

QUEST #10

NAME: _____

DISCIPLESHIP:

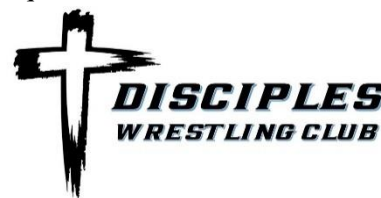
- MEMORY VERSE:** I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing – John 15:5
- FAMILY DISCUSSION:** Explain to your family: What happens if a branch is cut off of a tree? If Jesus is our source of life, what does it mean to “abide” in him? What does it mean to “bear fruit” as a Christ follower? What can we do apart from Jesus?

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: 50 drop steps, 50 squats, and 50 mountain climbers.

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



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