

QUEST #5

NAME: _____

DISCIPLESHIP:

- MEMORY VERSE:** If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. – Romans 10:9
- FAMILY DISCUSSION:** Explain to your family: What does it mean to be saved? Have you ever made the decision to be saved? If not, would you consider making that decision today? Discuss your decision with your family and ask them if they have ever made the decision to be saved.

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: 25 pushups, 25 crunches, and 25 burpees.

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



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