

QUEST #2

NAME: _____

Discipleship:

- ☐ Memory Verse: Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us - Hebrews 12:1
- ☐ Family Discussion: Explain to your family- What does it mean to be hindered or entangled? What is sin? How are we freed from our sin? What is perseverance?

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 drop steps, 30 squats, and 30 jumps

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



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