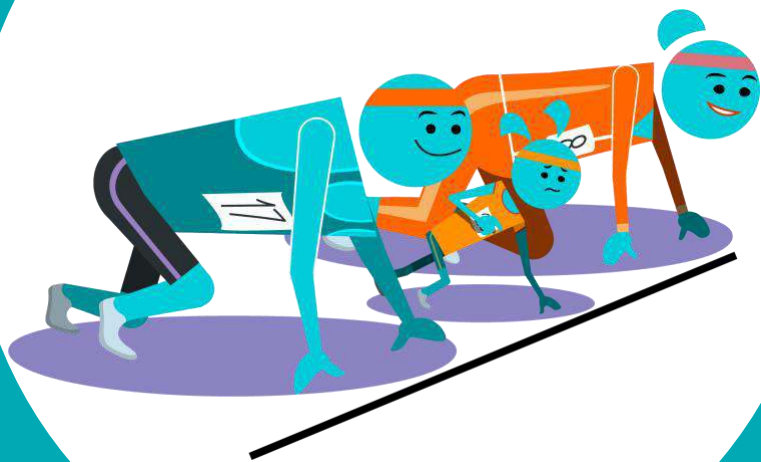


*The Ultimate Race — Week 6*

**Work through worry!**

**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>	Running on hot lava	Read and discuss Philippians 4:6-7
<b>DAY 2</b>	Catch in the middle	Read and discuss Philippians 4:6-7
<b>DAY 3</b>	Global superman challenge	Read and discuss Philippians 4:6-7

Paul focuses on one of the biggest problems in life's race – anxiety. It restricts our capacity to think and act. It robs us of life. The solution is to pray with thanksgiving. As we trust in Jesus, we deal with the fear that produces anxiety. This gives us peace to go on with life.

This is found in the Bible in [Philippians 4:6-7](#).

**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



### Running on hot lava

Spread out around a space. Select a leader. When the leader says “hot lava” everyone runs on the spot as fast as they can. When the leader says “stop” everyone does squats. Repeat until everyone is breathing heavily.



[https://youtu.be/dCWo\\_H0vpGg](https://youtu.be/dCWo_H0vpGg)

## Rest and Talk



### Everyone worries

- *Talk about a time when you felt anxious.*

Read Philippians 4:6-7.

Place 10 objects in a line on your floor in order of size to make a ‘worry scale’. Name some common activities that might cause anxiety. For example, going to the doctor or starting at a new school. Each person uses the line of objects to show their level of anxiety about that activity – small or larger worries.

- *Talk about the kinds of things that worry each person most.*

Paul reminds us that while everyone worries, it doesn’t have to rule us.

**Chat to God:** Rearrange your 10 items into the shape of a cross. Pray that God will help you in times of anxiety.

# DAY 2

## Get active



### Catch in the middle

Gather three or four objects you can throw safely to each other. Split into three teams, one on each side of the room or yard and one in the middle. The teams on the outside throw the objects to each other while the team in the middle tries to intercept and catch an object. Once all the objects have been caught, a new team comes to the middle.



<https://youtu.be/Av56iFdtOLk>

## Rest and Talk



### Pray about everything

- *Talk about how prayer changes your anxiety levels.*

Read Philippians 4:6-7.

- *Paul says we can bring every situation to God. Why is this comforting?*

Take a sheet of paper and write a big 'Thank You' in the center. Around the outside add your individual prayer requests to God.

Read about wheelchair racing and Daniel Lee.

**Chat to God:** Find a soft toy to hold and pass as you pray for each worry named on your 'Thank You' poster.



## Global Challenge

### Global superman challenge

- *How long can you do a superman hold for?*

Each family member does a superman hold and is timed (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



### Peace in action

- *What do you think of when you hear the word 'peace'?*

Read [Philippians 4:6-7](#).

Mime words like worry, conflict, and anxiety. Now mime words like peace and rest. What did you notice?

We often think of peace as the absence of conflict – a passive thing. However Paul describes peace as active. It guards your heart and mind.

- *Why do your heart and mind need guarding?*
- *What are you worried about right now? How can you take action?*

**Chat to God:** Play quiet music. Now pray for what is worrying you and allow God to bring peace into your life.

# Wheelchair racing

*Daniel Lee is preparing for the Tokyo Paralympics in wheelchair racing. Daniel wasn't always an athlete. He was born with a brittle bone disease. He has lost count of the number of times he has broken bones. He had to be carried to school because his family couldn't afford a wheelchair. Other children teased him. When he was 14 years old his father died suddenly. Although in a wheelchair, Daniel felt responsible to help as the only man in his family. Instead of being consumed by worry, he trusted in God and set about becoming more independent. He learnt to cook and get himself from place to place. He grew stronger and became faster in the wheelchair. A worrying situation became an area of growth and strength.*

*He lives by this creed, 'we don't all have the best start in life, but it's how you finish that really matters.'*



<https://youtu.be/FqXn2omQdtQ>

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

*How can your family learn from Daniel?*



# Words of the Week

You can find these words in a free online Bible here at [Philippians 4:6-7 \(NIV\)](#).

## **Bible passage — Philippians 4:6-7 (NIV)**

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.



## Health tip for living long

Drink water often. Our body is mostly made of water and needs to be continually replenished for us to be healthy. Average men need 3.7 liters per day and women 2.7 liters.



# 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

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