

# **QUEST #7**

**NAME:** \_\_\_\_\_

## Discipleship:

- ☐ Memory Verse: And we know that in all things God works for the good of those who love him, who have been called according to his purpose – Romans 8:28
- ☐ Family Discussion: Explain to your family - What does it mean that “God is working for us”? How is God’s “good” sometimes different from our “good”? God doesn’t promise that we will get everything we want; but He does promise that if we love Him and live for Him, His ultimate plan is the best one for us!

Service: Write a letter to an opposing coach or wrestler to go into and Fellowship of Christian Athletes (FCA) Wrestling Bible. We will give out these Bibles throughout the season to coaches and wrestlers, so they can learn more about Jesus. You may write the letter any way you choose, but here is a template that we have used before:

“My name is \_\_\_\_\_. I wanted to give you this Bible because I think that everyone should know about Jesus. I thought you might like it because you like wrestling. – Disciples Wrestling Club”

- ☐ Feel free to change the words to make it your own, draw a picture, or add a bible verse.

Workout: On three different days complete each of the following: 30 quarter turn stand ups, 30 knee slide stand ups, 30 sprawls, and 30 pushups.

☐ Day 1

☐ Day 2

☐ Day 3

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_



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