

The Ultimate Race — Week 2

Train for your race!

family.fit
fast

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



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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	Bear shoulder taps	Read and discuss 1 Corinthians 9:25-26
DAY 2	Mountain-climbers tap out	Read and discuss 1 Corinthians 9:25-26
DAY 3	Global mountain-climber challenge	Read and discuss 1 Corinthians 9:25-26

Paul continues to teach us about life using the metaphor of an athlete. This week is all about training! We shouldn't go through life aimlessly, but rather start training in order to win the prize at the end of the race.

It's found in the Bible in **1 Corinthians 9:25-26**.

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



Bear shoulder taps

Get down on hands and knees facing a partner. Try to touch your partner's shoulder with your hand while keeping your 'bear' position. Play until someone reaches 11 shoulder taps.



https://youtu.be/r_09KUsKpK0

Rest and Talk



Train for your race

- *When did you train hard for something? What was it like?*

Read 1 Corinthians 9:25-26.

Followers of Jesus are running in a race called 'life'.

- *Why is training important in a race?*

Work together to come up with a list of ways that help us train as followers of Jesus. Write each of these on separate pieces of paper and spread them around your house/yard in a course layout. Take turns to run the course calling out each 'way' as you pass over it.

Chat to God: Move to the piece of paper where you need to improve your training. Get into the starting race position and spend some time asking God to help you to grow in this. Run the course together to finish.

DAY 2

Get active



Mountain-climbers tap-out

Do 10 mountain-climbers and tap out to the next person. Continue until you have completed 100 as a family.



<https://youtu.be/ZNx5leoyKa8>

Rest and Talk



Training takes discipline

- *On a scale of 1-10, rate yourself on how well you complete the tasks you commit to.*

Read 1 Corinthians 9:25-26.

Make up some actions and recite the verses together.

- *What does it feel like to be aimless?*
- *What helps training to be effective?*

Training takes discipline. Encouraging each other helps.

Make up a family 'war cry' that states your commitment to training hard for Jesus.

Read about sprints and Wilma Rudolph.

Chat to God: Gather into a family team huddle, recite your war cry, and then pray for each other to grow in commitment and discipline.



Global Challenge

Global mountain-climber challenge

- *How many mountain-climbers can your family do in 90 seconds?*

Each family member does as many mountain-climbers 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



Train for the eternal prize

- *Which prize means the most to you? Why?*

Read 1 Corinthians 9:25-26. Include actions.

- *What is the prize Paul talks about that will last forever?*

Each person thinks of a 'following Jesus training strategy' for the next 7 days. For example, pray every morning. Write it on a chart. See who can do the strategy every day. Plan a prize for each person.

Chat to God: Think about people you know who are struggling to be a follower of Jesus. Stand in a circle with your right hands on top of each other in the center as you pray for each person. When the top hand slaps the pile, shout AMEN.

The sprints

Wilma Rudolph was a champion sprinter who trained hard to overcome every obstacle she faced.

She was born prematurely in an African American family in the 1940's. With 20 brothers and sisters, there were few resources to help her become a champion runner. As a child she contracted polio and had to wear leg braces. However, she had incredible determination. Surprising the doctors, she overcame polio at 12 and started to walk again. To get stronger, she took up athletics. Amazingly, eight years later she went to the 1960 Summer Olympics in Rome and won three gold medals!

Wilma showed that keeping her mind focused on the prize is great motivation for training. "The triumph can't be had without the struggle!" she said.



<https://youtu.be/BYQXYVwa4YE>

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

What can your family learn from this?



Words of the Week

You can find these words in a free online Bible here at [1 Corinthians 9:25-26 \(NIV\)](#).

Bible passage — 1 Corinthians 9:25-26 (NIV)

Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.

Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air.

Health tip for living long

Walk as much as possible. Schedule walking into your regular day. What creative ways can you do this? Don't always take the car or bus.



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



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