

QUEST #1

NAME: _____

DISCIPLESHIP:

- MEMORY VERSE:** Go therefore and make **DISCIPLES** of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit. – Matthew 28:19
- FAMILY DISCUSSION:** Explain to your family: What is a Disciple? What is the Great Commission? Why are we called Disciples Wrestling Club?

SERVICE: On three different days this week find a way to serve your family in addition to your regular chores. Parents can help you decide how to best serve this week. Some suggestions include: helping with the dishes, folding laundry, taking out the trash, doing some yard work, caring for pets, or cleaning around the house.

- DAY 1** What did you do? _____
- DAY 2** What did you do? _____
- DAY 3** What did you do? _____

WORKOUT: On three different days complete each of the following: 15 pushups, 15 crunches, and 15 burpees.

- DAY 1**
- DAY 2** Parent Signature: _____
- DAY 3** Date: _____



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