

QUEST #4

NAME: _____

Discipleship:

- ☐ Memory Verse: The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold. -Psalm 18:2
- ☐ Family Discussion: What are some characteristics of a rock? Why does a building need a solid foundation? What is a fortress? What does it mean to take refuge?

Service: Write a "Thank You" letter to someone (not in your immediate family) to tell them how grateful you are for them and give/send it to them. Include a Bible Verse in your letter. If you need help finding a good verse, ask your parents. During Thanksgiving time it is important to remember all of the amazing people and things that God has placed in our lives and to express gratitude.

LETTER: Who did you write your letter to? _____

BIBLE VERSE: What Bible verse did you include in your letter? _____

Workout: On three different days complete each of the following: 2 minutes of stance and motion, 1 minute of one man spinners, 1 minute plank, and 1 minute leg lifts.

☐ Day 1

☐ Day 2

☐ Day 3

Parent Signature: _____

Date: _____



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