

QUEST #2

NAME: _____

Discipleship:

- ☐ Memory Verse: Let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven. - Matthew 5:16
- ☐ Family Discussion: Where does the “light” come from? What would be a bad reason to want someone to see the good things that you do? What does it mean to be set apart for Christ?

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 drop steps, 30 squats, and 30 jumps

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



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