

QUEST #5

NAME: _____

Discipleship:

- ☐ Memory Verse: All hard work brings a profit, but mere talk leads only to poverty – Proverbs 14:23
- ☐ Family Discussion: Explain to your family: If you want to do well at something what does it take to be successful? What is a profit (not prophet)? What is poverty? Wrestling is a tough sport, and one of the main life lessons you will learn through wrestling is that hard work pays off. How can this apply to other areas of your life?

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 pushups, 30 crunches, and 30 burpees.

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



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