

# **QUEST #5**

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

## Discipleship:

- ☐ Memory Verse: For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. - Ephesians 2:10
- ☐ Family Discussion: What does it mean to be God's handiwork or craftsmanship? How can our good works point others to Jesus? When God provides an opportunity for us to help someone, how should we respond? How is sharing God's Word with others like planting a seed?

Service: Service: Write a letter to an opposing coach or wrestler to go into a Fellowship of Christian Athletes (FCA) 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 sports 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 pushups, 30 crunches, and 30 burpees.

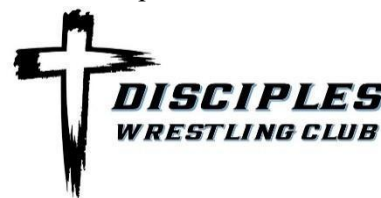
☐ Day 1

☐ Day 2

☐ Day 3

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

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



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