



SPRING
HARVEST

Persevering through opposition

family.fit

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

4



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

Galloping horses

Laughing plank challenge

Read and discuss
Nehemiah
6:1-4

DAY 2

Hip shuffle race

Wall push-up partners

Read and discuss
Nehemiah
6:5-9

DAY 3

Mirror warm-up

Tic tac toe

Read and discuss
Nehemiah
6:15-16

Nehemiah's enemies try to stop the rebuilding of the wall. Despite five different attempts, Nehemiah stays focused on his task.

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



Galloping horses

Stand in a line and follow the leader. With one hand in the air, gallop around the room. Swap arms, go fast, go slow, jump over pillows, and so on. Do five laps.



<https://youtu.be/U2JOI-9ie9k>

Reflect: *What interruptions have you experienced when you've been working hard at something?*

Go deeper: *What are different ways of responding to these interruptions?*

Play and Challenge



Laughing plank challenge



Plank: Put hands and feet on the ground and keep your whole body straight like a plank. Support your weight on your elbows.

Family members take turns to do a plank while timed with a watch or phone.

Those not planking make funny faces to make them laugh. The person who planks for the longest time wins.

Go harder: *Do another round or try to improve your time.*



<https://youtu.be/2-rIndJRipE>

DAY 1

Rest and Talk



Persevering when people distract you

Read Nehemiah 6:1-4.

The building project had enemies and these enemies sent a message to Nehemiah.

- How did they send a message in those days?
- How many times did they send the message?

Choose four people to read this message aloud to the others using different tones of voice.

- How would you respond to the invitation?
- Why did Nehemiah choose not to accept the invitation?
- When distractions come your way, how do you decide when to stop your work and when to keep going?

Chat to God: Each person writes the word 'DISTRACTION' on a piece of paper. Draw a circle around the word. Draw a line through the circle. Use this 'No Distractions' poster to assist you as you pray for God's help to stay focused on living for Him. Where will you display your posters?

DAY 2

Get active



Hip shuffle race

Sit on the floor with legs straight in front. Move legs alternatively forward for five metres. At the five metre mark, turn and crawl like a bear back to the start. Do three squats. Make it a race!



<https://youtu.be/nvMrHxL54yA>

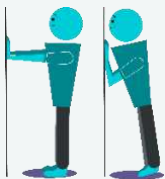
Reflect: What is 'fake news'? Have you heard any fake news recently?

Go deeper: What tools can we use to help us discern what is fake and what is true?

Play and Challenge



Wall push-up partners



Stand beside a partner facing a wall. Stand with arms outstretched. Lean forwards, place palms on the wall, bend elbows and push back to standing position.

Complete one push-up then rest while the partner does one. Do two push-ups then rest while the partner does two. Do three each, then four. Continue to 10.

Go harder: Do it again but start from 10 push-ups and go back to 1.

DAY 2

Rest and Talk



Responding when people lie about you

Read Nehemiah 6:5-9.

After sending four invitations without success, the enemies now try a fifth time with false accusations against Nehemiah.

Find three stackable objects for building a tower such as boxes, saucepans, and so on.

Read verses 6 and 7 and call out the three lies in the message and build your tower as they are called out. Nehemiah responds with two statements in verse 8 to his enemies and one response in verse 9 to the people. As you call them out, dismantle the tower.

- What do we learn from Nehemiah about the way to respond when people's lies attack our reputation?

Chat to God: As a family, pray for God to help you to know when and how to respond when faced with lies. Finish by holding hands and reciting the last part of verse 9 together, "God, make our hands stronger."

DAY 3

Get active



Mirror warm-up

Stand with a partner. One person decides actions such as high knees running, squats, superman, lunges, and so on. The person acts as the mirror and follows the actions.

Swap roles after 60 seconds.



<https://youtu.be/63tV8cYbwAY>

Reflect: Talk about a time when you finished a big task. How did you feel?

Go deeper: When you look back, what signs of God's presence and activity can you see?

Play and Challenge



Tic tac toe

Make a 'tic tac toe' game board on the ground before you start (use tape or rope).

Work in two teams. Each team is given a challenge such a 10 second plank or 10 jumping-jacks. When completed, two people run and place their piece on the tic-tac-toe game. Continue with new challenges until the game is won.



<https://youtu.be/6UJ9L3jFaoY>

DAY 3

Rest and Talk



Recognizing when God is at work

Read Nehemiah 6:15-16.

Despite all the enemies' efforts, the wall was completed.

- How do you think they felt after completing the wall in only 52 days?

Read verses 15 and 16.

- What surprises you about their response?

Make a list of some of the ways you are seeing God at work in your church, your community and in the world.

Draw this symbol 🤖 next to the ones that have surprised you.

Chat to God: Pray that those who work against the cause for good, will come to acknowledge God, just as Nehemiah's enemies did. Individually, call out one of the ways you are seeing God at work. The others respond together with "Please make it happen God".

Words of the Week

You can find these words in a free online Bible here at [Nehemiah 6:1-9, 15-16 \(NIV\)](#).

Bible passage — Nehemiah 6:1-9, 15-16 (NIV)

Sanballat, Tobiah and Geshem, the Arab, heard about what I had done. So did the rest of our enemies. All of them heard I had rebuilt the wall. In fact, they heard there weren't any gaps left in it. But up to that time I hadn't put up the gates at the main entrances to the city. ² Sanballat and Geshem sent me a message. They said, "Come. Let's talk with one another. Let's meet in one of the villages on the plain of Ono." But they were planning to harm me. ³ So I sent messengers to them with my answer. I replied, "I'm working on a huge project. So I can't get away. Why should the work stop while I leave it? Why should I go down and talk with you?" ⁴ They sent me the same message four times. And I gave them the same answer each time. ⁵ Sanballat sent his helper to me a fifth time. He brought the same message. He was carrying a letter that wasn't sealed. ⁶ It said, "A report is going around among the nations. Geshem says it's true. We hear that you and the other Jews are planning to turn against the Persian rulers. And that's why you are building the wall. It's also reported that you are about to become their king. ⁷ People say that you have even appointed prophets to make an announcement about you. In Jerusalem they are going to say, 'Judah has a king!' That report will get back to the king of Persia. So come. Let's meet together."

⁸ I sent a reply to Sanballat. I said, “What you are saying isn’t really happening. You are just making it up.” ⁹ All of them were trying to frighten us. They thought, “Their hands will get too weak to do the work. So it won’t be completed.” But I prayed to God. I said, “Make my hands stronger.”

¹⁵ So the city wall was completed on the 25th day of the month of Elul. It was finished in 52 days.

¹⁶ All our enemies heard about it. All the nations around us became afraid. They weren’t sure of themselves anymore. They realized that our God had helped us finish the 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 – we would love to hear from you.

Thank you.

The family.fit team



TERMS AND CONDITIONS

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