



SPRING
HARVEST

Bowing before God

family.fit

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

6



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

Speed ball

Partner sit-ups

Read and discuss
Nehemiah
9:1-3, 5-6

DAY 2

Unbroken circle

Butterfly sit-ups

Read and discuss
Nehemiah
9:16-17, 30-31

DAY 3

Bear shoulder taps

Wheelbarrow obstacle race

Read and discuss
Nehemiah
9:32

Now that the feasting and celebrations have finished, the people of Israel go into a time of fasting and confession. They are reminded of their own rebellion, and the sin of their ancestors. But despite this, God's character is gracious and faithful.

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



Speed ball

Find a ball. Everyone runs around the space throwing the ball to one another to catch. When someone drops the ball, they must do three squats or three lunges.



<https://youtu.be/V0R3fyAG5m0>

Reflect: When was the longest time you had to stand in one place?

Go deeper: In your community, what are the ways that people mourn or grieve?

Play and Challenge



Partner sit-ups



Lie on your back with legs bent and feet firmly on the floor. Curl your body towards your knees to sit-up. Return to start position.

Work in pairs. One person does sit-ups while the other holds their feet down. Do five sit-ups and swap places.

Go harder: Do three rounds.



<https://youtu.be/0xZYM4MkaUE>

DAY 1

Rest and Talk



We are rebellious and need forgiveness

Read Nehemiah 9:1-3, 5-6.

After the people had celebrated for seven days, they again gathered together. Read verses 1-3. Previously it was right to celebrate but now we see it is a time to mourn.

- What three things did the people do to prepare for this gathering (v1)? (*These are signs of mourning.*)
- Can you find five things the people did during this time of mourning?
- Which of these responses would you have found the hardest?
- How can we express a similar deep response to God today?

Chat to God: Go outside and pick up some dirt. Stand together and, as you run your fingers through the dirt, individually and silently, confess to God the ways you have fallen short of what He expects. Finish by worshipping God by reading 9:5b-6.

DAY 2

Get active



Unbroken circle

Everyone holds hands and stands in a circle. Do these moves together:

- 5 squats
- 5 lunges
- 5 superman holds
- 5 push-ups

Repeat. Try not to break the circle.



https://youtu.be/m2V_e13S2Xo

***Reflect:** Take turns to demonstrate an action such as sitting or standing. The other family members respond with the opposite action.*

***Go deeper:** In what ways is God's character opposite to ours?*

Play and Challenge



Butterfly sit-ups

Lie on your back with the bottom of your feet together and knees out to the side - like a butterfly. Try to keep your feet on the ground as you do five sit-ups. Rest between rounds. Do two rounds.

***Go harder:** Do three or more rounds.*

DAY 2

Rest and Talk



God – full of grace and compassion

Read Nehemiah 9:16-17, 30-31.

After centuries of the people of Israel repeatedly failing God, this section reveals much about God's character.

Read verses 16-17, 30-31 again. Draw a wall of bricks on paper. Write on the individual bricks the characteristics of God revealed in these verses. Take turns to identify and mark which words describe what God is ALWAYS like.

- What do you think each characteristic means?

Chat to God: Make two lists headed CONFESSON and PRAISE. Together, write a family prayer based on the ALWAYS characteristics of God.

DAY 3

Get active



Bear shoulder taps

Get down on hands and knees facing a partner. Try to touch your partner's shoulder with your hand while keeping your 'bear' position. Play until someone reaches 11 shoulder taps



https://youtu.be/r_09KUsKpK0

Reflect: What are some promises you have made?

Go deeper: Can you remember a time when someone broke their promise to you? Describe your feelings.

Play and Challenge



Wheelbarrow obstacle course

Assemble an obstacle course which includes some turns. Work in pairs to move through the course in a wheelbarrow race. Time each team. Swap places and do it again.



<https://youtu.be/BXHBV1ySeQ8>

DAY 3

Rest and Talk



God – awesome and faithful

Read Nehemiah 9:32.

- Which word in this verse is similar to the word ‘promise’?

Since creation, God has made covenants of love with His people. The rebuilt wall is a sign of His covenant. Despite all the times we have broken our side of the covenant, He remains faithful. He will never abandon us.

Take turns to tell the rest of your family something you did in the last week you felt good about. The rest of the family replies (with passion) “Awesome”.

Remember, while we think some of our activities may be ‘awesome’, God is always awesome.

- When we are at work, in school, or with our neighbours, how can we help others to understand and experience the ‘awesomeness’ of God?

Chat to God: Take turns to describe how you see God at work – in your own life, within your family, or within your community. Say “Thank you God for ...” Family members respond with “God, you are awesome! ”

Words of the Week

You can find these words in a free online Bible here at [Nehemiah 9:1-3, 5-6, 16-17, 30-31, 32 \(NIRV\)](#).

Bible passage — Nehemiah 9:1-3, 5-6, 16-17, 30-31, 32 (NIRV)

It was the 24th day of the seventh month. The Israelites gathered together again. They didn't eat any food. They wore the rough clothing people wear when they're sad. They put dust on their heads. ² The Israelites separated themselves from everyone else. They stood and admitted they had sinned. They also admitted that their people before them had sinned. ³ They stood where they were. They listened while the Levites read parts of the Book of the Law of the LORD their God. They listened for a fourth of the day. They spent another fourth of the day admitting their sins. They also worshiped the LORD their God.

⁵ Then some Levites spoke up. They included Jeshua, Kadmiel, Bani, Hashabneiah, Sherebiah, Hodiah, Shebaniah and Pethahiah. They said to the people, "Stand up. Praise the LORD your God. He lives for ever and ever!" So the people said, "LORD, may your glorious name be praised. May it be lifted high above every other name that is blessed and praised. ⁶ You are the one and only LORD. You made the heavens. You made even the highest heavens. You created all the stars in the sky. You created the earth and everything on it.

And you made the oceans and everything in them. You give life to everything. Every living being in heaven worships you.

¹⁶ “But our people before us became proud and stubborn. They didn’t obey your commands.

¹⁷ They refused to listen to you. They forgot the miracles you had done among them. So they became stubborn. When they refused to obey you, they appointed a leader for themselves. They wanted to go back to being slaves in Egypt. But you are a God who forgives. You are gracious. You are tender and kind. You are slow to get angry. You are full of love. So you didn’t desert them.

³⁰ For many years you put up with them. By your Spirit you warned them through your prophets. In spite of that, they didn’t pay any attention. So you handed them over to the nations that were around them. ³¹ But you loved them very much. So you didn’t put an end to them. You didn’t desert them. That’s because you are a gracious God. You are tender and kind.

³² “Our God, you are the great God. You are mighty and wonderful. You keep the covenant you made with us. You show us your love. So don’t let all our suffering seem like a small thing to you. We’ve suffered greatly. So have our kings and leaders. So have our priests and prophets. Our people who lived long ago also suffered. And all your people are suffering right now. In fact, we’ve been suffering from the time of the kings of Assyria until today.

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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