



Rebuild our world

**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**

Superman hold

Object pick-up relay

Summarise and discuss  
**Nehemiah 3**

**DAY 2**

Bear and crab walk

Superman and lunge challenge

Read and discuss  
**Nehemiah 4:1-3, 6-9.**

**DAY 3**

Tower challenge

Together we stand

Read and discuss  
**Nehemiah 4:12-14, 20.**

Nehemiah visits Jerusalem and sees the destruction. He gathers the people together, inspires them to rebuild the walls and then to defend them when opposition comes.

**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



### Superman hold

Lie face down on the floor or on a mat with your arms stretched above your head (like Superman).

Raise your arms and legs off the floor as far as you can for three seconds. Then return to the starting position. Do the movement 10 times, resting as needed.

***Go harder:** Do three rounds. Rest between rounds.*



<https://youtu.be/7nlnrrd51H8>

***Reflect:** What are you good at? What are others much better at than you?*

***Go deeper:** Talk about a time when you worked with others to achieve something you couldn't do on your own.*

## Play and Challenge



### Object pick-up relay

Divide into two teams and stand on opposite sides of a space. Put 21 objects in the middle of the floor. Each team runs and collects the objects one by one as a relay. See which team can collect the most. Rest and then repeat.



<https://youtu.be/ehdgcEeglcw>

# DAY 1

## Rest and Talk



### Working together using different gifts

Summarise Nehemiah 3. The Bible mentions all the different families and what they did to help rebuild the city walls. People of very different backgrounds worked together to build the walls including silversmiths, servants, perfume makers and leaders. Ordinary people like you and me.

We all have different gifts. Attach a piece of paper to the back of each family member. Each person writes at least one gift or quality onto the paper of each person. Read your papers and have a family discussion.

- How do your gifts contribute to your family working well?
- How do you use your gifts with others to make a difference?

**Chat to God:** Create your 'Family Gift Wall'. Take the pieces of paper from the previous activity, draw a brick shaped border around each and attach them to a wall.

Thank God for the gifts He has given your family. Pray for His help in working together.

# DAY 2

## Get active



### Bear and crab walk

Bear walk across the room and crab walk back. Do five laps.

Bear walk – Walk face down with feet and hands on the floor. Crab walk – Walk face up with feet and hands on the floor.



<https://youtu.be/ynPJYUIYWo>

*Reflect: Have you ever been so discouraged you felt like giving up?*

*Go deeper: Who or what helped you to keep going?*

## Play and Challenge



### Superman and lunge challenge

Work in pairs. One person does a superman hold with arms and legs off the floor while the other person does six lunges. Swap places and repeat. Do three rounds.

*Go easier: Relax and repeat the superman hold.*

*Go harder: Do five rounds or increase the number of lunges.*

# DAY 2

## Rest and Talk



### Don't be discouraged by opposition

Read Nehemiah 4:1-3, 6-9.

The people who were against the rebuilding of the walls began their opposition by using words of discouragement. Talk about some of the insults and unkind words you have experienced.

- Have you ever used any of these words towards someone else?

Read verse 6 to see how much effect these words had. The second attack came with actions (verses 7-8). Talk again about any unkind actions you have experienced.

- How did Nehemiah and the people prepare to defend themselves (verse 9)?
- What are some godly ways we can respond when people deliberately intend to hurt us?

**Chat to God:** Pray that God would help you to use words that heal rather than words that hurt. Draw or write your prayers on bandaid strips. Stick these up in your home as a reminder.

# DAY 3

## Get active



### Tower challenge

Work in pairs with six cups per pair. One person holds superman while the other does five squats. After each round place one cup to build a tower. Swap roles. Build as many 6-cup towers as you can in three minutes.

**Go harder:** Rest for three minutes and go again.



<https://youtu.be/IXRKX3nLZe8>

**Reflect:** What is the best thing about being in your family?

**Go deeper:** What are the things that make your family strong?

## Play and Challenge



### Together we stand

Sit back to back on the floor with a partner. Link your arms together. Now try to stand up while keeping your backs touching and arms linked. Pushing against each other will help.

**Go harder:** Try to pick up objects around the house while linked!



<https://youtu.be/Z4y-mt2nFY8>



# DAY 3

## Rest and Talk



### Stand your ground and defend

Read Nehemiah 4:12-14, 20.

The opposition to rebuilding the wall became stronger. The time had come for the people to defend the work they were doing for God.

Choose a family member to pretend to be Nehemiah. The rest of the family crouch down in fear as Nehemiah reads the words in verse 14.

- What great promise is in verse 20?
- What things may threaten to tear families in your community apart?
- What is one action step you can take as you 'fight for your family' and stand together?

**Chat to God:** Find a map of the world and identify the places where you know there is war and strife today. Pray for the people in these places to remember God's encouragement.

# Words of the Week

You can find these words in a free online Bible here at [Nehemiah 4:1-3, 6-9, 12-14, 20 \(NIRV\)](#).

Bible passage — Nehemiah 4:1-3; 6-9; 12-14, 20 (NIRV)

<sup>1</sup> Sanballat heard that we were rebuilding the wall. So he became very angry and upset. He made fun of the Jews. <sup>2</sup> He spoke to his friends and the army of Samaria. He said, “What are those Jews trying to do? Can they make their city wall like new again? Will they offer sacrifices? Can they finish everything in a single day? The stones from their city wall and buildings are piled up like trash. And everything has been badly burned. Can they use those stones to rebuild everything again?” <sup>3</sup> Tobiah from Ammon was at Sanballat’s side. He said, “What are they building? They’re putting up a stone wall. But suppose a fox climbs on top of it. Even that will break it down!”

<sup>6</sup> So we rebuilt the wall. We repaired it until all of it was half as high as we wanted it to be. The people worked with all their heart. <sup>7</sup> But Sanballat and Tobiah heard that Jerusalem’s walls continued to be repaired. The Arabs, the Ammonites and the people of Ashdod heard about it too. They heard that the gaps in the wall were being filled in. So they were very angry. <sup>8</sup> All of them made evil plans to come and fight against Jerusalem. They wanted to stir up trouble against it. <sup>9</sup> But we prayed to our God.

We put guards on duty day and night to watch out for danger.

<sup>12</sup> Then the Jews who lived near our enemies came to us. They told us ten times, “No matter where you are, they’ll attack us.” <sup>13</sup> So I stationed some people behind the lowest parts of the wall. That’s where our enemies could easily attack us. I stationed the people family by family. They had their swords, spears and bows with them. <sup>14</sup> I looked things over. Then I stood up and spoke to the nobles, the officials and the rest of the people. I said, “Don’t be afraid of your enemies. Remember the Lord. He is great and powerful. So fight for your families. Fight for your sons and daughters. Fight for your wives and homes.”

<sup>20</sup> When you hear the sound of the trumpet, join us at that location. Our God will fight for us!”

# 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*



## TERMS AND CONDITIONS

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