

The Ultimate Race — Week 1

Life is like a race!

family.fit *fast*

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



www.family.fit

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	Drop to the ground	Read and discuss Acts 20:24
DAY 2	Wheelbarrow obstacle course	Read and discuss Acts 20:24
DAY 3	Global sit-up challenge	Read and discuss 1 Corinthians 9:24

The apostle Paul says a life of serving Jesus is like competing in a race. Paul is in this race. In fact, all followers of Jesus are in the same race. We can learn a lot about following Jesus by thinking about life as a long race – a marathon. It's found in the Bible in **Acts 20:24** and **1 Corinthians 9:24**.

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.

What's New in Season 5



New global family.fit competition

Can your nation win our new global competition? Win points in weekly challenges and boost your nation to the top of our international leaderboard.

Every week will have a new challenge.

Help your country by getting your friends and family involved.

[CLICK HERE](#) to update your family score every week.

[CLICK HERE](#) to look at the weekly leaderboard to see your country's progress.

Sport spotlight

Each week we'll focus on a different sport and an inspirational athlete who plays it. Athletes overcome challenges in difficult times to finish the race. We hope these stories will inspire you to run your race of life.



DAY 1

Get active



Drop to the ground

Run around the room or yard as you do this activity.

One person is the leader. When the leader shouts out a body part such as elbow, knee, back, or ear, everyone must put that body part on the ground.



<https://youtu.be/i1LOFXnidV4>

Rest and Talk



Run for the good of others

- *Talk about some of the races you have competed in.*

Read Acts 20:24.

Find a space to run some three-legged races. Stand in pairs side by side. Each pair uses a rag or stocking to tie their inside legs together. Now run!

- *How important was it to think about your partner as you ran your race?*
- *What's was Paul's main task in life?*

Paul considered the things of life as nothing compared to helping others know the good news of Jesus.

Chat to God: Take your rags or stockings and help each other tie all your hands together. Thank God for giving you the opportunity to run life's race together as a family.

DAY 2

Get active



Wheelbarrow obstacle course

Assemble an obstacle course which includes some turns. Work in pairs to move through the course in a 'wheelbarrow' race. Time each team. Swap places and do it again.



<https://youtu.be/BXHBV1ySeQ8>

Rest and Talk



Run the race to the finish

- *Tell of a time when you gave up and didn't finish something. Why did this happen?*

Read Acts 20:24.

How long can you hold your breath? Each person estimates a time and takes turns to try and achieve their goal. The rest of the family cheers during the attempt. Stay safe!

- *Did it get more difficult closer to the goal time?*
- *What makes the race hard sometimes? What can stop us or delay us in the race?*

Read about the marathon and John Akhwari.

Chat to God: As your family is running in the race this week, talk about opportunities to share Jesus' story with others. Pray together for God to give you the boldness and confidence.



Global Challenge

Global sit-up challenge

- *How many sit-ups can your family do in 90 seconds?*

Each family member does as many sit-ups as they can in 90 seconds. Combine the scores for the family total.

[CLICK HERE](#) to input your family score.

[CLICK HERE](#) to look at the weekly leaderboard to see your country's progress.

Rest and Talk**Run to win the prize**

- *How does knowing there will be a prize change the way you run in a race?*

Read [1 Corinthians 9:24](#).

- How is your life like a long race?
- What helps you run the race?

The race of life is different from other races. There isn't just one winner. All those who keep running and finish the race, win the prize of God's approval and eternal life. Therefore, we must persist in running life's race and finish well.

Chat to God: Think about you local community. Who needs hope right now? Make a plan to 'run' alongside this person. Pray for them together.

The marathon

At the 1968 Mexico Olympics, John Stephen Akhwari from Tanzania started the 42-kilometer marathon well. At the halfway mark he fell heavily and dislocated his knee and shoulder. Did he stop and give up? No, he kept running, even though he couldn't win the race. He ran as the sun set and the course went dark. He ran on alone. He walked when he could no longer run. He ran after the winners had received their medals. He ran into the stadium and across the finish line as the few remaining spectators applauded. He ran to finish the race.

After the race he was asked why he kept running when he had no chance of winning. He replied, "My country didn't send me 5000 miles to just start the race, they sent me 5000 miles to finish it."



<https://youtu.be/tNC2r4MOB1w>

How does this story inspire you to run your own race?

How can your family show courage and perseverance like John Stephen Akhwari?



Words of the Week

You can find these words in a free online Bible here at [Acts 20:24](#) and [1 Corinthians 9:24](#) (NIV).

Bible passages — (NIV)

Acts 20:24

However, I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me—the task of testifying to the good news of God’s grace.

1 Corinthians 9:24

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

Health tip for living long

Eat lots of vegetables every day. Experts suggest having five or more servings (handfuls) each day.



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 so it can be shared with others.

Thank you.

The family.fit team



TERMS AND CONDITIONS

IMPORTANT AGREEMENT BEFORE USING THIS RESOURCE

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.



family.ft

