

QUEST #9

NAME: _____

Discipleship:

- ☐ Memory Verse: This is the day that the Lord has made; let us rejoice and be glad in it. - Psalm 118:24
- ☐ Family Discussion: Explain to your family: What does it mean to rejoice? As Christians why do we rejoice? Sometimes we go through hard things in life, BUT God is faithful and has a plan for us. So we can always rejoice! What can you do to help you to remember to rejoice even when things are tough?

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: 40 pushups, 40 crunches, and 40 burpees.

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



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