

The Ultimate Race — Week 11

**Remember all you've
learned!**

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	Hand touches	Read and discuss 2 Timothy 3:14-15
DAY 2	Yes and no!	Read and discuss 2 Timothy 3:14-15
DAY 3	Global sit-up challenge	Read and discuss 2 Timothy 3:14-15

These verses are Paul's final words of wisdom to Timothy - one of the young leaders he had mentored. If we learn well from trustworthy people we will be able to apply those lessons when we find ourselves under pressure.

It's found in the Bible in **2 Timothy 3:14-15**.

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.

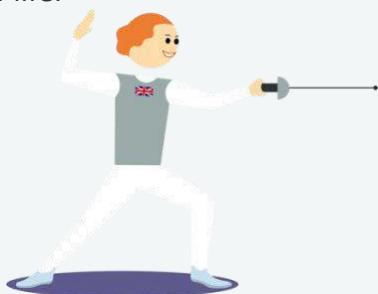
Help your country by getting your friends and family involved.

[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



Hand touches

Stand upright in a push-up position facing a partner. Try to touch the other person's hands while you are protecting your own.

How many touches can you make in 60 seconds?



<https://youtu.be/tT9ATt9fLxE>

Rest and Talk



Remember the most important

- *What advice would you give a friend to encourage them to keep going?*

Read 2 Timothy 3:14-15.

Paul has been Timothy's 'coach', but he knows he might not see Timothy again. He therefore urges Timothy to remember the things he's learned so that he will stay on track in life.

- *What do you think Timothy has been learning from Paul about life? About God?*

As a family, make a list of 'important things to remember so we stay on track'.

Chat to God: Have each person choose which is the hardest thing on the list for them to remember. Pray for help to keep these things in mind in the week ahead.

DAY 2

Get active



Yes and no!

Choose a leader and put some music on. Dance or do a movement until the leader says 'yes' or 'no'. When the leader says 'yes' everyone does a squat. Go back to dancing. When the leader says 'no' everyone does a sit-up. Keep dancing until the leader speaks.

Take turns to be the leader.



https://youtu.be/AI_Ga9Ic-LQ

Rest and Talk



Learn from the right people

- *Who is the best teacher or coach you've ever had? What made them so good?*

Read 2 Timothy 3:14-15.

- *Why is it important to be able to trust those who teach us?*

Make another list: 'People we can trust to teach us well'. Add photos. Talk about what makes each of these people trustworthy.

Read about fencing and Judy Guinness' lesson in fair play.

Chat to God: Thank God for the people on the list. As a family, find a special way to thank each person this week.



Global Challenge

Global sit-up challenge

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

Each family member does as many sit-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



Where does real wisdom come from?

- *Think about a wise person you know. What makes them wise?*

Read [2 Timothy 3:14-15](#).

- Where can we find wisdom?

Sometimes it's hard to understand the Bible, but Jesus promised that the Holy Spirit 'will teach you all things and will remind you of everything I have said'.

- How can we ask Him to help us? Why is it wise to trust Jesus for salvation?

Chat to God: Thank God for giving us His Word – the source of truth for salvation and godly living. Ask the Holy Spirit to bring understanding.

Fencing

Fencing is a combat sport between two players. It is one of five sports which have been featured in every modern Olympics. (The others are athletics, cycling, swimming and gymnastics.)

British fencer, Judy Guinness, was in position to win the individual fencing gold medal against Austria's Ellen Preis at the 1932 Los Angeles Olympics. Ahead at the end of the final gold medal bout, she reminded the judges of two points which needed to be added to her opponent's score for touches they had missed. The judges updated the score sheets and announced that Ellen Preis had won the gold medal and Judy Guinness the silver.

Judy Guinness remembered that the foundation of sport is fair play – not just winning. She lost her gold medal but earned respect from everyone.

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

What can your family learn from Judy Guinness?



Words of the Week

You can find these words in a free online Bible here at [2 Timothy 3:14-15 \(NIV\)](#).

Bible passage — 2 Timothy 3:14-15 (NIV)

But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, and how from infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus.

Health tip for living long

Move your body every day. Schedule time to exercise, don't just leave it to chance. Walking is the best type of movement so plan to make it a normal part of your daily routine.



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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