

The Ultimate Race — Week 5

Press on to the goal!

family.fit
fast

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



www.family.fit

It's so easy!

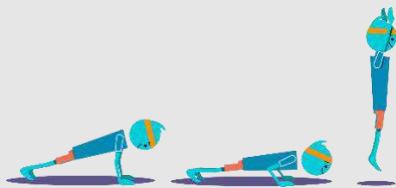
Gather the family for 7 minutes:

	 Get Active <i>4 minutes</i>	 Rest and Talk <i>3 minutes</i>
DAY 1	Games challenge	Read and discuss Philippians 3:12-14
DAY 2	Stepping stones	Read and discuss Philippians 3:12-14
DAY 3	Global burpee challenge	Read and discuss Philippians 3:12-14

Paul's main goal in life is to really know Christ, to experience Christ's power in his life, and to become more like Him. Paul knows he still hasn't reached his goal, but like an athlete in a race, he is determined to keep running towards the finish line. Like Paul, we too must press on towards the goal.

This is found in the Bible in [Philippians 3:12-14](#).

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



Games challenge

Everyone lies face down across a line. One person shouts out the name of a sport – for example, basketball. Everyone runs to the other side of the room and pretends to bounce a ball as they go, then lies down again. Take turns to call out a sport. Be creative!



<https://youtu.be/c-pXM76f3-c>

Rest and Talk



Keep going

- *When did you last feel like giving up, but decided to push through?*

Read Philippians 3:12-14.

Try setting timers for things you like to do quickly throughout the day. For example, set a 2-minute timer for brushing your teeth and set a 15-minute timer for 'no technology' at dinner time.

- *Was it hard to continue until the timer went off?*
- *What are some of your small goals in life?*
- *Why is it important to have small goals aligned to your big goal in life?*

Chat to God: Pray that like Paul, you remember you haven't arrived yet, but need to keep going in the race of life.

DAY 2

Get active



Stepping stones

Work as a team to get from one side of the room to the other by standing on only two 'stepping stones'. A 'stepping stone' could be a towel, T-shirt, mat, pillow or something else. Avoid touching the ground by helping each other to balance.



<https://youtu.be/Qo9PRHcq82M>

Rest and Talk



Don't look back

- *What success or failure in your life do you remember from time to time?*

Read Philippians 3:12-14.

Together write a list of some of the things that might prevent or distract followers of Jesus from running the race. Then, take the paper and throw it in the trash.

- *Why does Paul look forward instead of looking back?*

Read about the table tennis and Josephine Medina.

Chat to God: Does your family have a story of success or failure in its history? Pray that you won't be tempted to rest on past successes or be discouraged by past failures as you run the race.



Global Challenge

Global burpee challenge

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

Each family member does as many burpees 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



Focus on the finish line

- *What reward have you been promised for finishing a difficult task?*

Read [Philippians 3:12-14](#).

On a long strip of paper, write what Jesus promises to give us if we keep following Him to the end.

- *Why does focusing on the finish line help us achieve our goals?*

Make this piece of paper into a finish line and run through it as a family to remember to keep focusing on our biggest goal in life.

Chat to God: Pray for God's help to be an example to others of pressing on 'toward the goal to win the prize for which God has called us'.

Table tennis

Josephine Medina contracted polio as a child which affected the growth of her legs. She was inspired to learn table tennis by her father who competed for his national team. She became so good at the game that she too was selected for the national team. However, she was later told she couldn't compete because she had a disability. Her passion and determination for the game stayed strong. She refused to give up her goal. She continued playing table tennis and joined the Paralympic team, eventually winning a bronze medal in Rio de Janeiro in 2016.

"I just want to prove that disability is not a hindrance in achieving your goals. It is just an instrument in reaching success in your life."



<https://youtu.be/W8TO0OsT4I>

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

How can your family learn from Josephine?



Words of the Week

You can find these words in a free online Bible here at [Philippians 3:12-14 \(NIV\)](#).

Bible passage — Philippians 3:12-14 (NIV)

Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Health tip for living long

Make good decisions for the environment. Aim to cut down the use of plastics. Dispose of plastic waste carefully so it doesn't become an environmental problem for our children. Alone we cannot fix every global problem, but we can each do something local.



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

