

QUEST #6

NAME: _____

DISCIPLESHIP:

- MEMORY VERSE:** Faith comes from hearing, and hearing through the word of Christ – Romans 10:17
- FAMILY DISCUSSION:** Explain to your family: What does it mean to go and make DISCIPLES? (from Quest #1) How can other people come to have faith in Jesus? From what book do we learn about the “word of Christ”? What are some ways we can spread the good news about Jesus with the hope of making disciples?

SERVICE: Write a letter to an opposing coach or wrestler to go into a Fellowship of Christian Athletes (FCA) Wrestling Bible. We will give out these Bibles throughout the season to coaches and wrestlers, so they can learn more about Jesus. You may write the letter any way you choose, but here is a template that we have used before:

“Dear Coach, My name is _____. I wanted to give you this Bible because I think that everyone should know about Jesus. I thought you might like it because you like wrestling. – Disciples Wrestling Club”

Feel free to change the words to make it your own, draw a picture, or add a bible verse.

- BRING YOUR LETTER TO PRACTICE OR A MATCH**

WORKOUT: On three different days complete each of the following: 40 drop steps, 40 squats, and 40 mountain climbers.

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



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