

QUEST #9

NAME: _____

Discipleship:

- ☐ Memory Verse: "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. - 2 Corinthians 12:9
- ☐ Family Discussion: What is God's grace? What does sufficient mean? Why is our weakness a good thing? How can we depend on Christ's power at work in us?

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 pushups, 40 crunches, and 40 burpees.

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



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