**The**

**Son’s Covenant**

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_, promise to commit myself to a year of discipleship with my dad. I will submit to my dad’s leadership and instruction with humility, respect, and a teachable spirit. I recognize that part of discipleship is discipline. I also pledge myself to complete three challenges…physical challenge, intellectual challenge, and spiritual challenge.

**The Physical Challenge**

*“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.”*

*1 Corinthians 6:19-20*

I will seek to honor God with my body because my body is the temple of the Holy Spirit. I will discipline myself and stretch myself so that I can say like Paul, “I have finished the race.”

I \_\_\_\_\_\_\_\_\_\_\_\_\_ will train for the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with my dad.

**The Intellectual Challenge**

*“‘Love the Lord your God with all your heart and with all your soul and with all your mind.”*

*Matthew 22:37*

I will stretch mu mind by learning new things. I will cultivate a teachable spirit in all things at all times. I will also keep a journal to keep track of the lessons God is teaching me.

I \_\_\_\_\_\_\_\_\_\_\_\_\_ will read twelve books and discuss them with my dad.

**The Spiritual Challenge**

*“Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.”*

*1 Timothy 4:12*

This is a year to ask questions and seek God. I will follow in the footsteps of Jesus by serving others. I will seek to discover my spiritual gifts and fan the flame.

I \_\_\_\_\_\_\_\_\_\_\_\_\_ pledge to read the entire New Testament this year.

As part of my spiritual training, I will complete a forty-day media fast during Lent. I will also seek to live according to our four family values and establish a list of goals.

I \_\_\_\_\_\_\_\_\_\_\_\_\_ make this solemn oath on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature

**The**

**Father’s Covenant**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ , do solemnly swear to disciple my son to the best of my God-given ability over the next year. I will fast with my son and pray with my son. I will share my experience and wisdom with kindness and encouragement. And I will do the best to help \_\_\_\_\_\_\_\_\_\_\_ meet the physical, spiritual, and intellectual challenges he will face this year.

I hereby pledge that, upon \_\_\_\_\_\_\_\_\_\_\_\_ completion of the physical, spiritual, and intellectual challenges set forth in this covenant, I will take my son on a pilgrimage to a place of mutual choice. The pilgrimage will be a celebration of his accomplishments during this year and a Rite of Passage into his teenage years.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature