

2024-2025 “Be Still” Spiritual Formation Plan (Matrix)–Junior High/High School

“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 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 disciplines.	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 Discerning leaders can understand their role and respond to the Great Commission.	S.2 Church Involvement Discerning leaders can participate in a local church community, serving God and others.
Spiritual Life	GWSP*	Spiritual Life Survey	Week of Generosity	Christmas Chapel	MLK Day	N/A	Spiritual Emphasis Week	Easter—Resurrection	National Day of Prayer
H.F./B.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
Week 1	Introduction to Theme (September 9-13)	No Chapel (PSAT) (October 7-11)	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)	I can experience God’s presence even though sometimes I may 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. Psalm 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 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)	I can find joy in giving even when I don’t have a lot. 2 Corinthians 8:1-7—The Macedonians gave to Paul and his companions out of an abundance of joy even though they did not have a lot. Luke 6:17-23—Jesus tells us to leap for joy and look ahead to our reward during the times when we give to Him and are often repaid with persecution. Philippians 1:4—Paul prays with joy even though he finds himself in prison for the sake of the gospel. (February 3-7)	I can put my trust in God to defend me even when others 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 Midianites into Gideon’s hands as a result of confusing them. (March 3-7)	I can have hope in God as my source of help even when I face trouble. Psalm 46:1-3—God, who is always present with us in our trouble, is our source of strength. Exodus 14:26-28—Moses puts his hope in God as his source of help even when the Israelites face trouble. Genesis 32:9-12; 33:10-11—Despite stealing his brother’s birthright, Jacob cries out to God to save him and God does. Esau goes on to forgive Jacob. (April 7-11)	I can experience peace by trusting God even when I am tempted to worry. 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. Isaiah 40:31—When we wait on the Lord, He will renew our strength. (May 5-9)
Week 2	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 16-20)	I can know that God works out all things good for those who love Him, even through hard times. Romans 8:28—God shows His faithfulness to us by working all things for the good of those who love Him. 2 Corinthians 1:3-4—God demonstrates His faithfulness to us by showing us compassion and comfort as we go through hard times. Judges 4:1-15—God shows His faithfulness to Deborah even through difficult times. (October 14-18)	I can know that God is sovereign and has authority over all areas of life even when I believe I have it all figured out. 1 Corinthians 10:31—The authority of God extends even into our eating and drinking. Colossians 3:17—The authority of God is over all that we say and do. Psalm 139:7-12—There is no place I can go and escape the authority, sovereignty, and presence of God. (November 11-15)	I can experience God’s presence 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 speech, conduct, love, faith, and purity. Luke 1:26-38—Mary, a young person, experiences God’s presence in her life by willingly accepting her role in Jesus’ life. (December 9-13)	I can have confidence that God will help me make the right choices even when others don’t or when it’s 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 13-17)	I can rejoice and be glad even when it’s been a tough season. Matthew 5:12—When experiencing difficulty because of our faith, we can rejoice and be glad in knowing that our heavenly reward is great. Psalm 118:24—The Lord has made this very day; rejoice and be glad. 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 10-14)	I can respond with mercy 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 10-14)	I can receive God’s help from 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 14-18)	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, from the Spirit we will reap 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	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 23-27)	I can know that God is faithful to 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. (October 21-25)	I can know that God is sovereign even though He lets me have a choice. Genesis 2:4-9—God added the tree of the knowledge of good and evil to give Adam and Eve a choice. Deuteronomy 30:15-16—Although God had promised the land to the Israelites, they still had to choose Him. Psalm 147:5—God’s understanding is infinite. (November 18-22)	Christmas Chapel I can experience God’s presence 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)	I can receive salvation as a result of what God has done for me even when it seems as if sin has power over me. Psalm 18:2—The Lord is our source of strength and our deliverer. 1 Corinthians 1:18-25—Christ crucified is the power of God to those who are being saved. Luke 19:1-10—The power of God over sin is demonstrated in the life of Zacchaeus, who was transformed by that power. (January 20-24)	I can experience gladness as a result of worshipping God even when I don’t always feel happy. Psalm 43:4—Gladness results when we use our talents and abilities in worship. Psalm 126:3—Gladness is a result of thinking and reflecting on all that God has done for us. Acts 12:13-14—Rhoda responds with gladness upon seeing how God had freed Peter from prison. (February 17-21)	Launch 1 Term Chapel (March 17-21)	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. John 14:25-27—Jesus gave us the Holy Spirit to help us. 1 Corinthians 12:7-12—The Holy Spirit gives us different gifts so we can be a source of help to others. Acts 4:32-35—The early church, of one heart and one mind, share their possessions with each other as well as others in need. (April 21-25)	I can experience peace that passes all understanding even when things are out of my control. Philippians 4:4-8—God will guard our hearts with peace when we present our requests to Him in every situation. John 14:27—We can turn to the Holy Spirit living inside of us; He will give us peace when we are afraid. Mark 4:35-41—By the sound of His voice, Jesus can bring peace to chaotic storms. (May 19-23)
Week 4	I can know that God is exalted as holy even when my life doesn’t demonstrate it. Isaiah 6:1-5—In the vision he receives, Isaiah realizes his own sin in the presence of God. Jonah 4:1-4—Jonah declares the holy compassion and mercy of God even though he initially ran from God’s calling. Genesis 50:19-21—Joseph reassures his brothers not to be afraid; though their intentions were evil, God meant them for good. (September 30-October 4)	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 28-November 1)	No Chapel (Thanksgiving) (November 25-29)	No Chapel (Christmas Break) (December 23-January 3)	Spiritual Emphasis Week I can respond to God’s strength in my life by loving Him with all my strength even though I am young. Mark 12:30-31—Jesus commands us to love God with all our strength. 2 Samuel 6:1-15—David and all of Israel celebrate the presence of God by worshipping with all their might. 2 Kings 23:24-25—King Josiah, though he is young, leads a revival in Israel by leading with all his strength. (January 27-31)	I can find a lasting joy in God even when the happiness I receive from other things comes and goes. Galatians 5:22-23—One of the fruits of the presence of the Holy Spirit in our lives is joy. Psalm 28:6-7—Joy often comes when God hears and answers our prayer. John 16:16-24—In speaking generally about His resurrection, Jesus tells the disciples that His resurrection will be a source of joy following His death. (February 24-28)	No Chapel (1-Term) (March 24-28)	I can receive direction from God by reading His Word even when I don’t know which direction to go. Psalm 119:105—The Bible guides our steps in life. 2 Timothy 3:16-17—Scripture is God-breathed. 2 Kings 22:8-13—King Josiah uses the Scriptures as a guide to create revival in his kingdom. (April 28-May 2)	I can experience peace even though I can’t see the future. 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 26-30)
							No Chapel (Spring Break) (March 31-April 4)		Senior Farewell Chapel (June 2-6)