

*The Ultimate Race — Week 4*  
**Value others in the race!**

**family.fit**  
*fast*

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



[www.family.fit](http://www.family.fit)

# It's so easy!

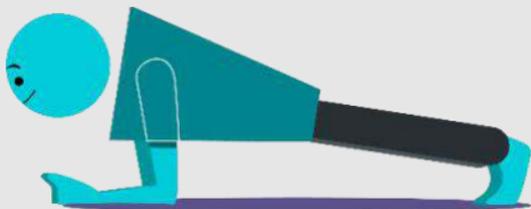
Gather the family for 7 minutes:

	 <b>Get Active</b> <i>4 minutes</i>	 <b>Rest and Talk</b> <i>3 minutes</i>
<b>DAY 1</b>	Grab the tail	Read and discuss Philippians 2:3-4
<b>DAY 2</b>	Up-down planks	Read and discuss Philippians 2:3-4
<b>DAY 3</b>	Global plank challenge	Read and discuss Philippians 2:3-5

Paul is writing a letter of love to the church in Philippi. He is writing from prison in Rome. His words are encouraging and direct, like a coach preparing a team for the game. He talks about valuing others.

It's found in [Philippians 2:3-5](#).

**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.*

# 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



### Grab the tail

Everyone wears a scarf or small towel as a 'tail' tucked in at the back of their pants. The goal is to collect as many tails as you can, while protecting your own. If you lose your tail, do five push-ups and continue the game. Have fun.



<https://youtu.be/goixt6sB2Es>

## Rest and Talk



### Serving yourself?

- *When did you last say, "I want to ..." or "I don't want to ..."?*

Read Philippians 2:3-4.

Play a quick game of "You Can't Say YES or NO". Take turns around a circle to ask questions to the next person. Each time they answer 'yes' or 'no' (or nod or shake their head) they must run around the circle.

- *How did you feel when you succeeded in getting someone to say 'yes' or 'no'?*
- *Paul said: "Do nothing out of selfish ambition or vain conceit." What does this mean?*

**Chat to God:** Take turns again around the circle with each person praying for the next person after asking, "How can I pray for you?"

# DAY 2

## Get active



### Up-down planks

Start in the plank position on your elbows and toes with your body in a straight line. Shift your weight and press up so you are supported on your hands - left hand then right hand. Then go back down to elbows.

Do 10 repetitions and rest. Do two rounds.



<https://youtu.be/enZlwtIYOi0>

## Rest and Talk



### Put others before yourself

- *What interests do you have that are not shared by others in the family?*

Read Philippians 2:3-4.

- *Why is it good to value others and put their interests before your own?*

Line up facing one way and put your hands on the shoulders of the person in front. Give them a shoulder massage. Now turn and face the other direction and massage the new person in front of you.

- *What did you notice about this activity?*

Read about the pole vault champions from Japan.

**Chat to God:** Each person names an interest of another member of the family and prays for that person.



## Global Challenge

### Global plank challenge

- *How many seconds can your family do a continuous plank for?*

Each family member does a plank for a maximum of 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



### Jesus put others first

Read [Philippians 2:3-5](#).

In verse 5 Paul goes on to say why we should put others first – because Jesus did. Jesus showed us how to value others. We need His mindset. Discuss Jesus' mindset.

Make a list of people you think need to be valued more in your community.

- *How can you see them like Jesus does?*

**Chat to God:** Imagine how Jesus might see each person in the community and value them. Choose one or more people on the list and pray for them.

# Pole vault

*Pole vaulting is a courageous and awe-inspiring sport. Competitors fling themselves up to 5 meters high on the end of a flexible pole to clear a bar and land on a mat below.*

*In the 1936 Olympics, only one American and two Japanese competitors remained in the pole vault competition. Eventually, the two Japanese athletes, Shuhei Nishida and Sueo Oe, were competing for the silver and bronze medals. They both jumped the same height. They were close friends and asked if the competition could be stopped so they could share the honor. The officials said the competition must go on. Later, after review, one was awarded the silver medal and the other the bronze. But they had a creative solution. They cut the medals in half and made two new ones, both half silver and half bronze. They have come to be known as the 'medals of friendship.'*



<https://youtu.be/RE2LqC73KsQ>

*How does this story inspire you?*

*How can your family put others first?*



# Words of the Week

You can find these words in a free online Bible here at [Philippians 2:3-5 \(NIV\)](#).

## **Bible passage — Philippians 2:3-5 (NIV)**

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. <sup>5</sup> In your relationships with one another, have the same mindset as Christ Jesus.

## Health tip for living long

Eat meals together. Relationships are important and a busy family needs to find ways to connect every day. A family meal is an ideal place to reconnect, value each other and share ideas.



# 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*



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