

# QUEST #12

NAME: \_\_\_\_\_

## **DISCIPLESHIP:**

- MEMORY VERSE:** The fear of the Lord is the beginning of knowledge, but fools despise wisdom and discipline. - Proverbs 1:7
- FAMILY DISCUSSION:** Explain to your family: What does fear mean when it comes to the “fear of the Lord”? What does it mean to despise something? What people in your life would be willing to share their wisdom with you? Why is discipline a good thing?

**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: 2 minutes of stance and motion, 1 minute of one man spinners, 1 minute plank, and 1 minute leg lifts.

- DAY 1**
- DAY 2** Parent Signature: \_\_\_\_\_
- DAY 3** Date: \_\_\_\_\_



# QUEST #12

NAME: \_\_\_\_\_

## **DISCIPLESHIP:**

- MEMORY VERSE:** The fear of the Lord is the beginning of knowledge, but fools despise wisdom and discipline. - Proverbs 1:7
- FAMILY DISCUSSION:** Explain to your family: What does fear mean when it comes to the “fear of the Lord”? What does it mean to despise something? What people in your life would be willing to share their wisdom with you? Why is discipline a good thing?

**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: 2 minutes of stance and motion, 1 minute of one man spinners, 1 minute plank, and 1 minute leg lifts.

- DAY 1**
- DAY 2** Parent Signature: \_\_\_\_\_
- DAY 3** Date: \_\_\_\_\_

