

# ***Family Power Training***

Remember, this week we're learning that **God's Power makes us strong!**

That's why this week's Family Challenge is Power Training. Together, your family will build physical strength while learning how God makes us spiritually strong! Place the "station" sheets around the room, or in your yard, if you need more space! Travel from station to station to complete an exercise, read the corresponding verse, and discuss the question that goes with it. Make sure you drink plenty of water!

# ***Warmup: Do 10 Toe Touches***

- Stand with your feet at hip-distance apart
- Bend forward from the hips until the tips of your fingers touch your toes
  - If you can, try to keep your legs straight and don't bend them

**“Don't you know who made everything?  
Haven't you heard about Him? The LORD  
is the God who lives forever. He created  
everything on earth.” Isaiah 40:28a**

**Question: What's your favorite thing God created?**

## ***Round 1: Do 10 Jumping Jacks***

**“He won’t become worn out or get tired.  
No one will ever know how great his  
understanding is.” Isaiah 40:28b**

**Question: Did you know that God never gets tired? Does that surprise you?**

## ***Round 2: Do 10 Sit-Ups***

- Start by laying on the ground
- Bend your knees in so that your feet are firmly planted on the ground
- Cross hands to opposite shoulders or place hands behind ears (don't pull on your neck!)
  - Curl up slowly and return slowly to your starting position

**“He gives strength to those who are tired.  
He gives power to those who are weak.”**

Question: When is the last time you felt tired or weak? How did God help?

## ***Round 3: 30 Seconds of High Knees***

Run in place, but lift your knees as high as you can while you run! This is a tiring one!

**“Even young people become worn out and get tired. Even the best of them trip and fall.” Isaiah 40: 30**

Question: Who is the strongest person you know of? Maybe a professional basketball player, or a gymnast? Did you know that even those people get tired, and make mistakes?

## ***Round 4: Do 10 Squats***

- Stand with feet hip-distance apart, and stretch your arms out straight in front of you
- Sit back as if you were sitting in a chair. Make sure your knees stay behind your toes, and keep your chest and shoulders up
- Slowly return to starting position

**“But those who trust in the LORD will receive new strength.” Isaiah 40:31a**

Question: What does it mean to trust in the LORD?

# ***Cool Down: Do 10 More Toe Touches***

**“They will fly as high as eagles.  
They will run and not get tired.  
They will walk and not grow weak.”  
Isaiah 40:31b**

Question: When we trust in God, do we really fly as high as an eagle? Can we really run forever and not get tired? If not, what does this verse really mean?