

Growing Wiser — Week 8



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Growing in trust!

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6:25-34

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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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By using this resource you agree to our Terms and Conditions <https://family.fit/terms-and-conditions> as detailed in full on our website. These govern your use of this resource by you and all those exercising with you. Please ensure that you and all those exercising with you accept these terms and conditions in full. If you disagree with these terms and conditions or any part of these terms and conditions, you must not use this resource.



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>

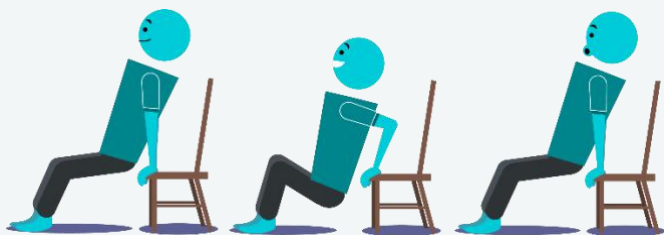
Rest and talk together.

Think of your favorite piece of clothing.
Why do you like it so much?

Go deeper: *What are some of the material needs people worry about?*



Chair dips



Dip on a chair by supporting your weight on your arms. Keep feet on the floor.

Inhale ↑  ↓  Exhale

Do 10 repetitions and rest. Repeat one more time. Rest between rounds.



<https://youtu.be/VfhAazNUNIo>

Go harder: Increase the number of repetitions or do four rounds.



Circuit challenge



Set up four activity stations around the yard. Each person starts at a different station. Do the following sequence and then rest for 60 seconds. Do three rounds.

- Five planks down on elbows and up on hands
- Five sit-ups
- Five dips
- Three burpees



<https://youtu.be/E1Ac4s0pGX8>

Go harder: Do five rounds.



God's provision

Read **Matthew 6:25-34** from the Bible.

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

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.

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. ³³But 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.”

If you can, go outside and look at the plants and birds. What do you notice?

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.



The great paper competition

Give everyone a piece of paper. Write something that is worrying you on it. Use the paper for three different competitions.

1. Make a paper airplane and fly it the furthest. Give points to each person.
2. Screw up the paper plane into a ball. Each person throws all the balls into a bucket five meters away. See who can get the highest total.
3. Try to juggle the most paper balls. Start with one, then two and so on. Who has the highest overall score?



Health tip

Eat well.

Warm-up



Hand touches

Stand upright in a push-up position facing a partner. Try to touch the other person's hands while you are protecting your own.

How many touches can you make in 60 seconds?



<https://youtu.be/tT9ATt9fLxE>

Rest and talk together.

Who do you tell first when you're worried?

Go deeper: *How do the worries of the world stop you from trusting in God?*



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>

Go easier: Decrease the number of repetitions.

Go harder: Increase the repetitions.



Number challenge

Make a list of the following movements:

1. Lunges
2. Push-ups
3. Sit-ups
4. Squats
5. Mountain-climbers
6. Dips

You will also need a dice or small pieces of paper numbered 1-6 in a bowl.

Take turns to roll the dice twice or select two numbers from the bowl. The first number is the exercise to be done, and the second number is the quantity.

Take turns. Do three rounds.



https://youtu.be/EVu1V1_T9hU



Trust – don't worry

Read Matthew 6:25-34.

Write or draw some of the things that worry you personally. Create a second list of things that worry you as a family.

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

In what ways do unbelievers respond?

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.



Count to 10 together

Stand or sit in a circle with heads bowed and eyes closed. The object of the game is to count from 1-10 without going around the circle. A person must call out a number when no one else does. If two people call the same number at the same time, start from 1 again. Have fun! It will probably take several attempts to succeed.

Reflect:

Did you get worried or frustrated during the game? What did you need to do to succeed?

Try to listen to each other this week and work together to seek God as a family.



Health tip

Eat well.

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



Bear and crab walk

Bear walk across the room and crab walk back. Do five laps.

Bear walk: Walk face down with feet and hands on the floor.

Crab walk: Walk face up with feet and hands on the floor.

Repeat for 10 meters. Do three rounds.



<https://youtu.be/ynPJIYUIYW0>

Rest and talk together.

Name three things that are important to you.

***Go deeper:** Why do you value them?*



Elevated feet dips



Dip on a chair by supporting your weight on your arms. Find a box or couch or other object to put your feet on so that they are also elevated.

Do 10 repetitions and rest. Repeat.

Go easier: Do chair dips from Day 1 instead.

Go harder: Increase the number of repetitions.

Challenge

**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>

Go harder: Increase the number of dips per spoonful.



Seek God first

Read Matthew 6:33-34.

Collect three things that are important to you. Rank them in order of importance and explain your reasons.

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.



Trust walk

Work in pairs. One person is blindfolded while the other gives instructions to get to a goal. Put some obstacles out to make it more challenging. If possible do it outside.



<https://youtu.be/5z0dygBEYNs>



Tip for parents

Taking a pause can be helpful when you find your child is irritating you or has done something wrong. It gives you a chance to be calmer. Even a few deep breaths can make a difference.

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 us on social media here:



Find all the videos for family.fit at the [family.fit YouTube® channel](#)

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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