

# **QUEST #12**

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

## Discipleship:

- ☐ Memory Verse: Press on toward the goal to win the prize for which God has called you heavenward in Christ Jesus. – Philippians 3:14
- ☐ Family Discussion: Explain to your family: When we wrestle in a match, the goal in competition is to score points and win the match. Often when a match gets difficult, you have to “press on” and keep working to score points. What do you think is the “goal” for people who call themselves Disciples of Jesus? How can pursuing that goal become difficult? How and when do Disciples of Jesus “win the prize” for pursuing their goal?

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: 3 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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