

# XII

## CONFERENCE

**“BE STILL AND KNOW”**

**PSALM 46:10**

**DEVOTIONAL**

# HOW TO READ:

In a world that feels constantly chaotic and full of noise, this verse speaks directly to the needs of this generation. **God is calling us to slow down and be still with Him.** We hope to guide you toward stillness, peace, and the presence of God through this devotional. Our prayer is that you will walk away from XII Conference with a Spirit-led confidence to navigate stress, fear, and uncertainty through a deep, personal faith and a clearer understanding of what it truly means to be still before God.

This 7-day devotional is designed to help **prepare your heart for what God might want to do in your life at XII Conference!** When we intentionally decide to eliminate distractions, focus on God, and give Him room to move, He shows up! This is more than just a reading plan—it's a chance to pause, reset, and realign your focus before you step into all that He has for you.

Here's how to get the most out of it:

- **Start each day by being still.** Take a deep breath. Pray. Invite the Holy Spirit to speak.
- **Read the Scripture slowly.** Take time to dive deep into the passage. Ask God to highlight something specific to you.
- **Journal your thoughts and prayers.** Write out what you are learning and believing for. Take time to be honest and specific with God.

We're believing that as you engage with these devotionals, **God will meet you in powerful ways**—giving you peace where there's been anxiety, clarity where there's been confusion, and a deeper confidence in who He's called you to be. We are so excited about how God is going to move in your life and this year at XII Conference!



# DAY 1: IS GOD YOUR REFUGE?

**Theme:** Where is your refuge found?

**Grab your bible & Read:** Psalm 46:1-3

## Big Thought:

A few years ago, a massive storm swept through our town. Winds howled, rain slammed against the windows, and the power went out for days. I remember being in the living room with my family, huddled together under blankets, listening to the chaos outside. But even as the storm raged, we felt safe. Not because the storm wasn't real, but because we had shelter. We had refuge.

This is exactly what God offers to you. Not a promise that life won't have storms, but that He'll be with you in it. Psalm 46 doesn't say trouble *might* come. It says, "though the earth gives way... we will not fear." Why? Because God is our refuge and strength, an ever-present help in times of need. That means He's not just a past provider or a future hope, He's with you right now—in the midst of the chaos, in the midst of the challenges—He is near to you.

Sometimes it's easy to forget this truth when we're in the middle of this storm. Our first response may be to run—but where are we running to? Oftentimes, we run to the wrong places when we're hurting, like our phones, our friends, or other distractions. But what if you ran to the One who is strong enough to carry it all? **What if God became the first place you turned instead of the last?**

## Reflect and Ask Yourself:

- What is the storm in your life right now?
- Where are you running when life gets heavy?
- Is God the first place you turn or the last?

## Challenge:

- ➔ Think about one storm you are facing right now. In your journal, literally take it to God. Before thinking of ways to get through it, write down your prayer to God, turning to him as your refuge.



*Dear Lord, I want you to be my safe place. I find my refuge in you today! Show me anything I run to instead of you. Thank you for being an ever-present help in my trouble. I will find my peace in you alone. In Jesus' name, Amen!*

@USFWBB



DON'T MISS YOUR  
MOMENT!!

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# DAY 2: STAND ON HIS PROMISES!

**Theme:** Confidence in God's unshakable truth.

**Grab your bible & Read:** 2 Peter 1:3–4, Numbers 23:19

## Big Thought:

Have you ever been promised something by a person and let down if they didn't follow through with their promise? Maybe it was a promise from a friend that they would make plans to hang out, but never did. Maybe it was a promise from a coach that you would be the starting QB, but after forgetting, they started your teammate. Or maybe it was a promise from your parents that they would stop fighting, but the fighting has gotten worse.

Unfortunately, none of us are perfect. Sometimes we can break our promises without even intending to. It can be so easy to view our Heavenly Father like an earthly, imperfect person. But the good news is simple—He is not. He is our perfect, gracious, and loving Father, who cares so deeply for us.

God never breaks His word. What He says stands firm, His words are faithful and true every time. The more time you spend devoted to reading His Word and the promises He has for your life, the easier it becomes to bring them back to memory when the enemy starts attacking. Your faith will grow as you remember that every promise He makes is rock solid.

## Reflect and Ask Yourself:

- Which of God's promises are you struggling to believe?
- What are some promises from God you can stand on?

## Challenge:

- ➔ Pick one promise from Scripture and declare it out loud every morning this week. Write that verse down in your journal, or on a sticky note somewhere you won't forget.

Maybe it is these: Whether it's *peace (John 14:27)*, *His presence (Hebrews 13:5)*, or your *purpose (Jeremiah 29:11)* — speak it until your heart believes it.

*Dear Lord, thank you for your Word and your promises. Remind me daily that you are faithful, and teach me to stand firm on what you've spoken. Grow my confidence in you, and let your truth be the foundation of my life. In Jesus' name, Amen!*



# DAY 3: REMEMBER WHAT HE HAS DONE

**Theme:** Reflection that fuels trust.

**Grab your bible & Read:** Deuteronomy 4:9, Psalm 103

## Big Thought:

One of my favorite things to do when I am feeling down is to scroll back a few years in my camera roll, and reminisce on the good times. Whether it be reliving family vacations or thinking back on memories from my childhood—when I look back on those moments, both bring joy and gratitude to the forefront of my mind. Maybe for you it's not a family vacation, but a text from a friend when you really needed it. A moment in worship where you felt peace. Or a time you didn't know how things would work out—but somehow, they did.

When it comes to our lives, it can be hard sometimes to trust that God is still working when it seems like nothing good is happening. You may choose to complain or be frustrated about your current circumstances, feeling like God has forgotten you. But the truth is, God is ALWAYS working behind the scenes of our lives, we may just not see it yet. Perhaps, you need to shift your memory back to the times where God has shown up for you in the past.

David reminds us in this Psalm not to forget the good things God has done. Why? Because forgetting leads to fear—but remembering leads to trust. Looking back can move you forward. The more you remember what God has already done, the more confident you'll be in what He's still doing. What if you took a moment right now to scroll back—not just in your photos—but in your memory? Think back on His faithfulness in your life.

## Reflect and Ask Yourself:

- When has God come through for you in the past?
- What have you forgotten that you need to remember?

# CHALLENGE



➡ *Write down 3 moments where God has been faithful to you. Pray and thank Him for each one.*

Keep these written down in your notes app or your journal, and look back on them often. Let it remind you: if He was faithful then, He'll be faithful now.

*Dear Lord, thank you for always being faithful, even when I don't see it. Help me to remember all of the times you have shown up in the past, so I can continue to trust you with my future. In Jesus' name, Amen!*





WHAT ARE YOU  
BELIEVING FOR?

# DAY 4: BE STILL AND KNOW

**Theme:** Encountering God through stillness.

**Grab your bible & Read:** Psalm 46:10, Exodus 14:10-14

## Big Thought:

Have you ever noticed how uncomfortable silence feels sometimes? Most of us naturally try to fight the silence because we don't enjoy being uncomfortable. We fill every empty moment with music, conversations, or scrolling. Quiet can feel awkward, even boring. But what if that quiet place is exactly where God wants to meet you?

Sometimes, our circumstances can get chaotic and noisy, causing us to try and fight on our own. But David, in this Psalm, is reminding us that in the midst of the chaos, to be still and rest secure in His promises. When we take time to get quiet and sit still, it gives room for God to speak clearly to us, reminding us of His character. Stillness isn't weakness—it's worship. It's choosing to pause and recognize who God is in the middle of it all, even when life feels crazy.

Maybe you've been trying to fight your battles out of your own strength—stressing over friendships, decisions for your future, or just trying to keep it all together. But God isn't asking you to strive to be strong and fight on your own; instead, He is asking you to surrender control and invite Him to fight the battles for you. When we choose to surrender and let God be God, He actually strengthens our faith in Him. God doesn't want your hustle; He just wants your heart.

## Reflect and Ask Yourself:

- What does stillness look like for you today?
- What does it mean for you to know He is God right now?



# CHALLENGE

➡ Spend 10 minutes in complete silence. No distractions. No agenda. Just you and God. Use this time to breathe, reflect, and say, “God, You are in control.”

*Dear Lord, thank you for your nearness to me. Help me to slow down and recognize your greatness. Teach me to be still and trust that you are fighting for me. I surrender control to you.  
In Jesus' name, Amen!*

# DAY 5: ELIMINATE DISTRACTIONS

**Theme:** Clearing the way to hear God.

**Grab your bible & Read:** Luke 10:38–42, Hebrews 12:1–2

## Big Thought:

Imagine you are working on a group project with another student. You are running around organizing slides, picking fonts, changing colors, and stressing over every detail. You're doing all the things—but you never actually stop to talk with the teacher who gave the assignment. The other student? They sit down, ask the teacher questions, listen carefully, and get clear direction before doing anything else. Both of you are trying to work to move the project forward, but only one is connected to the source of the assignment. You've become distracted by all of the doing. It's not necessarily a bad thing—it's just not the best thing.

The enemy of intimacy with God isn't always sin—it's often distraction. In Luke 10, we can see this play out in the story of Martha and Mary. Both were doing seemingly good things, but Martha was caught up in doing, so she missed being present with Jesus.

Sometimes even the good things in our lives can become distractions. Not every distraction is bad, but when it takes your focus away from God, it becomes an obstacle to intimacy with God. When you remove your distractions, you give room for your heart and mind to focus on God and what He is speaking.

We give our attention to what we value. God doesn't just want weekend visits—He wants a daily relationship. God wants your attention, not just your attendance.

## Reflect and Ask Yourself:

- What's competing for your focus?
- How does it affect your relationship with God?

# CHALLENGE



🕒 Take a 24-hour break from one major distraction (social media, music, TV, etc.) Take this time and consider a distraction fast. List out some distractions and pray over them.

*Dear Lord, help me to recognize the distractions in my life and choose what matters most. I want to hear your voice clearly. Teach me to slow down, to listen, and to sit at your feet just as Mary did. In Jesus' name, Amen!*



XII CONFERENCE

"WHERE MOMENTS  
WITH GOD  
LEAD TO LIFELONG  
DISCIPLESHIP."



# DAY 6: WHAT DO YOU NEED TO SURRENDER?

**Theme:** Letting go to let God lead.

**Grab your bible & Read:** Romans 12:1–2, James 4:7–8

## Big Thought:

I used to cling tightly to certain friendships, not because they were good for me, but because I was afraid of being alone. Even when I knew those relationships were pulling me away from who God was calling me to be, I held on. I convinced myself that having unhealthy friends was better than having no friends at all. But eventually I reached a point where I had to let go. It was not easy. It felt like stepping into the unknown. But the moment I surrendered those friendships to God, something shifted. He began to surround me with people who truly encouraged me. Friends who pointed me to Jesus, who prayed with me, who challenged me to grow.

Sometimes we hold on to things that feel safe but are actually keeping us stuck. Whether it is relationships, plans, or control, we cannot receive what God has for us until our hands are open. Letting go does not mean you have failed. It does not mean you are weak. It means you trust Him more than you trust yourself. It means you are creating room for peace, for direction, for healing, for God to move. There is power in open hands. There is freedom in surrender. And sometimes, the very thing you are scared to release is the thing God is most ready to redeem.

This kind of surrender is not always easy, but it is exactly what God invites us into. In Romans 12, Paul urges us to “*offer our bodies as a living sacrifice*”—in other words, to lay down our own plans and preferences and let God take control. That kind of surrender is active. It’s not a one-and-done action; it requires a daily commitment.

In preparation for XII Conference, God is calling you to let go of some things in your life, so that your hands are open to receive. This passage in James reminds us that when we’re submitted to God and drawing near to Him, He draws near to us.

Letting go isn’t just about giving something up—it’s about gaining something greater: God’s presence, God’s direction, and God’s peace.



## Reflect and Ask Yourself:

- What have you been trying to control that you need to let go of?
- What is stopping you from surrendering?

Take some time to journal your response.

## CHALLENGE

➡ Take some time to sit with God and write down what you need to surrender. Use a physical act to symbolize letting go: Tear it up, toss it, or leave it at the altar as a sign of trust.

*Dear Lord, help me to learn to surrender and give you control. I want to make room for you to move in my life. In Jesus' name, Amen!*

# DAY 7: WHAT IS GOD SPEAKING TO YOU?

**Theme:** Listening to His voice.

**Grab your bible & Read:** John 10:27, 1 Kings 19:11–12

## Big Thought:

Have you ever tried to have a conversation with someone in a loud room? You can probably see their mouth moving, but it's hard to hear what they are actually saying. You try to lean in closer, but the constant surrounding noise makes it impossible to have this conversation. This is what it's like trying to hear God when your life is filled with constant noise. This entire week has been about slowing down. Now it's time to lean in—because God is speaking.

God is always speaking. The question is: are we looking and listening for Him? In this passage in 1 Kings, Elijah was trying to hear from God, but was expecting Him to speak in loud, dramatic ways—through wind, earthquakes, fire—but instead, God came in a gentle whisper. Like Elijah, we often look for God in the big, loud moments. But many times, He speaks *quietly*, in our silent surrender, in the Word, or through a sense of peace or conviction.

The other question then becomes: do you know His voice well enough to recognize it when He speaks? Just like with your friends, the more time you spend with them, the more you memorize their voice and their tendencies. It is the same with God. The more time you spend with Him, the more recognizable His voice becomes.

Jesus emphasizes this in this verse in John 10, *“My sheep listen to my voice; I know them, and they follow me.”* He's not talking about perfect people—He's talking about people who are close. People who know Him well enough to recognize when He's speaking. The truth is, God doesn't have a volume problem—we have a **focus problem**. We live in a world full of noise, distraction, and comparison, and it drowns out the still, small voice of the Shepherd. But this week, you've had the opportunity to slow down. You've learned how to be still. You've started to clear the way and lean in.

Now it's time to decide: Will you keep listening?

## Reflect and Ask Yourself:

- What have you sensed God saying to you over the past 6 days?
- How will you respond to His voice?

Take some time to journal your response.

## CHALLENGE

- ➡ Spend time in prayer and ask God to speak. Write down whatever comes to your heart. Try journaling your response back to God.

*Dear Lord, thank you for preparing my heart.  
Help me to continue to hear You clearly,  
in Jesus' name, Amen!*

# NOW WHAT?

## REFLECT. REMEMBER. RESPOND—XII CONFERENCE IS COMING.

We are so expectant for what God is going to do in your heart throughout XII Conference. You've spent the last few days slowing down, surrendering, and leaning in. You've remembered God's promises, stilled your heart, and listened for His voice. But the goal of this week wasn't just to feel close to God for a few days—it was to help you walk closer with Him every day after this.

So now what?

The answer is simple: **Don't stop.**

Don't stop being still.

Don't stop listening for His voice.

Don't stop spending time with Your Father.

**And don't stop trusting that God is moving—even when you don't feel it.**

Just because this is the end of this written devotional, doesn't mean your journey with God has to come to a halt. This is just the beginning of your intentional relationship with Your Heavenly Father.

We are praying for you. We are believing that God is going to move in a powerful way. We know you will leave impacted by Him.

Make space. Make room. Be still. Get ready.

It's going to be an incredible two days.

The background of the entire image is a dark, teal-colored marbled pattern, resembling stone or liquid swirls. The text is centered in the upper half of the image.

**SEE YOU IN  
TAMPA!**

**XIICONF '25**