

QUEST #1

NAME: _____

Discipleship:

- ☐ Memory Verse: By this all people will know that you are my disciples, if you have love for one another - John 13:35
- ☐ Family Discussion - Explain to your family: What is a Disciple? Why are we called Disciples Wrestling Club? How can you show that you have love for others?

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: 15 pushups, 15 crunches, and 15 burpees.

- ☐ Day 1
- ☐ Day 2 Parent Signature: _____
- ☐ Day 3 Date: _____



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