

Growing Wiser — Week 9
Appreciating others!

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fast

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



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	Move to music	Read and discuss Matthew 7:1-5
DAY 2	Kick the can	Read and discuss Matthew 7:1-5
DAY 3	Together we stand	Read and discuss Matthew 7:1-5

Jesus is talking to the crowds about the importance of how we think of ourselves and others.

It's found in the Bible in [Matthew 7:1-5](#).

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



Move to music

Put on some favorite music. Repeat these moves until the music ends:

- 10 running on spot
- 5 squats
- 10 running on spot
- 5 squats with hand clap above head



<https://youtu.be/ATHqkVnm8nE>

Rest and Talk



Don't judge others

- *Talk about a time you got something stuck in your eye. How did it feel? Could you see it yourself?*

Read Matthew 7:1-5.

It's funny to think of a large plank sticking out of someone's eye. It would make it very hard to see! These are challenging words. Talk together about what you think the message is. Share all your ideas.

Chat to God: Find a twig for everyone. Each think of one person who others wrongly judge. Ask God to help you get to know them better instead of judging them. Place the twigs in a jar on your table to remind you to keep praying.

DAY 2

Get active



Kick the can

Make a circle on the ground and put an empty can in the middle. One person guards the can while everyone else tries to kick it out of the circle. Players can work together to distract the guard. You win if you kick the can without getting tagged.



<https://youtu.be/zBmKggmwW88>

Rest and Talk



Examine yourself first

- *Talk about a time you felt unfairly judged by others.*

Read Matthew 7:1-5.

The plank and the speck are the large and small things that stop us seeing clearly and cause harm to ourselves and others.

- *Talk together about some of the large and small things that cause harm in your country, community and family.*

Chat to God: Each choose one large or small thing from your conversation to pray about. Have one person start the prayer with “God help us with ...” Each family member can say their word in the space. Finish with Amen.

DAY 3

Get active



Together we stand

Sit back to back on the floor with a partner. Link your arms together. Now try to stand up while keeping your backs touching and arms linked. Pushing against each other will help.



<https://youtu.be/Z4y-mt2nFY8>

Rest and Talk



Help others

- *Ask someone with glasses to tell what it was like when they first put them on and could see clearly.*

Read Matthew 7:1-5.

God wants us to help others to change. One of the best ways we can do this is to live by example. We are to be generous, not greedy, and show compassion, not anger.

- *As a family, think of ways you can live by example. Choose one practical action to do this week.*

Chat to God: Write or draw a short prayer about your action point. Ask God for help to make this happen. Put your prayer on a wall to remind you to pray often.

Words of the Week

You can find these words in a free online Bible here at [Matthew 7:1-5 \(NIV\)](#).

Bible passage — Matthew 7:1-5 (NIV)

“Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you. Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.”

Health tip

Get enough sleep each day.
It can help to lower your risk of serious health
problems such as diabetes and heart disease.



More Information

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You will find full family.fit sessions on the website <https://family.fit>. Share it with others.

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

Thank you.

The family.fit team



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