

# QUEST #3

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

## **DISCIPLESHIP:**

- MEMORY VERSE:** For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord. – Romans 6:23
- FAMILY DISCUSSION:** Explain to your family: What are wages? What is eternal life? How is a “free gift” different from “wages”?

**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: 30 stand ups, 30 sprawls , and 30 pushups.

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



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