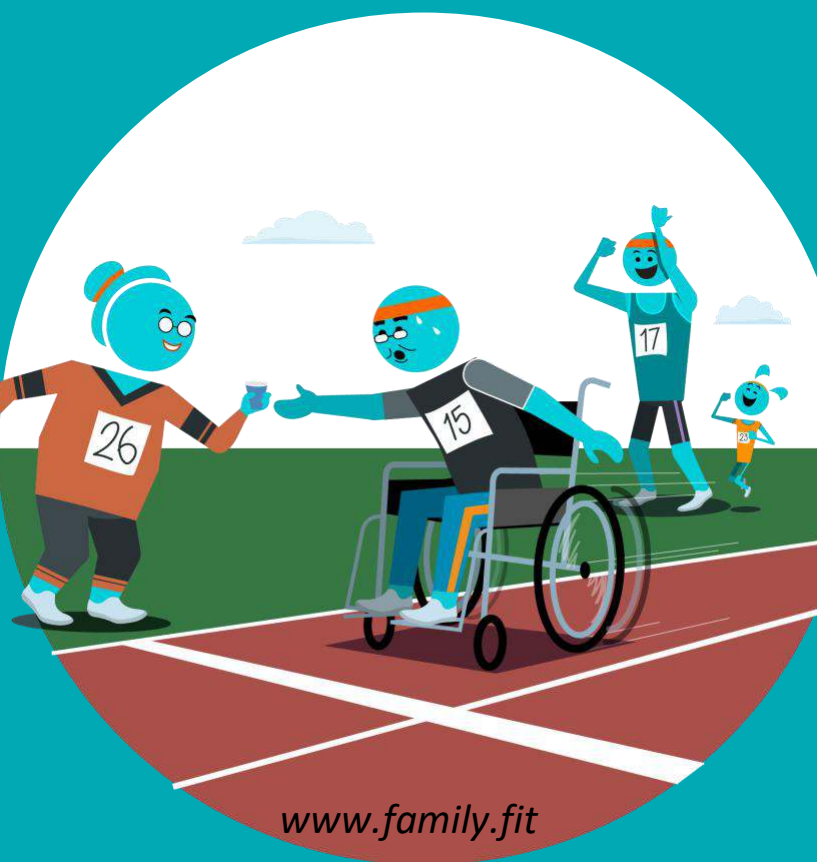


The Ultimate Race — Week 12

Run to the finish!

family.fit
fast

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



www.family.fit

It's so easy!

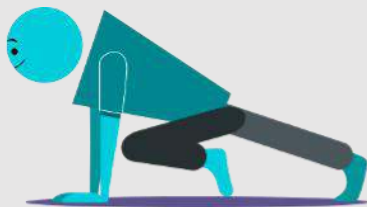
Gather the family for 7 minutes:

	 Get Active <i>4 minutes</i>	 Rest and Talk <i>3 minutes</i>
DAY 1	Corners warm-up	Read and discuss 2 Timothy 4:7-8
DAY 2	The longest line	Read and discuss 2 Timothy 4:7-8
DAY 3	Global mountain-climber challenge	Read and discuss 2 Timothy 4:7-8

Looking back on his life, Paul is confident he has done what God has asked of him. He now looks forward to receiving his heavenly reward. Our encouragement comes from knowing that we too can receive this reward if we keep the faith throughout our own 'race'.

It's found in the Bible in 2 Timothy 4:7-8.

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



Corners warm-up

Label the corners of the room with the numbers 1-4. Each person starts at a different corner and does a different warm-up. Move around the room to the next number. Do two rounds. 10 jumping jacks, 10 running on spot, 10 mountain-climbers, 10 squats.



<https://youtu.be/wjLIb-GaFjI>

Rest and Talk



Run to the finish

- *What race/competition would you love to win?*

Read 2 Timothy 4:7-8.

Set up an obstacle course in your home, garden or public space using everyday items. After you've each had a turn, talk about which bits you found easy or more difficult and why. Give each other advice on how to improve. Have another go and see if you can apply what you learned.

- *What do you think Paul learned on his life 'race' by keeping the faith?*
- *Why might keeping the faith be important in our race of life?*

Chat to God: Pray for God's help to keep the faith and finish the race.

DAY 2

Get active



The longest line

Divide into two teams. Allow two minutes for everyone to gather 10 objects (clothing, books, shoes, and so on). Each team then has to make the longest line they can with their objects. The objects must touch end to end. Which team can make the longest line?



<https://youtu.be/s3cqvxHWRIw>

Rest and Talk



Know your reward

- *What is the best prize you could give someone?*

Read 2 Timothy 4:7-8.

Use household items to make a crown. What do you think the word 'righteousness' means? Look up a definition.

- *Why do you think this is a reward Paul is excited about? Talk about what Paul might have done to deserve such a reward.*

Read about Niel Louw and Elliot Mujaji.

Chat to God: Pray for teamwork, communication, encouragement and deepening faith to be the rewards we seek within our homes and families.



Global Challenge

Global mountain-climber challenge

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

Each family member does as many mountain-climbers 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



Run to win the prize

- *What's your favorite memory to share with other people?*

Read [2 Timothy 4:7-8](#).

- Why is it important that Paul reminds us his heavenly reward is available to us too?

On cards, sticky notes or slips of paper, write down some simple sentences of encouragement, a scripture verse or a faith experience that you'd like to share with someone. Deliver to a neighbor or friend.

Chat to God: Pray for opportunities to share experiences of faith and the good news with others in your community. Ask that they will be open and willing to listen and positively impacted as a result.

The sprints

There can be more than one winner! Niel Louw and Elliot Mujaji were competitors in the 100 meters. They were competing at the 2000 Sydney Paralympics because they had both suffered arm amputations in electrical accidents when they were younger. As they rebuilt their lives they became good sprinters and rose up in international competition. Niel went into the competition as the favorite but in the heats had a leg cramp, came last in his race, and missed the final. Elliot ran his heat and won. He was ranked third for the final. The final was a photo finish but Elliot triumphed as the world's fastest T46 sprinter.

What is most surprising, however, is that while these were important and life defining races in the world's toughest competition, both men considered that the greatest prize was still to come. They will both be winners in the greatest race of life, finishing with eternity with God as their prize.



<https://youtu.be/qYVYLbIOELc>

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

What can your family learn from this?



Words of the Week

You can find these words in a free online Bible here at [2 Timothy 4:7-8 \(NIV\)](#).

Bible passage — 2 Timothy 4:7-8 (NIV)

I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—and not only to me, but also to all who have longed for his appearing.

Health tip for living long

Keep your mind active. Keep learning new things: new sports, new ideas, new skills. Read widely. Learn formally or informally. Be intentional and share what you are learning.



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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