

# **QUEST #7**

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

**Discipleship:**

- Memory Verse: What does the LORD require of you? To act justly and to love mercy and to walk humbly with your God. - Micah 6:8
- Family Discussion: Describe what it means to act justly? Why should we “love mercy”? How do we “walk” with God? Where does humility fit into walking with God?

**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 quarter turn stand ups, 30 knee slide stand ups, 30 sprawls, and 30 pushups.

- Day 1
- Day 2 Parent Signature: \_\_\_\_\_
- Day 3 Date: \_\_\_\_\_



# **QUEST #7**

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

**Discipleship:**

- Memory Verse: What does the LORD require of you? To act justly and to love mercy and to walk humbly with your God. - Micah 6:8
- Family Discussion: Describe what it means to act justly? Why should we “love mercy”? How do we “walk” with God? Where does humility fit into walking with God?

**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 quarter turn stand ups, 30 knee slide stand ups, 30 sprawls, and 30 pushups.

- Day 1
- Day 2 Parent Signature: \_\_\_\_\_
- Day 3 Date: \_\_\_\_\_

