

# QUEST #8

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

## **DISCIPLESHIP:**

- MEMORY VERSE:** Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. – 1 Thessalonians 5:16-18
- FAMILY DISCUSSION:** Explain to your family: What does it mean to rejoice? When do you pray throughout the day? How often should you pray? What are you thankful for? What should you be thankful for?

**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: 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: \_\_\_\_\_



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