

QUEST #7

NAME: _____

DISCIPLESHIP:

- MEMORY VERSE:** Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. – Philippians 4:6
- FAMILY DISCUSSION:** Explain to your family: What does it mean to be anxious? What sort of things can make you feel anxious? How should you respond when you start to feel anxious?

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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