

QUEST #10

NAME: _____

Discipleship:

- Memory Verse: He will wipe away every tear from their eyes. Death will be no more; grief, crying, and pain will be no more, because the previous things have passed away. - Revelation 21:4
- Family Discussion: What are some things that make you cry? How do you feel when you cry? One day, because of what Jesus had done for us all of those negative things that make us feel sad or angry will be gone! How should that impact how we live today?

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: 50 drop steps, 50 squats, and 50 mountain climbers.

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



QUEST #10

NAME: _____

Discipleship:

- Memory Verse: He will wipe away every tear from their eyes. Death will be no more; grief, crying, and pain will be no more, because the previous things have passed away. - Revelation 21:4
- Family Discussion: What are some things that make you cry? How do you feel when you cry? One day, because of what Jesus had done for us all of those negative things that make us feel sad or angry will be gone! How should that impact how we live today?

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: 50 drop steps, 50 squats, and 50 mountain climbers.

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

