QUEST #4

NAME:_____

DISCIPLESHIP:
- ☐ **MEMORY VERSE**: For I am not ashamed of the Gospel, for it is the power of God for salvation to everyone who believes… Romans 1:16
- ☐ **FAMILY DISCUSSION**: Explain to your family: What is the Gospel? Why is it "good news"? What does salvation mean?

SERVICE: Write a "Thank You" letter to someone (not in your immediate family) to tell them how grateful you are for them and give/send it to them. Include a Bible Verse in your letter. If you need help finding a good verse, ask your parents. During Thanksgiving time it is important to remember all of the amazing people and things that God has placed in our lives and to express gratitude.

- ☐ **LETTER** Who did you do write your letter to?_____
- ☐ **BIBLE VERSE** What Bible verse did you include in your letter?_____

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:_____

DISCIPLES WRESTLING CLUB