

The Ultimate Race — Week 7

Focus your mind!

family.fit
fast

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



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It's so easy!

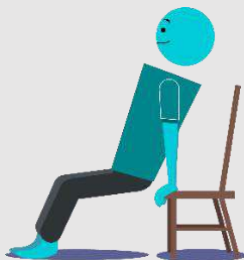
Gather the family for 7 minutes:

	 Get Active <i>4 minutes</i>	 Rest and Talk <i>3 minutes</i>
DAY 1	Sprint competition	Read and discuss Philippians 4:8
DAY 2	Fill the cup	Read and discuss Philippians 4:8
DAY 3	Global dip challenge	Read and discuss Philippians 4:8

Our minds are very powerful. The Apostle Paul encourages us to be careful what we allow our minds to focus on. He reminds us to fill our minds with things that are good and positive. This is a challenge we all need to work on in our race!

It's found in the Bible in **Philippians 4:8**.

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



Sprint competition

Everyone stands on a starting line. One person shouts 'go' and the family sprints for 10 seconds until the leader shouts 'stop'. Everyone stops where they are. Not everyone will have run the same distance – that's okay. Rest, then turn around and face the starting line. When the leader shouts 'go', everyone runs back again. The first across the line wins.

Rest and Talk



Truth or lies?

- *When have you been caught up in a lie?*

Read Philippians 4:8.

Fill a glass half-way with water. Ask each person to describe how much water is in the cup. Half full or half empty? (Both are true.)

We often get caught up in negative thinking, especially in hard times. Paul provides us with a list to measure our thinking against.

- *What do your answers to the glass of water tell you about the way you think?*

Discuss how you can be truthful and positive in your thinking.

Chat to God: Thank God that He showed us His truth through Jesus. Ask Him to help you discern the truth and think on things that please Him.

DAY 2

Get active



Fill the cup relay

Using a chair, each person does three dips and then runs to a marker to scoop water into a glass using a spoon. Tag the next person to continue. Keep going in a relay until the glass is full.

Three dips = one spoon.



<https://youtu.be/4ezmpWOF8K8>

Rest and Talk



Focus on the lovely

- *Tell of something you saw recently that was lovely.*

Read Philippians 4:8.

Hold up a piece of paper with a small scribble in the center. What do you see? You can see the scribble or you can see a paper full of potential.

- *Why are we drawn to focus on small imperfections?*

We need to learn to look below the surface to see what is lovely and wonderful, such as the goodness in someone's character.

Read about gymnastics and Fabian Hambüchen.

Chat to God: Thank God for the loveliness in each other.



Global Challenge

Global dip challenge

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

Each family member does as many dips 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



What is worthy of praise?

- *What do you admire about each person in the family?*

Read [Philippians 4:8](#).

Paul concludes his list with an instruction to focus on things that are worthy of praise.

Think about your birthday. How does it feel to be celebrated and appreciated on your special day?

- *What excellent or praiseworthy things can we be thinking about?*

Jesus is worthy of praise. Together, make a list of things you can praise Jesus for.

Chat to God: Pray and thank God for people in your community who follow Jesus' example.

Gymnastics

Fabian Hambüchen is a German gymnast who competed on the men's horizontal bar. When he first competed at the 2004 Athens Olympics, he came 7th in the competition. He persevered throughout his 16-year career by refocusing his mind as he trained rather than concentrating on the negatives. He competed in gymnastics in each subsequent Olympics and improved his place in the horizontal bar competition each time. He won a bronze medal at the 2008 Beijing Olympics, a silver medal at the 2012 London Olympics, and, finally, a gold medal at the 2016 Rio Olympics.

He said after the receiving the gold medal that this was 'a dream come true.'

He never stopped chasing his dream from when he first competed in 2003.



<https://youtu.be/Z3bp4bdxqPE>

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

How can your family show courage and perseverance like Fabian Hambüchen?



Words of the Week

You can find these words in a free online Bible here at [Philippians 4:8 \(NIV\)](#).

Bible passage — Philippians 4:8 (NIV)

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Health tip for living long

Avoid snack food between meals.

Sometimes when we feel negative, we eat 'comfort' food to make us feel better. This habit often leads to weight gain and avoids dealing with the issue behind our painful thoughts.



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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