

*The Ultimate Race — Week 8*  
**Develop your character!**

# 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>	Ants on a log	Read and discuss Colossians 3:12
<b>DAY 2</b>	20, 15, 10, 5	Read and discuss Colossians 3:12
<b>DAY 3</b>	Global speed skater challenge	Read and discuss Colossians 3:12

In this letter Paul gives the believers some very practical and valuable wisdom on how to live for Christ in community with others. Attractive qualities such as kindness and humility come from Jesus. We need to wear them like clothes.

It's found in the Bible in **Colossians 3:12**.

**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



### Ants on a log

Everyone stands on a 'log' (a line, low wall or a bench). The goal is to reverse your order on the log without anyone falling off. Work together so everyone is successful. Set a timer.



<https://youtu.be/l1pHjfxleEc>

## Rest and Talk



### Put on kindness and compassion

- *Describe someone you would say is really kind.*

Read Colossians 3:12.

- *What does this verse tell us about how God sees us?*

We are chosen, holy and loved. God has set us apart to live and behave as Jesus did and grow more and more like Him each day. Developing Jesus' character is like putting on clothing.

Put on two pieces of clothing (for kindness and compassion) as you talk about what this could look like for each of you this week.

**Chat to God:** Think of people who need to know God's compassion and kindness today. Pray for them now.

# DAY 2

## Get active



**20, 15, 10, 5**

Start with 'high fives', then do:

- 20 jumping jacks
- 15 speed skaters
- 10 push-ups
- 5 squats

End with 'high fives'. Do three rounds with no rest between them.

## Rest and Talk



### Put on humility and gentleness

- *Talk about times when you need to be gentle.*

Put on the clothing you wore for the first session and add two more pieces for 'humility' and 'gentleness'.

Read Colossians 3:12.

- *Are you good at listening to the advice of your parents, friends, or coaches?*

Listening to others to learn from them shows we are growing in humility, rather than thinking we know everything.

Read about sailing and Lawrence Lemieux.

**Chat to God:** Each person draws a picture of themselves. Place them together and write the five words from Colossians 3:12 around your family. As you add color to your photo, pray for each other.



## Global Challenge

### Global speed skater challenge

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

Each family member does as many speed skaters 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



### Put on patience

- *What do you find it hard to wait for?*

Put on your four pieces of clothing and add one more.

Read [Colossians 3:12](#).

Set a timer for 1 minute and wait in silence as you think about times you or your friends have gone through challenges which test your patience. Talk about these times.

- *Did anything help? What did you/they learn?*

While feelings of frustration may arise, there are also opportunities to learn life lessons.

**Chat to God:** We all need patience. Pray and ask God for help to grow personally in this area.

# Sailing

*Canadian sailor, Lawrence Lemieux, was competing in a sailing race in the 1988 Olympics in South Korea when the seas got very rough. Lemieux was out in front of the race with another boat when he saw that one of his competitors had capsized and was in danger of drowning. He changed course, helped rescue the sailors, and then resumed the race. It cost him time. He couldn't win a medal and crossed the finish line in 11<sup>th</sup> place. By putting others first, he lost the race, but he showed the best attributes of an athlete. He chose compassion and kindness over winning.*

*Officials said, "By your sportsmanship, self-sacrifice, and courage you embody all that is right with the Olympic ideal."*



<https://youtu.be/MS6DcLP7WDc>

*How does this story inspire you to run your own race?  
How can your family develop in this area?*



# Words of the Week

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

## **Bible passage — Colossians 3:12 (NIV)**

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.



## Health tip for living long

Get outdoors and enjoy nature. Go for walks, swim, run, do gardening, or enjoy a local wilderness.



# 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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