

*The Ultimate Race — Week 10*

**The race is a battle!**

**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>	Push-up relay	Read and discuss - 1 Timothy 6:11-12
<b>DAY 2</b>	Obstacle course	Read and discuss - 1 Timothy 6:11-12
<b>DAY 3</b>	Global push-up challenge	Read and discuss - 1 Timothy 6:11-12

These words are written by the apostle Paul in a letter to his good friend and student, Timothy. Timothy is much younger than Paul. Together they had travelled and served many believers in different cities. Paul seeks every opportunity to give advice and teach Timothy how to live a godly life.

It's found in the Bible in 1 Timothy 6:11-12.

**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



### Push-up relay

Divide into two teams and stand on opposite sides of the room. Put 21 objects in the middle.

Members of each team take turns to run to the center, do five push-ups, pick up an object, and run back to tag the next person. Continue until all objects are picked up. Which team collected the most?



<https://youtu.be/dTqhZRONbCE>

## Rest and Talk



### Flee from what is evil

- *Do you run faster when something is chasing you or when you're chasing after something?*

Read 1 Timothy 6:11-12.

It contains a list of things we must strive for. Can you name their opposites?

We often underestimate evil and think we can easily resist it, but it entangles us. It is a fight! That's why Paul encourages us to always flee from what is evil. What do you need to flee from today?

**Chat to God:** Write a personal list of evil you must flee from. Pray that God would give you strength and wisdom.

## DAY 2

### Get active



#### Obstacle course

Set up an obstacle course. Use the space you have inside or outside (for example, run to the tree or chair, leap over the path or rug, and so on). Be creative! Take turns to get through the obstacle course as quickly as possible. Time each person.



<https://youtu.be/0wf6zfkzmCQ>

### Rest and Talk



#### Pursue what is good

- *Share what you most want to accomplish in life.*

Read 1 Timothy 6:11-12.

Organize a small treasure hunt. One adult hides a couple of simple clues, leading the rest of the family to the 'treasure'.

- *What is the treasure Paul calls us to pursue?*

Pursuing these is a 'good fight of the faith'. It requires concentration, discipline, and constant effort.

- *Why is it worth making these things your lifelong pursuit?*

Read about judo in Japan.

**Chat to God:** Draw your family. Ask God to help you to pursue righteousness, godliness, faith, love, endurance, and gentleness.



## Global Challenge

### Global push-up challenge

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

Each family member does as many push-ups 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



### Hold on to eternity

- *How do you imagine yourself in 10 years? What will you be doing?*

Read [1 Timothy 6:11-12](#).

Have you ever imagined what eternity will look like? It has no beginning and no end ... it's perfect!

- *Why does Paul ask us to hold on to eternity like a lifeline? Even more than that – to fight for it. What makes eternity so valuable?*

**Chat to God:** Who would you like to spend eternity with? Think of all those you do not wish to part from. Gather one stone or button for each one and pray for them by name.

# Judo

*Judo is a combative sport where two athletes compete against each other to make their opponent yield. It was invented in Japan in 1882 and unsurprisingly, Japan is the most successful nation in judo. They have won more medals than any other country. Why have they been so successful?*

*Japanese judo students start young and learn the basic judo moves from a master. They then practice those moves thousands of times as they perfect them. The best Olympians still practice the basic moves so they become automatic in a fighting contest. The highest scoring move is called an 'ippon' where an opponent is forced onto their back.*

*They follow the idea of 'repetition to perfection.'  
'The spirit of Judo and the spirit of Japan are similar.  
They are connected'.*



<https://youtu.be/ET3rM0c8Uh0>

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

*Where does your family need to practice repetition?*



# Words of the Week

You can find these words in a free online Bible here at [1 Timothy 6:11-12 \(NIV\)](#).

## **Bible passage — 1 Timothy 6:11-12 (NIV)**

But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness. Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses.



## Health tip for living long

Be assertive but not aggressive. Express your ideas without humiliating others. Stay positive. Avoid accusing or mocking one other.



# 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

### 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

