

*The Ultimate Race — Week 3*

**Run with your team!**

**family.fit**  
*fast*

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>	Drop to the ground	Read and discuss 1 Corinthians 12:12
<b>DAY 2</b>	Trust walk	Read and discuss 1 Corinthians 12:12
<b>DAY 3</b>	Global squat challenge	Read and discuss 1 Corinthians 12:12

In this verse, and the passage in which it is found, Paul reminds us that we all have different gifts and abilities to serve one body – one team. Paul uses our familiarity with our bodies to show how important we are to each other. We run life's race as a team!

It's found in the Bible in **1 Corinthians 12:12**.

**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



### One body – many parts

- *Talk about a time when someone else's skill was a big help to you.*

Read **1 Corinthians 12:12**.

Collect the equipment and ingredients needed to make a cake the family enjoys. Put these on your table and gather around.

Paul tells us 'Team Jesus' is made up of many different members with different gifts. Take turns to hold one of the items and describe one of your gifts or abilities.

- *Why is it important that we all bring different gifts and abilities to the team?*

**Chat to God:** Write each of the gifts you named on individual pieces of paper. Add them all to a container. Thank God for each other's gifts.

# DAY 2

## Get active



### 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. Swap roles after some time.



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

## Rest and Talk



### We need the team

- *What are some activities that cannot be done alone?*

Read **1 Corinthians 12:12**.

On a large sheet of paper, draw a picture of a human body (trace around a young child). Talk about how the different parts of the body make a team.

- *What would happen to the body if one part didn't work? (for example, legs, hands, ears)*
- *Why does the body need each part?*

Read about blind football and how the players work skillfully as a team.

**Chat to God:** Pray that each person's gifts can be used in the family well.



## Global Challenge

### Global squat challenge

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

Each family member does as many squats 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



### We are one big team

- *Who helps you grow in your life and faith?*

Read **1 Corinthians 12:12**.

- *Can you name some people from the past who have faithfully served Jesus?*

We are part of a team who have followed Jesus for thousands of years. It's a big team.

- *What is one of the most important reasons you are a follower of Jesus today?*

**Chat to God:** Join some narrow strips of paper to make a long strip. Take turns to draw a stick figure, connected to the previous figure, and write the names of people past and present. As you write and draw, thank God for each person.

# Blind football

*Blind football is a game like futsal with five players on each team. It is designed for athletes who are visually impaired. Players use blindfolds (except the goalie), so everyone plays the game in total blindness. It is part of the Paralympics ('Parallel' Olympics).*

*It is one of the most amazing team sports to watch. It is played with such speed and accuracy it is hard to believe the players cannot see the ball. The crowd must remain silent so the players can hear the tiny bell in the ball to locate it. Each team must communicate really well with each other so they know where other team members are positioned.*

*Brazil has been the champion at recent events.*



<https://youtu.be/Jaws82WdcsM>

*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 12:12 \(NIV\)](#).

## **Bible passage — 1 Corinthians 12:12 (NIV)**

Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ.



## Health tip for living long

Forgive one another daily. Don't take resentment and anger to bed with you. Try to fix hurt relationships promptly and sincerely.

Ask for God's help.



# 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](mailto: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

