

QUEST #6

NAME: _____

Discipleship:

- ☐ Memory Verse: Walk in wisdom toward outsiders, making the best use of the time. Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person. - Colossians 4:5-6
- ☐ Family Discussion: What does it mean to walk in wisdom? Who does this verse mean by “outsiders”? What does it mean for your speech to be “seasoned with salt”?

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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