



Celebrating success

family.fit

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

5



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

Grab the tail

Mountain climbers

Read and discuss
Nehemiah
8:1-3, 5-6

DAY 2

Run around the house

100 mountain climbers

Read and discuss
Nehemiah
8:9-15

DAY 3

Dance and freeze

Mountain climber challenge

Read and discuss
Nehemiah
8:16-18

The building project is complete. The people who were scattered have returned to live safely in Jerusalem again. To mark the occasion, Ezra the priest is asked to read the Scriptures to the people. He invites them to honour God and celebrate.

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



Grab the tail

Everyone wears a scarf or small towel as a 'tail' tucked in at the back of their pants. The goal is to collect as many tails as you can, while protecting your own. If you lose your tail, do three push-ups and continue the game. Have fun.



<https://youtu.be/goixt6sB2Es>

Reflect: How did you first find out about God?

Go deeper: Name some of the people who helped you to grow in your understanding of God. How did they do this?

Play and Challenge



Mountain climbers



Put hands and feet on the ground and keep your whole body straight like a plank. Move one knee up towards your elbows and then move foot back to the starting position. Repeat with other leg.

Do 20 repetitions and rest. Do another 20 if you can.

Go harder: Do another round.



<https://youtu.be/ZNx5leoyKa8>

DAY 1

Rest and Talk



Worship God through Scripture

Read Nehemiah 8:1-3, 5-6.

Once the walls had been rebuilt, the people who had been scattered returned to live in Jerusalem. Ezra the priest was asked to read God's word to everyone. He knew the Scriptures well.

If you have Bibles in your home, gather all of them into one place. Share stories of how they came into your family. Invite everyone to read their favourite verse. Do what the people did when Ezra read the Bible (verse 6). Follow with the response at the end of verse 6. Just do it!

- Why did they respond in this way?
- What role do the Scriptures play in your family in everyday life?

Chat to God: Line up Bibles and books on a table to build a 'wall' as a reminder of Nehemiah. Take turns to individually place a hand on one of the books to thank God for giving us His Word and for the people who are helping you to grow in God.

DAY 2

Get active



Run around the house

Put on your favorite music. Run around the house doing these movements:

- Running
- Skipping
- High knees running
- Hopping
- Back heels kicking



<https://youtu.be/Xvi5vVg7BUc>

Reflect: Talk about a time when you were brought to tears by what you heard or saw (happy or sad).

Go deeper: Can you think of a time when your emotional response led to actions that resulted in a good outcome?

Play and Challenge



100 Mountain-climbers

Do 10 mountain climbers and tap out to the next person. Continue until you have completed 100.

Go harder: Try to complete 200 or 400 as a family.



<https://youtu.be/ZNx5leoyKa8>

DAY 2

Rest and Talk



A time to grieve, a time to celebrate

Read Nehemiah 8:9-15.

- As Ezra read from the Scriptures, how were the people affected (verse 9)?
- Why do you think they responded in this way?

Nehemiah tells the people that it is not a time for grieving.

- What does he instruct them to do instead (verse 10)?
- What are some of the different ways we respond to reading God's Word today?

Invitations are sent far and wide to enjoy a feast of celebration. This feast will not only celebrate the rebuilding of the wall, but the rebuilding of the nation of Israel.

Chat to God: Find a heavy object in the house such as a table or lounge chair that will take all your effort working together to lift. As you lift say "The joy of the Lord is your strength." How strong is your family? Pray for ways to support each other to be stronger.

DAY 3

Get active



Dance and freeze

Put on some up-tempo music. Everyone dances using their whole bodies. Take turns to stop the music. Everyone freezes when it stops and does five toe touches. Repeat until everyone is breathing heavily.



<https://youtu.be/m2robkaZS3I>

***Reflect:** Talk about your best memories of a celebration event.*

***Go deeper:** Why are celebrations important? What makes a celebration memorable?*

Play and Challenge



Mountain climber challenge

Do as many mountain climbers you can in 30 seconds. Rest for 30 seconds. Complete four rounds. How many were you able to do in total?

***Go easier:** Slow the pace.*



<https://youtu.be/ZNx5leoyKa8>

DAY 3

Rest and Talk



Celebrate

Read Nehemiah 8:16-18.

Nehemiah and the people celebrated the Feast of Shelters following the instructions from the Scriptures. Now it's your turn to make a temporary shelter – inside or outside. Be creative! Play some of your favourite music to celebrate the 'great rejoicing' (verse 17). Share some celebration food and drink together. As you sit in the shelter, choose someone to read something from the Scriptures as Ezra did.

- Talk together about how, when and why your family and your church family gather to celebrate.

Chat to God: While you are in your shelter, name some of the ways you want to celebrate what God is doing in your community and beyond. Pray for these together.

Words of the Week

You can find these words in a free online Bible here at [Nehemiah 8: 1-3, 5-6, 8-18 \(NIV\)](#).

Bible passage — Nehemiah 8:1-3, 5-6, 8-18 (NIRV)

When the seventh month came and the Israelites had settled in their towns ¹ all of them gathered together. They went to the open area in front of the Water Gate. They told ² Ezra to bring out the Book of the Law of Moses. The LORD had given Israel that Law so they would obey him. Ezra was the teacher of the Law. Ezra the priest brought the Law out to the whole community. It was the first day of the seventh month. The group was made up of men, women, and children old enough to understand what Ezra was going to read. ³ He read the Law to them from sunrise until noon. He did it as he faced the open area in front of the Water Gate. He read it to the men, the women, and the children old enough to understand. And all the people paid careful attention as Ezra was reading the Book of the Law.

⁵ Ezra opened the book. All the people could see him. That's because he was standing above them. As he opened the book, the people stood up. ⁶ Ezra praised the LORD. He is the great God. All the people lifted up their hands and said, "Amen! Amen!" Then they bowed down. They turned their faces toward the ground and worshiped the LORD.

⁸ All these Levites read to the people parts of the Book of the Law of God. They made it clear to

them. They told them what it meant. So the people understood what was being read.

⁹ Nehemiah was the governor. Ezra was a priest and the teacher of the Law. They spoke up. So did the Levites who were teaching the people. All these men said to the people, “This day is set apart to honor the LORD your God. So don’t weep. Don’t be sad.” All the people had been weeping as they listened to the words of the Law. ¹⁰ Nehemiah said, “Go and enjoy some good food and sweet drinks. Send some of it to people who don’t have any. This day is holy to our Lord. So don’t be sad. The joy of the LORD makes you strong.” ¹¹ The Levites calmed all the people down. They said, “Be quiet. This is a holy day. So don’t be sad.” ¹² Then all the people went away to eat and drink. They shared their food with others. They celebrated with great joy. Now they understood the words they had heard. That’s because everything had been explained to them. ¹³ All the family leaders gathered around Ezra, the teacher. So did the priests and Levites. All of them paid attention to the words of the Law. It was the second day of the month. ¹⁴ The LORD had given the Law through Moses. He wanted the Israelites to obey it. It is written there that they were supposed to live in booths during the Feast of Booths. That feast was celebrated in the seventh month. ¹⁵ They were also supposed to spread the message all through their towns and in Jerusalem. They were supposed to announce, “Go out into the central hill country. Bring back some branches from olive and wild olive trees. Also bring some from myrtle, palm and shade trees. Use the branches to make booths.” ¹⁶ So the people went out and brought back some branches. They built themselves booths on their own roofs. They made them in their courtyards.

They put them up in the courtyards of the house of God. They built them in the open area in front of the Water Gate. And they built them in the open area in front of the Gate of Ephraim. ¹⁷ All the people who had returned from the land of Babylon made booths. They lived in them during the Feast of Booths. They hadn't celebrated the feast with so much joy for a long time. In fact, they had never celebrated it like that from the days of Joshua, the son of Nun, until that day. So their joy was very great. ¹⁸ Day after day, Ezra read parts of the Book of the Law of God to them. He read it out loud from the first day to the last. They celebrated the Feast of Booths for seven days. On the eighth day they gathered together. They followed the required rules for celebrating the feast.

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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