

*The Ultimate Race — Week 9*  
**Love and forgive others!**

# 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>	Arm circles and body shapes	Read and discuss Colossians 3:13-14
<b>DAY 2</b>	Plank and lunge challenge	Read and discuss Colossians 3:13-14
<b>DAY 3</b>	Global lunge challenge	Read and discuss Colossians 3:13-14

Paul challenges believers of Jesus to live differently. We are to “bear with one another.” This describes the patience we need with others when they fail or wrong us. We all make mistakes every day and we all need forgiveness. We all need to forgive others too. Forgiveness is at the heart of love and unity.

It's found in the Bible in **Colossians 3:13-14**.

**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



### Arm circles and body shapes

**Arm circles:** Stand in a circle and together complete 15 of each arm movement. Small circles forward, small circles backward, big circles forward, big circles backward.

**Body shapes:** Lie face down, arms overhead and palms facing each other. Move your arms like the hands of a clock into each formation. Do three rounds.



<https://youtu.be/l1Hfa4VISZI>

## Rest and Talk



### Bear with one another

- *Share how you feel when someone is impatient with you.*

Read Colossians 3:13-14.

Each person is lifted off the ground by the rest of the family starting with the smallest person and working to the biggest.

- *How did it feel to bear the weight of others?*
- *What does it mean to bear with one another?*

We all have to bear the failures of those around us and they need to bear our failures too.

**Chat to God:** Pray for the others in your family. Pray you would be able to bear their mistakes and failures with grace. Give thanks for each person.

# DAY 2

## Get active



### Plank and lunge challenge

Work with a partner. While one person is in a plank position, the other does lunges. Change places after 10 lunges on each leg. Do four rounds.

## Rest and Talk



### Forgive as God forgave

- *What does it feel like to ask for forgiveness?*

Read Colossians 3:13-14.

- *What is forgiveness?*

Each person draws their picture on a sheet of paper with three arrows to remind them of these questions:

- 1) an arrow pointing away from you – Is there someone I need to say sorry to?
- 2) an arrow pointing towards you – Is there someone I need to forgive?
- 3) an arrow pointing up – Is there something I need God to forgive me for?

Reflect on these questions and share an example of each together.

Read about the Rwandan sitting volleyball team.

**Chat to God:** Take your paper and spend some time walking and talking with God about it.



## Global Challenge

### Global lunge challenge

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

Each family member does as many lunges 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



### Love brings unity

- *Where do you see love working in your family?*

Read [Colossians 3:13-14](#).

Hold hands in a circle and run a course around your house going into every room. Time yourselves. Stay connected at all times.

- *Was this easy? Why or why not?*

Unity can be difficult. If we want to live well with each other, we need forgiveness flowing freely in all our relationships. This is an important way we show love. And love is the quickest way to bring people together.

**Chat to God:** Who can you show more love to today? Ask God to give you the strength to love them even if they are hard to love and have wronged you.

# Sitting volleyball

*How do you go from enemies to teammates?*

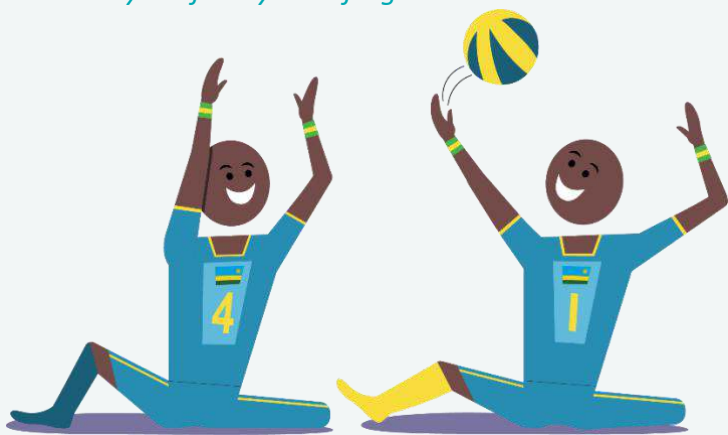
*The Rwandan sitting volleyball team competed at the 2012 London Olympics. Although they didn't win a game, they demonstrated the incredible power of forgiveness and love within their team.*

*In the 1990s Rwanda suffered a terrible civil war between two tribes, the Tutsis and Hutus. Two volleyball players in the 2012 Paralympic team, Dominique Bizimana and Jean Rukondo, had lost legs from landmines in the civil war. One was a Hutu and the other a Tutsi. They had good reason to hate each other but instead became teammates and friends. They helped bring unity to their whole team.*

*They rebuilt their lives because they could forgive and accept forgiveness.*

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

*How can your family take forgiveness to the next level?*



# Words of the Week

You can find these words in a free online Bible here at [Colossian 3:13-14](#) (NIV).

## **Bible passage — Colossians 3:13-14 (NIV)**

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.



## Health tip for living long

Eat slowly. Experts suggest you will eat less and feel better if you slow down your eating and chew each mouthful more.



# 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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