



Renew our focus

**family**.fit

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

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[www.family.fit](http://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**

Corners  
warm-up

Knee tag

Read and  
discuss  
**Nehemiah**  
2:1-8

**DAY 2**

Slow deep  
lunges

20,15,10,5

Read and  
discuss  
**Nehemiah**  
2:11-12

**DAY 3**

Follow the  
leader

Family  
lunge  
challenge

Read and  
discuss  
**Nehemiah**  
2:17-18

Driven by the sadness in his heart for his city and its people, Nehemiah faces his fears and approaches the king to seek permission and support to return to Jerusalem.

**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



### 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.

1. 10 jumping jacks
2. 10 lunges
3. 10 shadow boxing
4. 10 squats

**Go harder:** Do two rounds.

**Reflect:** Check someone's heart rate by taking their pulse. When does your heart beat faster? Why?

**Go deeper:** Tell of a time when your heart was greatly moved.

## Play and Challenge



### Knee tag

Compete in pairs. Try to touch your opponent's knees as many times as you can in 60 seconds while you protect your own with your hands and body position.

Change partners and try again. Now go further and try to touch everyone else's knees while protecting your own.



<https://youtu.be/cdXD5KN5iBM>

# DAY 1

## Rest and Talk



### Obeying your heart

Read Nehemiah 2:1-8 and then run on the spot for 30 seconds. Now find your pulse and check your heart rate.

In verse 2 we read that Nehemiah had sadness in his heart. Fear would have made his heart beat faster.

- Why did Nehemiah go to the most powerful person even though he was afraid?

See verse 12. God had put something in Nehemiah's heart to do. At times we step into uncomfortable situations because that is where God is leading us.

What encouragement do we find at the end of verse 8 for these situations?

**Chat to God:** In the same way that God's hand was on Nehemiah's heart, God places His hand on us today as we live for Him.

Take turns to place your hand (representing the hand of God) on the heart of another. As you do, pray "The good hand of our God is on you."

# DAY 2

## Get active



### Slow deep lunges

Practise the slow lunge. Step forward with one leg and count to five as you slowly lower your hips until your back knee touches the ground. Stand up quickly. Repeat for the other leg. Be a turtle, not a rabbit! Repeat five times per leg. Now do it facing a partner.



<https://youtu.be/SYLI-rMJ8cg>

**Reflect:** What is something you enjoy working on alone? With others?

**Go deeper:** What are the benefits of working with others?

## Play and Challenge



**20, 15, 10, 5**

Start with 'high fives' then do:

- 20 jumping jacks
- 15 lunges
- 10 squats
- 5 sit-ups

End with 'high fives'.

**Go harder:** Do three rounds.

# DAY 2

## Rest and Talk



### Follow your heart

Read Nehemiah 2:11-12.

- What was it that God had put into Nehemiah's heart to do?
- Why did Nehemiah travel to Jerusalem?

Give the smallest person in the family an impossible task such as 'move the table'. If it's impossible, discuss how that person could achieve the task. (*Pick up the table by working together.*) Do the task as a family.

Nehemiah asked friends to help him as he followed his heart.

- Talk about some of the people who have helped you.

**Chat to God:** Gather some unbreakable objects. Each represents someone who has helped you as a family. As you thank God for them, stack them into a 'tower of support'.

# DAY 3

## Get active



### Follow the leader

Go for a short jog around the house or yard while everyone follows a chosen leader. Try to go to every room or space. The leader can change movements – side steps, high knees, and so on. Swap leaders.



<https://youtu.be/v-W35X8Fj68>

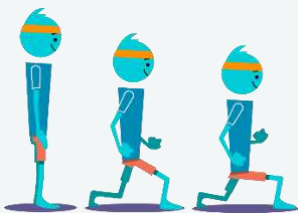
**Reflect:** Share a chant or cheer you use at sporting events.

**Go deeper:** Why are these used?

## Play and Challenge



### Family lunge challenge



Stand in a circle facing each other. Set a target such as 50, 100 or 150 lunges 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.



# DAY 3

## Rest and Talk



### Share your heart

Read Nehemiah 2:17-18.

Find an object in your home you are prepared to break or smash and, without explanation, smash it (*for example, a lego model you have made*).

Nehemiah saw that the walls of Jerusalem had been broken. They were a disgrace.

- What are some of the broken parts of your community of which you are ashamed. (*Hold a piece of the broken object as they are named.*)

Look at Nehemiah's four steps in responding to what God had put on his heart:

- 1) Explain the task
- 2) Give the reason why (*No longer a disgrace/ashamed*)
- 3) Remind everyone of God's faithfulness
- 4) Call to action

**Chat to God:** How could God be calling you to bring something good into broken parts of your community/the world? Pray about these together and what actions God may place on your heart in response.

# Words of the Week

You can find these words in a free online Bible here at - [Nehemiah 2:1-8, 11-12, 17-18](#) (NIRV).

## **Bible passage — Nehemiah 2:1-8; 11-12; 17-18 (NIRV)**

Wine was brought in for King Artaxerxes. It was the month of Nisan in the 20th year of his rule. I got the wine and gave it to him. I hadn't been sad in front of him before. But now I was. <sup>2</sup> So the king asked me, "Why are you looking so sad? You aren't sick. You must be feeling very sad." I was really afraid. <sup>3</sup> But I said to the king, "May you live forever! Why shouldn't I look sad? The city where my people of long ago are buried has been destroyed. And fire has burned up its gates." <sup>4</sup> The king said to me, "What do you want?" I prayed to the God of heaven. <sup>5</sup> Then I answered the king, "Are you pleased with me, King Artaxerxes? If it pleases you, send me to Judah. Let me go to the city of Jerusalem. That's where my people are buried. I want to rebuild it." <sup>6</sup> The queen was sitting beside the king. He turned and asked me, "How long will your journey take? When will you get back?" It pleased the king to send me. So I chose a certain time. <sup>7</sup> I also said to him, "If it pleases you, may I take some letters with me? I want to give them to the governors of the land west of the Euphrates River. Then they'll help me travel safely through their territory until I arrive in Judah. <sup>8</sup> May I also have a letter to Asaph? He takes care of the royal park. I want him to give me some logs so I can make beams out of them. I want to use them for the gates of the fort that is

by the temple. Some of the logs will also be used in the city wall. And I'll need some for the house I'm going to live in." God was kind to me and helped me. So the king gave me what I asked for.

<sup>11</sup> I went to Jerusalem and stayed there for three days. <sup>12</sup> Then at night I took a few other people with me to check out the walls. I hadn't told anyone what my God wanted me to do for Jerusalem. There weren't any donkeys with me except the one I was riding on.

<sup>17</sup> I said to them, "You can see the trouble we're in. Jerusalem has been destroyed. Fire has burned up its gates. Come on. Let's rebuild the wall of Jerusalem. Then people won't be ashamed anymore." <sup>18</sup> I also told them how my gracious God was helping me. And I told them what the king had said to me. They replied, "Let's start rebuilding." So they began that good work.

# 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](mailto:info@family.fit) – we would love to hear from you.

Thank you.

*The family.fit team*



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