

Living Life to the Fullest

By RLD Editorial Team

for use as
STEP 1 **Lesson 13****Focus:**

We have an abundant life in Christ.

Lesson 13**Bible Basis:**

John 10:7–10;
Ephesians 3:14–21a;
2 Corinthians 9:8, 11–12

Lesson 13**Memory Verse:**

And God is able to make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work. —2 Corinthians 9:8

Students will look at recent research about how hope is beneficial for our health as they explore what it means to have a fulfilling life.

Materials:☐ None

Begin today's lesson by asking the following questions to your class.

➤ **How do you measure whether you feel fulfillment in life?** (Answers will vary based on students' experiences; but students may mention friendships, family relationships, hobbies, or plans for the future.)

➤ **What are some things that bring you hope?** (Answers will vary based on students' experiences; but students may mention friends, plans for the future, or their relationship with Jesus.)

While hope can be hard to quantify, recent research suggests that having hope actually benefits our health! A recent article explored the health benefits of hope and explored how, "Hope can have profound effects on our physical and mental well-being." Research suggests that hope can reduce symptoms of anxiety and depression, boost the immune system, and even improve the quality of life for people suffering from chronic illnesses.

This article offers 5 tips for practicing hope—and reaping the health benefits—of hope:

1. Set achievable goals
2. Practice gratitude
3. Seek social support
4. Maintain a positive attitude
5. Engage in meaningful activities

➤ **Which of these 5 items do you find the easiest to practice? The hardest? Why?** (Accept all reasonable responses, allowing students to share their thoughts.)

Hope is an important part of living a happy, healthy, and fulfilling life. Today, we're going to learn about the key to a life worth living.

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

Sources:

<https://www.revanhealth.com/blog/why-hope-is-good-for-your-health>

Lesson 13 / August 30, 2026

Living Life to the Fullest

for use as
STEP 4 **Lesson 13****Focus:**

We have an abundant
life in Christ.

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John 10:7–10;
Ephesians 3:14–21a;
2 Corinthians 9:8, 11–12

Lesson 13**Memory Verse:**

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you, so that in all things at all times, having
all that you need, you will abound in every
good work. —2 Corinthians 9:8

Materials:

- ☐ Pens/pencils
- ☐ Paper

If your class is meeting online, invite students to bring supplies with them to class.

So far, we've learned that the things of this earth are unable to provide us with eternal fulfillment. The next step is for us to look to God for satisfaction and practice the ways in which we can achieve self-actualization in Christ.

Before we look to God to find fulfillment, we first have to identify what things we're currently using to create that sense of purpose and meaning. For many, this can take the form of school, jobs, physical exercise, leisure activities, or relationships with family and friends.

Distribute supplies (or invite students to have supplies ready at home). Ask your teens to make individual ordered lists of the top five most important things in their lives. The items on their lists can be as specific as individual people/things or as broad as an entire community or feeling. Once finished, ask your students the following questions, instructing them to refrain from answering aloud and to instead record their responses on the same page.

- **Is God at the top of your list?**
- **If so, are there any things that sometimes threaten to come between your relationship with Him?**
- **If not, what other things are you holding higher than Him? Why?**

Guide your class to take their lists and responses and spend time in prayer and reflection with God, asking Him to reveal to them the things that are acting as a hindrance toward their pursuit of Christ. End today's class by challenging your students to take one item that is keeping them from fully submitting to the Lord, and refrain from engaging with it throughout the coming week. Encourage your students to record how abstaining from this thing changes the way in which they are able to communicate and draw closer to Christ.

Close in prayer.

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