

QUEST #3

NAME: _____

Discipleship:

- ☐ Memory Verse: Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God – Hebrews 12:2
- ☐ Family Discussion: Explain to your family: How was Jesus perfect? How did Jesus die? Why did Jesus die? Why would it be joyful for Jesus to die? What did Jesus do to defeat and overcome death?

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: 30 stand ups, 30 sprawls , and 30 pushups.

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



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