

2024-2025 "Be Still" Spiritual Formation Plan (Matrix)-Elementary

Resources?

"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	Be Still in Your Mind			Be Still in Your Heart			Be Still in Your Actions		
Theme	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 Psalm 46:10	October Psalm 46:8	November Psalm 46:6	December Psalm 46:7	January Psalm 46:1	February Psalm 46:4	March Psalm 46:7	April Psalm 46:1	May Psalm 46:9
Focus Outcome and Description	S.3 Knowing God's Word Discerning leaders can know, understand, and apply God's Word in daily life.	S.1 Relationship with Jesus Discerning leaders can understand and commit to a personal relationship with Jesus Christ.	S.10 Understanding God's Voice Discerning leaders can listen for and respond to God's voice.	S.8 Spiritual Disciplines Discerning leaders are actively engaged in the spiritual	S.5 Integrate a Biblical Worldview Discerning leaders can integrate a biblical worldview into all aspects of life.	S.9 Share Testimony Discerning leaders can share their personal testimony.	S.6 Pursue Life of Faith Discerning leaders can pursue a life of faith.	S.7 Great Commission	S.2 Church Involvement Discerning leaders participate in a local church community, serving God and others.
B.F.*/H.F.*	Joshua/Fanny Crosby	Joseph/Hudson Taylor	Mary and Elizabeth/Amy Carmichael	Mary and Elizabeth/William Tyndale	Elisha/Martin Luther King	Mary Magdalene/David Livingstone	Shad/Mesh/Abed/Nate Saint	Barnabas/George Muller	Review/Horatio Spafford
S.L. Comp.*	GWSP*	4th-6th Grade Spiritual Life Survey	Vets Chapel/Week of Generosity	Christmas Chapel	MLK Day			Easter Chapel	National Day of Prayer
Week 1	I can know that God is exalted as King of kings even when nations rise and fall. Exodus 12:31-42-Following the plagues, Pharaoh lets the Israelites leave Egypt to worship the Lord. Revelation 19:11-16-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." Ephesians 1:19-23-The power God has for those who believe is the same power that raised Jesus from the dead and seated Him above all authority. (September 9-13)	love me unconditionally even when I make poor decisions. Luke 23:39-43—Jesus saves the thief on the cross who put his faith in Him. Romans 5:6-11—God demonstrated His unconditional love for us by sending His Son to die on the cross for us even while we were making poor decisions. Luke 15:11-32—God loves us like the father who welcomes his lost son home even though the son made poor decisions.	Veterans Day Chapel I can know that God is sovereign even when plans change. Acts 16:6-15-Lydia and her household in Macedonia are converted, although Paul's initial plan was to enter into Bithynia. Proverbs 16:9-Even though we might make plans, God is the one who ultimately directs our steps. Matthew 16:21-28-Peter's plan changes as Jesus shares that His destiny is the cross. (November 4-8)	have to wait. Isaiah 9:6-Isaiah prophesies that the Messiah will come as a baby. Micah 5:2-Jesus' birth in Bethlehem is foretold. Luke 2:22-33-Simeon sees Jesus after waiting for the Messiah to arrive. (December 2-6)	I can have confidence because God is my strength and refuge even when I feel afraid. Psalms 46:1-We can turn to God, who is ever-present with us, for refuge and strength in tough times. Isaiah 41:10-God is with us and will strengthen us and help us when we are afraid. Exodus 14:10-22-God provides a way for the fearful Israelites to escape Egypt. (January 6-10)		offend me. Psalm 46:7-9-God fights for us and is our defender. Ephesians 6:10-18-The spiritual battle we fight must be engaged in with the whole armor of God. Judges 7:1-22-God gave the	trouble. Psalm 46:1-3—God is our source of strength.	I can experience peace by etrusting God even when I am tempted to worry. If Psalm 56:3-4-By putting our trust in God, He can help us not be afraid. Matthew 6:25-34-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. Philippians 4:12-13-We can be content in every situation because God gives us strength. (May 5-9)
Week 2	I can know that God has all authority even when others do not acknowledge Him. 1 Kings 18:20-39-God is exalted as the only God even though the Baal prophets failed to acknowledge Him. Daniel 6:1-28-God is exalted even though the administrators over Daniel failed to acknowledge God's power. Romans 1:18-23-Sinful humanity fails to recognize the qualities of God that have been expressed through what has been made in creation. (September 16-20)	I can know that God is faithful to keep His promises even when I doubt. Proverbs 30:5—The Word of God is always true and can be a source of protection for those who put their trust in it. Genesis 17:15-19, 21:1-7—Though Abraham and Sarah doubt, God is faithful to His promise to them. Luke 1:5-25—God is faithful to His promise to Zechariah and Elizabeth even when Zechariah doubts. (October 14-18)	Honor's Chapel (November 11-15)	by welcoming Jesus into my life even if I am young. Luke 9:47-48—The Lord loves His children, and we know that when we are young, the Lord is close to us. 1 Timothy 4:12—As a young person, I can set an example to others in my	MLK Chapel Martin Luther King Jr. is an example of someone who received gladness from God. Philippians 2:29-30—As was said about Epaphroditus, "So then, welcome him in the Lord with great joy, and honor people like him, because he almost died for the work of Christ" (NIV). (January 13-17)	happy. d Psalm 43:4-Gladness results when we use our talents and abilities in worship. Psalm 126:3-Gladness is a	I can demonstrate my trust in God as my defender by praying to Him even when I want to take matters into my own hands. 1 Thessalonians 5:16-18—God's will is for us to come to Him often and about everything. Exodus 14:10-18,21-22—Moses puts his trust in God by stretching out his arm. Psalm 18:2 — God is the one who delivers us in our time of need. (March 10-14)		I can trust in Jesus that I will spend eternity with Him, even when I doubt my eternal destiny John 3:16-21-God sent His Son into the world to die on a cross so that we may spend eternity with Him. Galatians 6:8-When we live by following the Spirit, we will receive eternal life. 1 Timothy 1:16-Paul is an example of someone who put his faith in Jesus and who received eternal life in Him. (May 12-16)
Week 3	Cougar Family Groups B.F. *-Joshua [September 23-27) I can know that God is faithful to me even when I go through hard times. Romans 8:28-God demonstrates His faithfulness to us when He works all things together for good for those who love Him. 2 Corinthians 1:3-7-God demonstrates His faithfulness to us by	hear my prayers even when my prayers aren't answered. Psalm 55:16-17—God hears me no matter the time of day or circumstance. 1 Peter 3:12—God hears the prayers of the righteous. Psalm 40:1—Sometimes God answers—our requests over time, requiring patience from us. (October 21-25)		even when it feels as if I am alone Matthew 1:23–Jesus, the Son of God, came to us as Immanuel–"God with us." Psalm 139:2–God knows our actions, including our thoughts, no matter where we are. John 14:15-21–If we love Jesus and keep His commands, we are filled with the Holy Spirit, who will be with us forever. (December 16-20)	hard. Daniel 3:16-20—Shadrach, Meshach, and Abednego refuse to bow down to Nebuchadnezzar because of their faith in God. Daniel 6:10—Daniel continues to pray to God even after King Darius issues a decree to pray only to him. Matthew 26:36-46—Jesus accepts His destiny to go to the cross for humankind even though He knew it was going to be hard. (January 20-24)	Psalm 118:24—The Lord has made this very day; rejoice and be glad. S Philippians 3:8-11—All things are considered as loss compared to the worth of knowing Jesus Christ as Lord. Acts 16:22-36—Paul and Silas sing songs of praise and worship despite being unjustly treated. (February 17-21)	because God is my defender even when I want to respond in my own strength. Luke 10:25-37—The Samaritan shows mercy to a Jew, who is considered a political enemy. 1 Samuel 24—David shows mercy to Saul by not killing him, even though Saul had been seeking to kill David. Luke 23:34—Jesus, while breathing His last breath, asks His Father to forgive those who are crucifying him. (March 17-21)	others even when I don't think I need it. Luke 5:17-26—Friends of a paralyzed man lower him down through the roof to Jesus. Philippians 4:10-20—The Philippians supported Paul so he could take the message of the good news to Macedonia. Proverbs 15:22—It is wise to ask others for advice. (April 21-25)	don't know what it is at the moment. Ephesians 2:10—We were created to demonstrate good works in Christ Jesus. John 11:32-44—Jesus has a plan for Lazarus, though Mary doesn't see it. Exodus 13:17-18—God does not lead the Israelites out of Egypt by the most direct route; instead He leads them around the Philistine camp because He has their good in mind. (May 19-23)
Week 4	showing us compassion and comfort as we go through hard times. Genesis 50:15-21-God saved the lives of many as a result of taking what was done to Joseph by his brothers and using it for good. (September 30-October 4)	Cougar Family Groups B.F.*-Joseph (October 28- November 1)	No Chapel (Thanksgiving) (November 25-29)	No Chapel (Christmas Break) (December 23-January 3)	Cougar Family Groups B.F.*–Elisha (January 27-31)	Cougar Family Groups B.F.*–Mary Magdalene (February 24-28)	Abadnaga	Cougar Family Groups B.F.*-Barnabas (April 28-May 2)	Cougar Family Groups B.F.*–Review (May 26-30)

*B.F.=Biblical Figure

H.F.=Historical Figure

S.L. Comp=Spiritual Life Component

GWSP=Global Week of Student Prayer

