

Eat well.

Eating well doesn't mean worrying about eating healthily all the time. A good diet allows for occasional treats.



# 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](#)

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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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