



Jump Rope Exercises

Use these exercises to get in 60 minutes of exercise every day, at least 5 days a week! You can also track your steps everyday using a pedometer.

Recommended goals:

Girls = 11,000 steps

Boys = 13,000 steps



Bunny Hops

Hop over the rope on one foot



Flashback

Swing the rope in the other direction, jumping backward



Run It

Run or jog forward over the rope



Firecrackers

Jump as fast as you can



Jump Rope Jacks

Jump with feet together then feet apart



Twister

Twist body to one side and then the other when jumping



Ski Jumper

Spread the rope on the floor and jump side to side over it



Crisscross

Criss cross legs on every other jump



Donut Jumps

Make the rope into a circle on the ground, jump into the circle then out



Crossovers

Cross arms on every other jump



How God can work in our sadness

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.” Matthew 5:3 (New International Version)

“You’re blessed when you’re at the end of your rope. With less of you there is more of God and his rule.” Matthew 5:3 (The Message)

Do you know what it means to be “at the end of your rope?” It means to be burned out, filled with sadness, or hopeless. It’s normal to feel that way sometimes. God often does important work in us when we’re “at the end of our rope.”

Here’s a story about how a staff member at Tall Turf experienced God working when he was at the end of his rope.

My dad was 78 and lived in a nursing home. I was not able to see him for a long time, because we need to be extra careful around older people during the Covid-19 pandemic. Some of my family would wave to him from the parking lot outside his room. Then I got a call that my dad was sick. He moved to a hospital, and the doctors told me he didn’t have much longer to live. I talked to him on the phone, and he didn’t sound good. Because of the pandemic, we had to follow very careful rules that only allowed two people to visit my dad at once. My sisters were able to visit my dad, but I was not. I couldn’t even switch with one of my sisters and step into the room for a moment. My dad passed away while my sisters were with him.

Have you ever lost someone you loved? When I lost my dad, I felt cheated—like someone had taken something precious away from me. I felt a mixture of sadness and anger. Sadness that I didn’t get to say goodbye to my dad. Anger at the rules that kept me from being with my dad, even for a moment. I was at the end of my rope. I took a long drive and cried out to God. I hollered, and yelled, and cried some more. I didn’t get to see my dad, tell him I loved him in person, or even hold his hand. I emptied myself out before God.

Then something strange happened. God began to pull me back to himself with this rope that I had come to the end of. I remembered this verse: “With less of me, there is more room for God.” The anger and sadness began to turn into gladness and peace. I found new things to be thankful for:

- 1. My dad no longer had to suffer through his sickness.*
- 2. During this pandemic, so many people have died alone. My dad was able to be with my two sisters and know that he was loved.*
- 3. I got to talk to my dad on the phone and tell him I loved him. He told me he loved me back. Not everyone gets to hear that.*
- 4. My dad got to FaceTime with his granddaughters and great grandson before he passed away. When he heard their voices he even opened his eyes!*

I miss my dad terribly, but I know that he’s in heaven now with my mom. God met me in my sadness and anger. It didn’t go away instantly. But God showed me that he can work in me even when I’m at the end of my rope. He can do the same in you. He asks us to bring all our emotions before him—joy, sadness, anger, fear, hope. Sometimes he meets us where we least expect it.

- Doss (Tall Turf Ministries Staff)

Matching

The verses on side A are from the King James Version of the Bible. The verses from side B are from The Message. Find the verses that have the same meaning across translations.

A

Blessed are the meek, for they shall inherit the earth.

Blessed are they who mourn, for they shall be comforted.

Blessed are the peacemakers, for they shall be called children of God.

Blessed are they who hunger and thirst after righteousness, for they shall be filled.

B

You're blessed when you've worked up a good appetite for God. He's food and drink in the best meal you'll ever eat.

You're blessed when you're content with who you are—no more, no less. That's the moment you find yourselves proud owners of everything that can't be bought.

You're blessed when you can show people how to cooperate instead of compete or fight. That's when you discover who you really are, and your place in God's family.

You're blessed when you feel you have lost what is most dear to you. Only then can you be embraced by the one most dear to you.