



STUDENTS AT THE MILL

Grounded **FOR LIFE**

**A COMPREHENSIVE SPIRITUAL
GROWTH PLAN FOR STUDENTS**

"They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit."

- Jeremiah 17:8 NLT

Grounded FOR LIFE

All loving parents desire that their children grow up to be responsible, mature adults with a solid foundation to live life well. Not only do we want our children to have “deep roots”, we desire for them to be grounded for life... that is, grounded for the duration of their life, but also grounded to experience the abundant life that is offered through a personal relationship with Jesus Christ. But how do we help children establish such a solid foundation in such a turbulent world?

We have a plan. *Grounded for Life* is Church at The Mill’s comprehensive plan for developing graduates who are followers of Christ into college and beyond. The plan is centered on nine Biblical principles that we feel are essential for children to learn and for graduates to have ingrained in their lives. These principles speak truth in three key areas:

IDENTITY | MATURITY | RESPONSIBILITY

This comprehensive discipleship plan really begins in preschool, and continues into college and beyond. It is based on the premise that the home and the Church are the foundational units ordained by God to make disciples. It also serves as a guide for our programs and for the wise use of our resources. Thank you for allowing us the opportunity to partner with you as we develop students who are Grounded for Life!

Know that we are here for you, and please don’t ever hesitate to contact us!

Identity // HEART CHANGE

Our identity not only affects how we see ourselves, but also our entire worldview. An identity grounded in Jesus Christ is necessary to experience abundant life. One's identity is formed in Christ through salvation, authentic worship, and active obedience.



Maturity // MIND CHANGE

Growth is obviously essential to life. We are called to continual growth in Christ, which produces “spiritual fruit.” Marks of maturity include consistent growth, wise choices, and Godly relationships.



Responsibility // WORLD CHANGE

As a responsible follower of Jesus Christ, we must demonstrate faithful obedience to His commands. We are called to sincere stewardship, selfless service, and missional living.





The Principles



IDENTITY

SALVATION

God loves you and wants a PERSONAL relationship with you.

I tell you the truth, those who listen to my message and believe in God who sent me have eternal life. They will never be condemned for their sins, but they have already passed from death into life. - John 5:24

AUTHENTIC WORSHIP

God calls you to a life of authentic worship.

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice — the kind he will find acceptable. This is truly the way to worship him. - Romans 12:1

ACTIVE OBEDIENCE

God created you to live under authority.

Everyone must submit to governing authorities. For all authority comes from God, and those in positions of authority have been placed there by God. So anyone who rebels against authority is rebelling against what God has instituted, and they will be punished. - Romans 13:1-2



MATURITY

CONSISTENT GROWTH

To spiritually grow, you must be spiritually fed.

Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation... - 1 Peter 2:2

WISE CHOICES

Today's choices determine your future... CHOOSE WISELY!

So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don't act thoughtlessly, but understand what the Lord wants you to do. - Ephesians 5:15-17

GODLY RELATIONSHIP

Your life will be significantly shaped by your relationships.

As iron sharpens iron, so a friend sharpens a friend. - Proverbs 27:17

RESPONSIBILITY

SINCERE STEWARDSHIP

Everything you have is from the Lord; manage His resources accordingly.

God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another. - 1 Peter 4:10

SELFLESS SERVICE

God has uniquely gifted you to serve others.

For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many. - Mark 10:45

MISSIONAL LIVING

True purpose is found in making disciples.

Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age. - Matthew 28:19-20

Small Groups

Small Groups are vitally important to our vision for students to be “Grounded for Life.” Designed to implement the targeted teaching of our GFL Spiritual Growth Plan, Small Groups provide a safe environment for students to connect with others, talk about God’s Word, have fun, and learn truth to be well equipped for living life well. Small Groups are divided by grade and gender (Senior Small Group has co-ed teaching time) and meet Sunday mornings from 11:00 AM to 12:05 PM.

On the following pages you will see our entire Grounded for Life curriculum plan for 6th - 12th graders.

6th Grade

FALL SEMESTER

The Basics of the Faith (2 Weeks)	Week #1	The Basics of the Faith: In The Beginning / Sin
	Week #2	The Basics of the Faith: Redemption / New Life
NEW 30 Day Devotional (4 Weeks)	Week #3	First Things First
	Week #4	Knowing God
	Week #5	What It Means to Follow
	Week #6	Living The New Life / What Now?
The Church (6 Weeks)	Week #7	The Church
	Week #8	The 4 G's: GATHER, GROW
	Week #9	The 4 G's: GIVE, GO
	Week #10	Baptism
	Week #11	The Lord's Supper
	Week #12	"Behind the Scenes"

SPRING SEMESTER

The Habits of a Disciple (10 Weeks)	Week #1	Knowing Jesus Better / Building Wise Habits
	Week #2	The Habit of Reading God's Word
	Week #3	The Habit of Prayer: Why Do It?
	Week #4	Worship: It's a Lifestyle
	Week #5	Becoming a Cheerful Giver
	Week #6	The Key to Fellowship - Love
	Week #7	Evangelism: Knock, Knock
	Week #8	The Benefits of Scripture Memorization
	Week #9	Examples of HABITS: Daniel, Esther, Peter
	Week #10	Just Like Jesus: Representing Jesus Every Day
The 2nd Greatest Story (5 Weeks)	Week #11	What is a Testimony?
	Week #12	Writing Your Story
	Week #13	I Am Second
	Week #14	My Hope
	Week #15	Sharing Your Story

7th Grade

Fall Semester

The Story (6 Weeks)	Week #1	Connect Week
	Week #2	Creation
	Week #3	The Fall
	Week #4	The Rescue
	Week #5	The Restoration
	Week #6	The Story We Live

Women On Purpose (6 Weeks)	Week #7	God's Design
	Week #8	Effects of Sin
	Week #9	God's Purpose for Me
	Week #10	God's Measure of Beauty
	Week #11	Wonderfully Made: God's Best for Our Bodies
	Week #12	God's Best for Relationship.

Spring Semester

I.D.entity (3 Weeks)	Week #1	Who I Am
	Week #2	Who I Am Not
	Week #3	What I Am Created To Do

The Purpose of Ministry (2 Weeks)	Week #4	Learning To Love God
	Week #5	Learning to Love Others

Discovering Your Ministry (8 Weeks)	Week #6	What The Bible Says About Ministry
	Week #7	SHAPED For Ministry
	Week #8	Gifts Test
	Week #9	Spiritual Gifts
	Week #10	Heart
	Week #11	Abilities
	Week #12	Personality
	Week #13	Experiences

Secrets to Praying Well (2 Weeks)	Week #14	Why We Pray
	Week #15	How To Pray



8th Grade

Fall Semester

BASIC
(6 Weeks)

- Week #1 Fear God
- Week #2 Follow Jesus
- Week #3 Holy Spirit
- Week #4 Fellowship & Teaching
- Week #5 Prayer
- Week #6 Communion

Different
(4 Weeks)

- Week #7 Guys: Foundations
- Week #8 Guys: Identity
- Week #9 Guys: Heart
- Week #10 Guys: Lifestyle

FIRE & FAITHFULNESS

- Girls: God's in Control
- Girls: The Power of Influence
- Girls: Faithful in the Fire
- Girls: A Lifetime of Faithfulness

Becoming A World Class
Christian (Missions)
(4 Weeks)

- Week #11 "What on Earth is God Doing?"
- Week #12 "What it Takes To Be On Mission For God"

Spring Semester

The Life of Paul: A Look at
Someone on Mission
(10 Weeks)

- Week #1 Acts: A Changed Life (Acts 9:1-22)
- Week #2 The Gospel in Action: Relationships (Romans 1:8-17)
- Week #3 The Gospel in Action: Righteousness (Romans 3:21-28)
- Week #4 The Gospel in Action: Unfailing Love (Romans 8:31-39)
- Week #5 The Gospel in Action: Missions (Romans 10:8-15)
- Week #6 The Gospel in Action: Sacrificial Living (Romans 12:1-13)
- Week #7 An Inward Look: Wisdom (1 Corinthians 1:18-31)
- Week #8 An Inward Look: Rising Above (1 Corinthians 10:12-13)
- Week #9 Growing Up in the Faith: Never Too Young (1 Timothy 4:11-16)
- Week #10 Growing Up in the Faith: God's Word in Our Lives (2 Timothy 3:14-17)

Amplify Worship
(3 Weeks)

- Week #11 The Right Response
- Week #12 Responding To Jesus
- Week #13 Worship In Action

Preparing for The Jump
(2 Weeks)

- Week #14 Leaving a Legacy
- Week #15 Landing Firm

9th Grade

Fall Semester

Why I Believe What I Do
(6 Weeks)

- Week #1 How to have a Quiet Time part 1
- Week #2 How to have a Quiet Time part 2
- Week #3 What is the Bible & Story of the Bible
- Week #4 Literary Styles in the Bible & The Bible as Jewish Mediation Literature.
- Week #5 Plot & Character in Biblical Narrative
- Week #6 Book Study: How to Read Jude

James
(7 Weeks)

- Week #7 Book of James - Overview
- Week #8 Persevere in Your Faith (James 1:1-18)
- Week #9 Display Your Faith (James 2:4-26)
- Week #10 Watch Your Words (James 3:1-12)
- Week #11 Control Your Selfishness (James 4:1-17)
- Week #12 Stay on Track (James 5:1-20)

Spring Semester

WORTHY
(5 Weeks)

- Week #1 God's Plan for His Church
- Week #2 Gather
- Week #3 Grow
- Week #4 Give
- Week #5 Go *

*After completing the Worthy study, students will be given an opportunity to become a Covenant Member of CATM.

Chasing Love
(10 Weeks)

- Week #6 Trust God
- Week #7 True Freedom
- Week #8 Real Love
- Week #9 God's Grace
- Week #10 God's Design
- Week #11 Relationship Status
- Week #12 The Transgender Question
- Week #13 Abuse & Pornography
- Week #14 The Challenge
- Week #15 Getting Your Questions Answered



10th Grade

Fall Semester

Destinations: The Path
Principle
(6 Weeks)

Week #1 1 John 1:1 - 2:11
Week #2 1 John 2:12-27
Week #3 1 John 2:28 - 3:23
Week #4 1 John 3:24 - 4:16
Week #5 1 John 4:17 - 5:12
Week #6 1 John 5:13-21

Understanding World
Religions
(6 Weeks)

Week #7 Atheism (Romans 1:19-20)
Week #8 Judaism (Acts 2:36-39)
Week #9 Islam (Mark 8:27-29)
Week #10 Eastern Religions (John 14:6)
Week #11 Mormonism (John 1:1-18)
Week #12 Jehovah's Witness, Christian Science, Unification Church, Scientology, Wicca, New Age, Transcendental Meditation, Baha'i

Spring Semester

Prayer
(5 Weeks)

Week #1 The Purpose of Prayer
Week #2 The Practice of Prayer
Week #3 The Pursuit of Prayer
Week #4 The Power of Prayer
Week #5 The Walk

How To Make Wise
Choices
(5 Weeks)

Week #6 The Path
Week #7 The Question: Part 1
Week #8 The Question: Part 2
Week #9 Chasing Elephants
Week #10 The Decision Grid

James
(5 Weeks)

Week #11 Persevere in Your Faith (James 1:1-18)
Week #12 Display Your Faith (James 2:14-26)
Week #13 Watch Your Words (James 3:1-12)
Week #14 Control Your Selfishness (James 4:1-17)
Week #15 Stay on Track (James 5:1-20)

11th Grade

Fall Semester

Distinctive Discipleship
(6 Weeks)

Week #1 Delight
Week #2 Disobedience
Week #3 Doctrine
Week #4 Deelopment
Week #5 Discipline
Week #6 Dependence

Jonah
(6 Weeks)

Week #7 Jonah 1:1-6
Week #8 Jonah 1:7-16
Week #9 Jonah 1:17-2:10
Week #10 Jonah 3:1-5
Week #11 Jonah 3:6-10
Week #12 Jonah 4:1-11

Spring Semester

The Justice Mission
(5 Weeks)

Week #1 Oppression
Week #2 What God Hates
Week #3 Joining the Fight Against Injustice
Week #4 God's Vision Brings God's Provision
Week #5 Do It Now

Pictures of Purpose:
Nehemiah & Daniel
(5 Weeks)

Week #6 A Life Interrupted (Nehemiah 1)
Week #7 Responding with Action (Nehemiah 2)
Week #8 Leading the Way (Nehemiah 3 & 4)
Week #9 Integrity Under Fire (Daniel 6:1-17)
Week #10 Integrity Can Lead to Blessing (Daniel 6:18-28)

The God Conversation
(5 Weeks)

Week #11 Can God Be Good If Terrorists Exist?
Week #12 Jesus, Buddha, or Muhammad?
Week #13 The Resurrection
Week #14 What Would Machiavelli Do?
Week #15 Are We An Accident?



12th Grade

Fall Semester

Intro To The Senior Experience
(1 Week)

Week #1 Dream Session

Revelation
(5 Weeks)

Week #2 Revelation - Intro

Week #3 Revelation - Part 1

Week #4 Revelation - Part 2

Week #5 Revelation - What Now?

Week #6 180

Generation Change
(6 Weeks)

Week #7 Be Yourself / Be Realistic

Week #8 Be Aware / Do the Details

Week #9 Do the Math

Week #10 Do Your Part

Week #11 Go Debt Free / Go to Work

Week #12 Go the Distance

Spring Semester

(2 Weeks)

Week #1 Dream Session Revisited

Week #2 God vs. Evolution

The Plan
(13 Weeks)

Week #3 Principle #1: Relationship with God

Week #4 Principle #2: Spiritual Growth

Week #5 Principle #3: Missional Living

Week #6 Principle #4: Wise Choices

Week #7 Principle #5: Friendships

Week #8 Principle #6: Education

Week #9 Principle #7: Stewardship

Week #10 Principle #8: Dating

Week #11 Principle #9: Future

Week #12 Principle #10: Accountability

Week #13 Writing the Plan

Week #14 The Panel

Week #15 Transitions



THE GREATEST GIFT: THE SENIOR EXPERIENCE & THE PLAN

The culmination of the Grounded for Life plan for students is the Senior Experience, which serves as a final preparation and launching pad for life beyond high school. The greatest gift CATM can give graduates is a Senior Experience that grounds them in their faith and produces an individualized plan to help them experience God's best in college and beyond.

At Church at The Mill, the culmination of our comprehensive spiritual growth plan for students (called Grounded for Life) is the Senior Experience. The Senior Experience serves as a final preparation and launching pad for life beyond high school. Through a co-ed Senior Small Group experience, students begin the first semester studying Revelation (its themes and promises are so appropriate for students preparing for an unknown future) and a student version of Financial Peace University (we get the most positive feedback from parents on this).

In their final semester of Small Group, students are led to write a practical and actual plan for how to succeed beyond high school. We've learned that most students don't plan to fail; most just don't plan not to. That is why we lead them in writing a plan that is based on our nine Grounded for Life biblical principles.

THE PLAN

Each student is given a customized Senior Experience journal where students take notes as each biblical principle is taught and Scripture is discussed in smaller groups. Young Adults are invited in to share their post-graduation experience and suggest practical steps to implement the principles in ways that will benefit their life beyond high school. Students develop personal action steps for each biblical principle identified in The Plan, and together as a group the students decide on the most practical and helpful action steps for each principle. At the end of the semester, we take their action steps and have them professionally printed into each class' unique version of The Plan as a physical reminder to carry with them into their next stage of life. We encourage students to keep The Plan somewhere they will see it often and review the wisdom and ideas they took time to craft into their plan.

THE FIVE

Before students graduate, we also encourage them to identify a circle of five people that can hold them accountable to their plan during their first year of college. A number of studies have shown that students who have accountable relationships with 3-5 adults while in college are significantly more

successful at thriving spiritually than those who do not. We suggest their “5” include a parent (or two), a senior adult, a past or current mentor (Small Group leaders), as well as a peer that they admire spiritually. These 5 have the ability to greatly impact and encourage a student’s successful transition to college. We connect these “5” to the student and the plan at a special celebration.

THE CELEBRATION

Another way we celebrate this period of transition is by making a big deal of High School graduation at CATM. We have a special Graduate Recognition Sunday where students are celebrated and encouraged by their church family. As a part of this special day, graduates invite their families, close friends, and their “5” to a special meal where they are further celebrated by our whole Student Ministry team. At this meal, graduates share The Plan booklets with their “5” and begin the process of receiving encouragement to thrive as they enter the post-high-school world. This event puts the exclamation point on our preparation of students to be Grounded For Life!

THE GIFT

On Graduate Sunday, students will be presented with special Challenge coins that are custom minted for the SATM graduating class. Challenge coins are a long-standing tradition in the military that serve as a



symbol of identity, a source of pride, and a reminder of the support that life: grounded has behind them. We will give these special gifts to our graduating class to serve as a constant reminder of their identity, values, and the army of support they have behind them in their church family. (Some students put these where they can see them daily and some carry them in their pocket when they are having a tough day.)

Through a special Senior Small Group, the writing of The Plan, the formation of accountability circles, the celebration and commissioning service, the banquet, and a special gift, the Senior Experience serves as not only a celebration, but also a launching pad for High School graduates. By making such a big deal of this important milestone, we encourage families, we further unite students to the church, and we empower students to be Grounded for Life! Our prayer is to give students a purpose, a plan, and the people to help them live God’s best for their lives!

We are honored and privileged to be a part of giving them what we believe is a pretty great gift!





STUDENTS AT THE MILL