

# **QUEST #8**

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

## Discipleship:

- ☐ Memory Verse: Therefore we do not give up Even though our outer person is being destroyed, our inner person is being renewed day by day. For our momentary light affliction is producing for us an absolutely incomparable eternal weight of glory. - 2 Corinthians 4:16-17
- ☐ Family Discussion: Explain to your family: When is it easy to “give up” on something? What is the difference between our “outer person” and “inner person”? What is affliction? What is the difference between momentary and eternal? Which of those (momentary and eternal) should we care about more and why?

Service: On three different days this week find a way to serve **SOMEONE OUTSIDE OF** your family. You could maybe help a neighbor or friend with something difficult or be especially kind to someone. Parents can help you decide who to serve and how to best serve them this week. Some suggestions include: picking up trash in the lunch room or your neighborhood, helping shovel someone else’s snow, or bringing a snack/treat to a neighbor or friend.

- ☐ 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: 2 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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