

QUEST #11

NAME: _____

Discipleship:

- ☐ Memory Verse: "I have told you these things so that in me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world" - John 16:33
- ☐ Family Discussion: Who is saying the words in these verses? How did Jesus conquer the world? What does it look like to have peace? What are some ways that Christians experience suffering in this world? What does it look like to be courageous in the midst of suffering?

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: 40 stand ups, 40 sprawls ,40 downblocks and 40 pushups.

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



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