

QUEST #10

NAME: _____

Discipleship:

- ☐ Memory Verse: Come to me, all you who are weary and burdened, and I will give you rest.— Matthew 11:28
- ☐ Family Discussion: Explain to your family: What does it mean to be weary and burdened? Wrestling is really difficult sometimes and can make you weary. This sport helps us to learn how to rely on Jesus when doing hard things. Jesus says: “Come to me”. How can you “go” to Jesus? What is satisfying about the rest that only Jesus can give 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: 50 drop steps, 50 squats, and 50 mountain climbers.

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



QUEST #10

NAME: _____

Discipleship:

- ☐ Memory Verse: Come to me, all you who are weary and burdened, and I will give you rest.— Matthew 11:28
- ☐ Family Discussion: Explain to your family: What does it mean to be weary and burdened? Wrestling is really difficult sometimes and can make you weary. This sport helps us to learn how to rely on Jesus when doing hard things. Jesus says: “Come to me”. How can you “go” to Jesus? What is satisfying about the rest that only Jesus can give 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: 50 drop steps, 50 squats, and 50 mountain climbers.

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

