

Resources!



2024-2025 “Be Still” Spiritual Formation Plan (Matrix)–District Office

“He says, ‘Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.’ ” (Psalm 46:10, NIV)

| Monthly Theme                 | Be Still in Your Mind                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Be Still in Your Heart                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Be Still in Your Actions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                               | He is exalted                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | He is faithful                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | He is sovereign                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | He is with us                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | He is our source of strength                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | He is our source of joy                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | He is our defender                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | He is our source of help                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | He is our source of peace                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Month                         | September<br>Psalm 46:10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | October<br>Psalm 46:8                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | November<br>Psalm 46:6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | December<br>Psalm 46:7                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | January<br>Psalm 46:1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | February<br>Psalm 46:4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | March<br>Psalm 46:7                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | April<br>Psalm 46:1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | May<br>Psalm 46:9                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Focus Outcome and Description | <b>S.3 Knowing God’s Word</b><br>Discerning leaders can know, understand, and apply God’s Word in daily life.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>S.1 Relationship with Jesus</b><br>Discerning leaders can understand and commit to a personal relationship with Jesus Christ.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <b>S.10 Understanding God’s Voice</b><br>Discerning leaders can listen for and respond to God’s voice.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>S.8 Spiritual Disciplines</b><br>Discerning leaders are actively engaged in the spiritual disciplines.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <b>S.5 Integrate a Biblical Worldview</b><br>Discerning leaders can integrate a biblical worldview into all aspects of life.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <b>S.9 Share Testimony</b><br>Discerning leaders can share their personal testimony.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>S.6 Pursue Life of Faith</b><br>Discerning leaders can pursue a life of faith.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>S.7 Great Commission</b><br>Discerning leaders can understand their role and respond to the Great Commission.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>S.2 Church Involvement</b><br>Discerning leaders can participate in a local church community, serving God and others.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Spiritual Life                | Global Week of Student Prayer                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Spiritual Life Survey                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Week of Generosity                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Christmas Chapel                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | MLK Day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Spiritual Emphasis Week                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Easter—Resurrection                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | National Day of Prayer                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|                               | <b>I can know that God is exalted as King of kings even when nations rise and fall.</b><br><b>Exodus 12:31-42</b> —Following the plagues, Pharaoh lets the Israelites leave Egypt to worship the Lord.<br><b>Revelation 19:11-16</b> —At the end of time, John sees Jesus riding a white horse and wearing a robe with the title “King of Kings and Lord of Lords.”<br><b>Ephesians 1:19-23</b> —The power that God has for those who believe is the same power that raised Jesus from the dead and seated Him above all authority.<br><b>Discussion Questions:</b><br>What does it mean that Jesus is King of kings and Lord of lords? Share the details of the time when Jesus became Lord of your life. | <b>I can know that God works out all things good for those who love Him, even through hard times.</b><br><b>Romans 8:28</b> —God shows His faithfulness to us by working all things for the good of those who love Him.<br><b>2 Corinthians 1:3-4</b> —God demonstrates His faithfulness to us by showing us compassion and comfort as we go through hard times.<br><b>Judges 4:1-15</b> —God shows His faithfulness to Deborah even through difficult times.<br><b>Discussion Questions:</b><br>What is it about difficult times that often causes us to doubt God’s goodness? Can you think of a difficult time or season in your life that you look back on and see how God used it or turned something good out of it? If so, share the details of this experience. | <b>I can know that God is sovereign even when plans change.</b><br><b>Acts 16:6-15</b> —Lydia and her household in Macedonia are converted, although Paul’s initial plan was to enter into Bithynia.<br><b>Proverbs 16:9</b> —Even though we might make plans, God is the one who ultimately directs our steps.<br><b>Matthew 16:21-28</b> —Peter’s plan changes as Jesus shares that His destiny is the cross.<br><b>Discussion Questions:</b><br>Are you the kind of person who finds it exciting when plans change, or do you hate it? Share your answer with others. Can you think of a time when God changed plans on you? If so, what were the circumstances and how did you respond? | <b>I can experience God’s presence even though sometimes I may have to wait.</b><br><b>Isaiah 9:6</b> —Isaiah prophesies that the Messiah will come as a baby.<br><b>Micah 5:2</b> —Jesus’ birth in Bethlehem is foretold.<br><b>Luke 2:22-33</b> —Simeon sees Jesus after waiting for the Messiah to arrive.<br><b>Discussion Questions:</b><br>What is the hardest thing about being patient with God? Share your answer. Can you think of a time you were impatient when it came to waiting on God? Share the circumstances of your experience.                                                                            | <b>I can have confidence because God is my strength and refuge even when I feel afraid.</b><br><b>Psalm 46:1</b> —We can turn to God, who is ever-present with us, for refuge and strength in tough times.<br><b>Isaiah 41:10</b> —God is with us and will strengthen and help us when we are afraid.<br><b>Exodus 14:10-22</b> —God provides a way for the fearful Israelites to escape Egypt.<br><b>Discussion Questions:</b><br>What is the biggest obstacle that prevents you from putting your trust in God, especially in moments when you feel afraid? Share your answer. Share a time when God came through and became your source of strength as a result of providing for you in your time of need. | <b>I can rejoice and be glad even when it’s been a tough season.</b><br><b>Matthew 5:12</b> —When experiencing difficulty because of our faith, we can rejoice and be glad in knowing that our heavenly reward is great.<br><b>Psalm 118:24</b> —The Lord has made this very day; rejoice and be glad.<br><b>Philippians 3:8-11</b> —All things are considered as loss compared to the worth of knowing Jesus Christ as Lord.<br><b>Acts 16:22-36</b> —Paul and Silas sing songs of praise and worship despite being unjustly treated.<br><b>Discussion Questions:</b><br>What is your favorite worship song? Share the name and why. What is one characteristic about God that brings you joy? Share your answer and why. | <b>I can put my trust in God to defend me even when others offend me.</b><br><b>Psalm 46:7-9</b> —God fights for us and is our defender.<br><b>Ephesians 6:10-18</b> —The spiritual battle we fight must be engaged in with the whole armor of God.<br><b>Judges 7:1-22</b> —God gave the Midianites into Gideon’s hands as a result of confusing them.<br><b>Discussion Questions:</b><br>Can you think of a time in your life when you put your trust in God to take care of a situation in which you were tempted to take control? Share your experience. What is the hardest part about trusting God when others offend you? Share your thoughts.                                                | <b>I can receive God’s help from others even when I don’t think I need it.</b><br><b>Luke 5:17-26</b> —Friends of a paralyzed man lower him down through the roof to Jesus.<br><b>Philippians 4:10-20</b> —The Philippians supported Paul so he could take the message of the good news to Macedonia.<br><b>Proverbs 15:22</b> —It is wise to ask others for advice.<br><b>Discussion Questions:</b><br>Do you find it to be easy or hard to ask for help? Why or why not? Can you think of a time when you asked for help and what you received was of great value? If so, share your experience.                                                           | <b>I can experience peace by trusting God even when I am tempted to worry.</b><br><b>Psalm 56:3-4</b> —By putting our trust in God, He can help us not be afraid.<br><b>Matthew 6:25-34</b> —When we begin to worry, we can put our trust in Him to take care of us in the same way He cares for other parts of His creation.<br><b>Isaiah 40:31</b> —When we wait on the Lord, He will renew our strength.<br><b>Discussion Questions:</b><br>Is there a time in your life when you were faced with a difficult situation and you put your trust in God? Did you have a sense of peace in knowing that it was going to be okay? Share your experience.     |
|                               | <b>I can know that God has all authority even when others do not acknowledge Him.</b><br><b>1 Kings 18:20-39</b> —God is exalted as the only God even though the Baal prophets fail to acknowledge Him.<br><b>Daniel 6:1-28</b> —God is exalted even though the administrators over Daniel fail to acknowledge God’s power.<br><b>Romans 1:18-23</b> —Sinful humanity fails to recognize the qualities of God that have been expressed through what has been made in creation.<br><b>Discussion Questions:</b><br>Is there someone you are praying for who does not acknowledge God? If so, who is it? Share their name and take time to pray for them.                                                    | <b>I can know that God is faithful to keep His promises even when I doubt.</b><br><b>Proverbs 30:5</b> —The Word of God is always true and can be a source of protection for those who put their trust in it.<br><b>Genesis 17:15-19, 21:1-7</b> —Though Abraham and Sarah doubt, God is faithful to His promise to them.<br><b>Luke 1:5-25</b> —God is faithful to His promise to Zechariah and Elizabeth even when Zechariah doubts.<br><b>Discussion Questions:</b><br>Was there a time in your life or an experience you had that caused you to doubt the promises of God? If so, when did this happen and what were the circumstances? Following this experience, how did you see God come through with His promises?                                              | <b>I can know that God is sovereign even though He lets me have a choice.</b><br><b>Genesis 2:4-9</b> —God added the tree of the knowledge of good and evil to give Adam and Eve a choice.<br><b>Deuteronomy 30:15-16</b> —Although God had promised the land to the Israelites, they still had to choose Him.<br><b>Psalm 147:5</b> —God’s understanding is infinite.<br><b>Discussion Questions:</b><br>Where do you see God’s love for you in how He gives you choices? How is God all-knowing even though He gives us choices? Share your thoughts.                                                                                                                                     | <b>I can experience God’s presence even when it feels as if I am alone.</b><br><b>Matthew 1:23</b> —Jesus, the Son of God, came to us as <i>Immanuel</i> —“God with us.”<br><b>Psalm 139:2</b> —God knows our actions, including our thoughts, no matter where we are.<br><b>John 14:15-21</b> —If we love Jesus and keep His commands, we are filled with the Holy Spirit, who will be with us forever.<br><b>Discussion Questions:</b><br>Can you think of a time, season, or experience that left you feeling like God had abandoned you? If so, how did He remind you that He was there all along? Share your experience. | <b>I can have confidence that God will help me make the right choices even when others don’t or when it’s hard.</b><br><b>Daniel 3:16-20</b> —Shadrach, Meshach, and Abednego refuse to bow down to Nebuchadnezzar because of their faith in God.<br><b>Daniel 6:10</b> —Daniel continues to pray to God even after King Darius issues a decree to pray only to him.<br><b>Matthew 26:36-46</b> —Jesus accepts His destiny to go to the cross for humankind even though He knew it was going to be hard.<br><b>Discussion Questions:</b><br>Share a time when you made the right choice even when others didn’t. How did it feel? Was it easy? Hard?                                                          | <b>Spiritual Emphasis Week</b><br><b>I can experience gladness as a result of worshipping God even when I don’t always feel happy.</b><br><b>Psalm 43:4</b> —Gladness results when we use our talents and abilities in worship.<br><b>Psalm 126:3</b> —Gladness is a result of thinking and reflecting on all that God has done for us.<br><b>Acts 12:13-14</b> —Rhoda responds with gladness upon seeing how God had freed Peter from prison.<br><b>Discussion Questions:</b><br>What is your favorite way of worshipping God and why? Share your answer. What is one thing God has done for you recently? Share your answer.                                                                                             | <b>I can respond with mercy because God is my defender even when I want to respond in my own strength.</b><br><b>Luke 10:25-37</b> —The Samaritan shows mercy to a Jew, who is considered a political enemy.<br><b>1 Samuel 24</b> —David shows mercy to Saul by not killing him, even though Saul had been seeking to kill David.<br><b>Luke 23:34</b> —Jesus, while breathing His last breath, asks His Father to forgive those who are crucifying Him.<br><b>Discussion Questions:</b><br>What is the definition of mercy? What is the definition of grace? How are they different? How are grace and mercy different from justice? Share a time in your life when you were a recipient of mercy. | <b>I can be a source of help to others with the presence of the Holy Spirit even when I feel like I have nothing valuable to give.</b><br><b>John 14:25-27</b> —Jesus gave us the Holy Spirit to help us.<br><b>1 Corinthians 12:7-12</b> —The Holy Spirit gives us different gifts so we can be a source of help to others.<br><b>Acts 4:32-35</b> —The early church, of one heart and one mind, share their possessions with each other as well as others in need.<br><b>Discussion Questions:</b><br>What is a talent or gift you have that you enjoy sharing with others? How does it make you feel to share that gift with others? Share your thoughts. | <b>I can experience peace that passes all understanding even when things are out of my control.</b><br><b>Philippians 4:4-8</b> —God will guard our hearts with peace when we present our requests to Him in every situation.<br><b>John 14:27</b> —We can turn to the Holy Spirit living inside of us; He will give us peace when we are afraid.<br><b>Mark 4:35-41</b> —By the sound of His voice, Jesus can bring peace to chaotic storms.<br><b>Discussion Questions:</b><br>Can you think of a time when you were obedient to God after He asked you to do something that didn’t make sense in the moment or the season? If so, share your experience. |
| Scripture Memorization        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Week 1                        | Psalm 46:10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Psalm 46:8                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Psalm 46:6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Psalm 46:7                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Psalm 46:2-3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Psalm 46:4-5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Psalm 46:11                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Psalm 46:1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Psalm 46:9                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Week 2                        | Revelation 19:11-16                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Romans 8:28                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Proverbs 16:9                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Psalm 139:2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Isaiah 41:10                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Psalm 118:24                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Ephesians 6:10-18                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Proverbs 15:22                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Psalm 56:3-4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Week 3                        | Romans 1:18-23                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 2 Corinthians 1:3-4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Deuteronomy 30:15-16                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | John 14:15-21                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Daniel 3:16-20                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Philippians 3:8-11                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Psalm 18:2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | 1 Corinthians 12:7-12                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Isaiah 40:31                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Week 4                        | Ephesians 1:18-23                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Proverbs 30:5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Psalm 147:5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Micah 5:2                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Exodus 14:15-18                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Psalm 126:3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Matthew 5:38-40                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Psalm 119:105                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Philippians 4:4-8                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |