



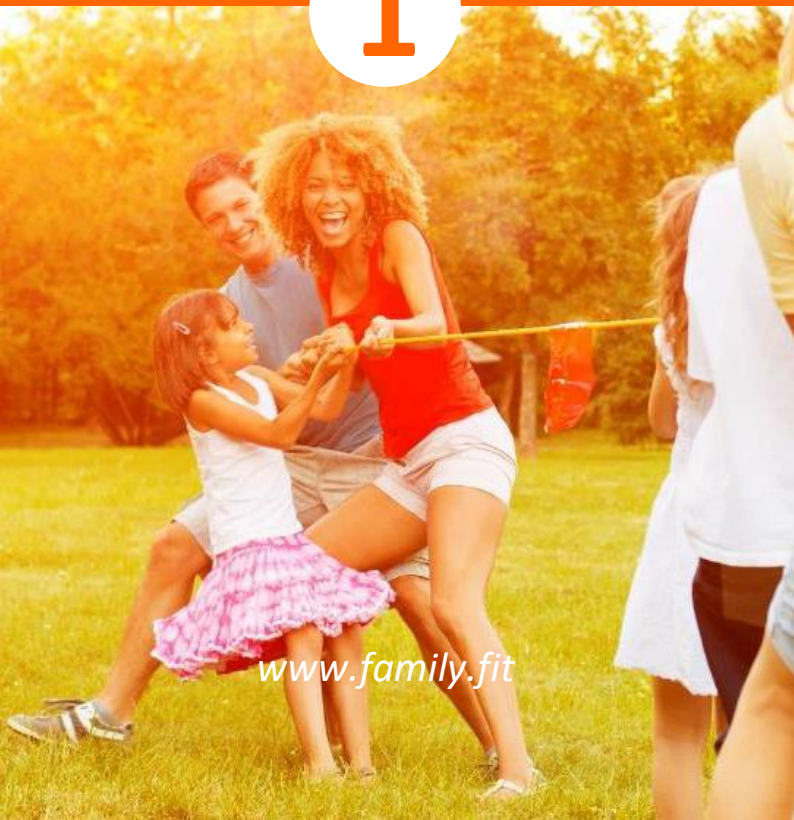
SPRING
HARVEST

Restore our hearts

family.fit

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

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www.family.fit

How to use family.fit

Family.fit is a simple programme to help your family grow in fitness, faith and fun. It can be done inside or outside your home by families of all shapes and sizes.

Each session theme includes three days of programme.

There are three simple steps to each day:

1. **Get active.** Warm up and start moving with 2-3 minutes of activity. Stop and rest. As a family, discuss a question based on the theme.
2. **Game and challenge.** Play an energetic and fun game or challenge using a basic movement such as a squat or sit-up. Enjoy the sense of achievement from completing it together. Use the 'go easier' or 'go harder' options to decrease or increase the intensity.
3. **Rest and talk.** Sit down and open the Bible. Read and talk together using the questions and activities. Chat with God as a family.

And that's it! You can adapt and choose questions and activities to suit the age and stage of your family.

It's easy. Give it a try!

Scan for more Spring Harvest family.fit resources:



It's so easy!

Gather the family for 12 minutes:



Get Active
4 minutes



Play and Challenge
4 minutes



Rest and Talk
4 minutes

DAY 1

Junkyard
dog

Running on
hot lava

Read and
discuss
Nehemiah
1:1-4

DAY 2

Move to
music

Partner
squats

Read and
discuss
Nehemiah
1:4-11

DAY 3

Body parts
warm-up

Family
squat
challenge

Read and
discuss
Nehemiah
1:4-11

God's people are captives in another land. A few have returned to Jerusalem but it's now rundown and disorganised. Nehemiah hears the news of the destruction of the walls surrounding Jerusalem and responds with a heart-felt prayer to God.

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.

DAY 1

Get active



Junkyard dog

One person sits on the floor with legs forward and arms out to the side. Take turns to jump over one arm, the legs and the second arm. Change places so everybody gets to jump.



<https://youtu.be/jglSsNnFVys>

Reflect: When you are asked to do something hard: (1) how do you feel? (2) what do you do?

Go deeper: Talk about some of the challenging circumstances your family has worked through.

Play and Challenge



Running on hot lava



Spread out around a space. Select a leader. When the leader says “hot lava” everyone runs on the spot as fast as they can. When the leader says “stop” everyone does two squats. When the leader says “freeze” everyone poses as a statue. Repeat until everyone is breathing heavily.



https://youtu.be/dCWo_H0vpGg

DAY 1

Rest and Talk



Approaching God in challenging times

Read Nehemiah 1:1-4.

- *When Nehemiah was confronted by a difficult situation, what six things did he do?*

Get paper and a pen. Draw six boxes and put a symbol for each action in a box. Label and number the boxes from 1-6. Roll a dice to randomly choose one box. Talk about a time when you responded to something in this way.

Chat to God: Name which of the six responses comes naturally to each of you. Then which one is harder. Put your hand on this picture (there may be more hands on one picture). Take turns to pray for each other.

DAY 2

Get active



Move to music

Put on some favourite music. Repeat these moves until the music ends:

- 10 running on spot
- 5 squats
- 10 running on spot
- 5 squats with hand clap above head



<https://youtu.be/ATHqkVnm8nE>

Reflect: What would you describe as awesome?

Go deeper: Why is it important to keep promises?

Play and Challenge



Partner squats



Stand facing a partner. Hold each other's wrists and squat at the same time.

Do three rounds of 10 squats. Start slowly and get your technique right. Then build speed.



<https://youtu.be/-i7rGXwfEp4>

DAY 2

Rest and Talk



Adoring God

Read Nehemiah 1:4-11.

Focus on verse 5. Start a timer for 60 seconds. Go around the family saying words that describe who God is and why He is awesome.

In verse 11 we see Nehemiah asking God to give him favour with the king. He wants the king to help him but only God can change the king's heart.

- *Why does he begin with the words of verse 5?*

This focus on adoration is a helpful first step in a pattern you can use when you are talking with God.

- *How could you adore God more in your everyday?*

Chat to God: Find an object around your home which reminds you of a characteristic of God (e.g. a spoon = God provides food every day) and use each of these as a basis for prayer as a family.

DAY 3

Get active



Body parts warm-up

Run around in a circle. One person shouts out a body part and then everyone needs to stop and put that part to the ground, like elbow, bottom, knee, ear. Then start running again.

Reflect: *Talk about a time when you were very sorry for something you had done.*

Go deeper: *How do you feel when someone has done something wrong to you? What if they haven't said sorry?*

Play and Challenge



Family squat challenge

Stand in a circle facing each other. Set a target such as 50, 100 or 150 squats to do as a family. One person starts and then taps out to the next person when ready for a break. Each person keeps adding to the total family score.

Go harder: *Use a stopwatch. Repeat the challenge and try to improve your time.*



<https://youtu.be/TbDksRStAPw>

DAY 3

Rest and Talk



Ask God through confession

Read Nehemiah 1:4-11.

Focus on verses 6-11. We are learning a wonderful way to pray together as we **adore** God first.

Read verses 6-8 to discover and name the second step. What would you call this step?

How would you label the third step found in verses 8-10?

Look at the end of verse 11 to find the last step.

Go to the steps in or around your house and take turns to recite the four steps of this prayer pattern (or make four steps on your floor).

Chat to God: Think of a challenging situation in your community. Use the 4 step prayer pattern as you approach God together. Move up the steps as you pray.

Words of the Week

You can find these words in a free online Bible here at [Nehemiah 1:1-11](#) (NIRV).

Bible passage — Nehemiah 1:1-11 (NIRV)

These are the words of Nehemiah. He was the son of Hakaliah.

I was in the fort of Susa. I was there in the 20th year that Artaxerxes was king. It was in the month of Kislev. ²At that time Hanani came from Judah with some other men. He was one of my brothers. I asked him and the other men about the Jews who were left alive in Judah. They had returned from Babylon. I also asked him about Jerusalem.

³He and the men with him said to me, “Some of the people who returned are still alive. They are back in the land of Judah. But they are having a hard time. They are ashamed. The wall of Jerusalem is broken down. Its gates have been burned with fire.”

⁴When I heard about these things, I sat down and wept. For several days I was very sad. I didn't eat any food. And I prayed to the God of heaven.

⁵I said,

“Lord, you are the God of heaven. You are a great and wonderful God. You keep the covenant you made with those who love you and obey your commandments. You show them your love.

⁶Please pay careful attention to my prayer. See how your people are suffering.

Please listen to me. I'm praying to you day and night. I'm praying for the people of Israel. We Israelites have committed sins against you. All of us admit it. I and my family have also sinned against you. ⁷We've done some very evil things. We haven't obeyed the commands, rules and laws you gave your servant Moses.

⁸“Remember what you told him. You said, ‘If you people are not faithful, I will scatter you among the nations. ⁹But if you return to me, I will bring you back. If you obey my commands, I will gather you together again. I will bring you back from the farthest places on earth. I will bring you to the special place where I have chosen to put my Name.’

¹⁰“Lord, they are your people. They serve you. You used your great strength and mighty hand to set them free from Egypt. ¹¹Lord, please pay careful attention to my prayer. Listen to the prayers of all of us. We take delight in bringing honor to your name. Give me success today when I bring my request to King Artaxerxes.” I was the king's wine taster.

More Information

We hope you enjoyed this *family.fit* Spring Harvest edition. You will find other sessions and resources to use and share freely with others at <https://family.fit>.

family.fit began from a small idea to serve families heading into lockdown together at the start of the pandemic. It has been put together by volunteers from around the world and shared in almost 200 countries.

Find videos at the [family.fit YouTube® channel](#)

Find us on social media here:



If you would like to find out more, share your *family.fit* story or get involved, contact us at info@family.fit – we would love to hear from you.

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.



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