

QUEST #6

NAME: _____

Discipleship:

- ☐ Memory Verse: Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength – Mark 12:30
- ☐ Family Discussion: Explain to your family: What is a commandment? Jesus said that this verse is the GREATEST commandment! What does it mean to give your “all”? God desires you to give Him your all. How is giving God your all for your ultimate good?

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: 40 drop steps, 40 squats, and 40 mountain climbers.

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



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