

# Living Life to the Fullest

By Levi Schotfield

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 the tragic death of a young woman in order to understand that the things of this earth cannot bring long-term fulfillment.**

#### Materials:

None

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

- **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.)
- **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.)
- **Imagine you had fame, a successful career, and lots of money. Do you think these things would bring you fulfillment?** (This is a difficult question to answer without actually experiencing these things firsthand; however, we can look to others who have lived life in this way and see the results. Let your students express their own opinions without judging their responses.)

**On July 17, 2020, Olympic figure skater Ekaterina Alexandrovskaya died by suicide at only 20 years old. She had competed in the 2018 Olympic Games and was considered very successful. Ekaterina had fame, talent, and a bright future in figure skating—until she was diagnosed with epilepsy. This medical condition made it increasingly challenging to skate. After retiring from skating, she found herself in a hopeless state.**

**By every measure, Ekaterina had lived a life full of incredible experiences, and in spite of her medical condition, still had a bright future ahead. Despite this, she, like many famous people, was unable to find hope and happiness.**

**Today, we're going to learn that the key to a life worth living lies in something (and Someone) that no amount of fame, talent, money, or power can buy. Let's take a look.**

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

Source: <https://www.bbc.com/news/world-australia-53460104>

Lesson 13 / August 30, 2020

# Living Life to the Fullest

for use as  
**STEP 4** 

**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

**Materials:**

- Pens/pencils
- Paper

If you are doing class online, invite students to get a piece of paper and a writing utensil (or even the “notes” section of a phone or device) to use at home.

**So far, we’ve learned that the things of this earth are unable to provide us with eternal fulfillment. The next step then, 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.**

If you are teaching in person, hand out index cards and pens/pencils. If you are teaching online, have students get their papers and writing utensils (or even the “notes” section of a phone or device).

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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