

QUEST #11

NAME: _____

DISCIPLESHIP:

- MEMORY VERSE:** Be watchful, stand firm in the faith, act like men, be strong. Let all that you do be done in love. – 1 Corinthians 16:13-14
- FAMILY DISCUSSION:** Explain to your family: As Christians, what do you think we should watch out for? What does it mean to be a man of courage? Why should we do everything in LOVE?

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: 40 stand ups, 40 sprawls , and 40 pushups.

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



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