

# Hope for Tomorrow

## Lesson 6: Made to be Whole





# The Human Knot





## Two Truths and a Myth

**Which of the following statements is false?**

1. Teens who spend more time online report struggling more with their mental health.
2. Committed Christians are less likely to experience mental health struggles.
3. Physical habits—like sleep, diet, and exercise—affect mental health.



## Two Truths and a Myth

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# Digging In





## Romans 12:1-2, NIV

Therefore, I urge you, brothers and sisters, in view of God's mercy, **to offer your bodies** as a living sacrifice, holy and pleasing to God—this is your true and proper worship. **Do not conform to the pattern of this world, but be transformed by the renewing of your mind.** Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

## Let's Discuss

What does this passage say we should do and not do?



## Let's Discuss

What worldly patterns of behavior and thinking do you see harming peoples' mental and spiritual health?





## Let's Discuss

What does it mean “to be transformed by the renewing of your mind”? How does that happen?



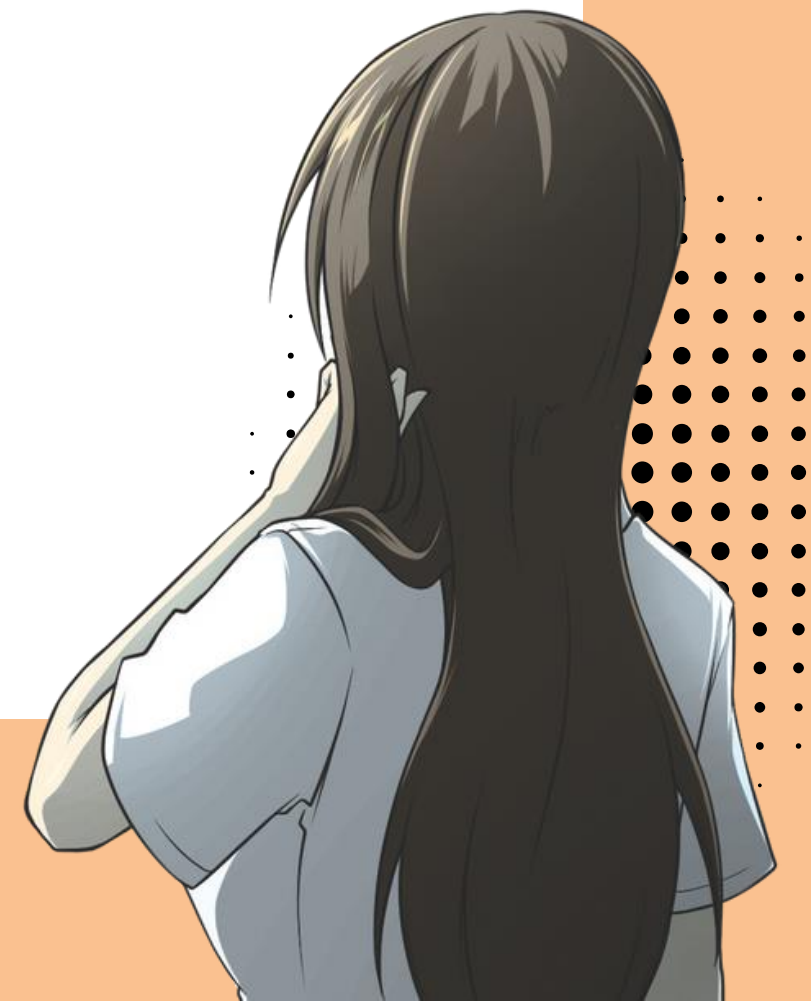
## Matthew 11:28-30, NLT

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because **I am humble and gentle at heart**, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”



## Let's Discuss

What does Jesus invite those who are struggling to do?



## Let's Discuss

How does the image of a yoke help us understand what it means to walk with Jesus? What changes when we share the load with him?





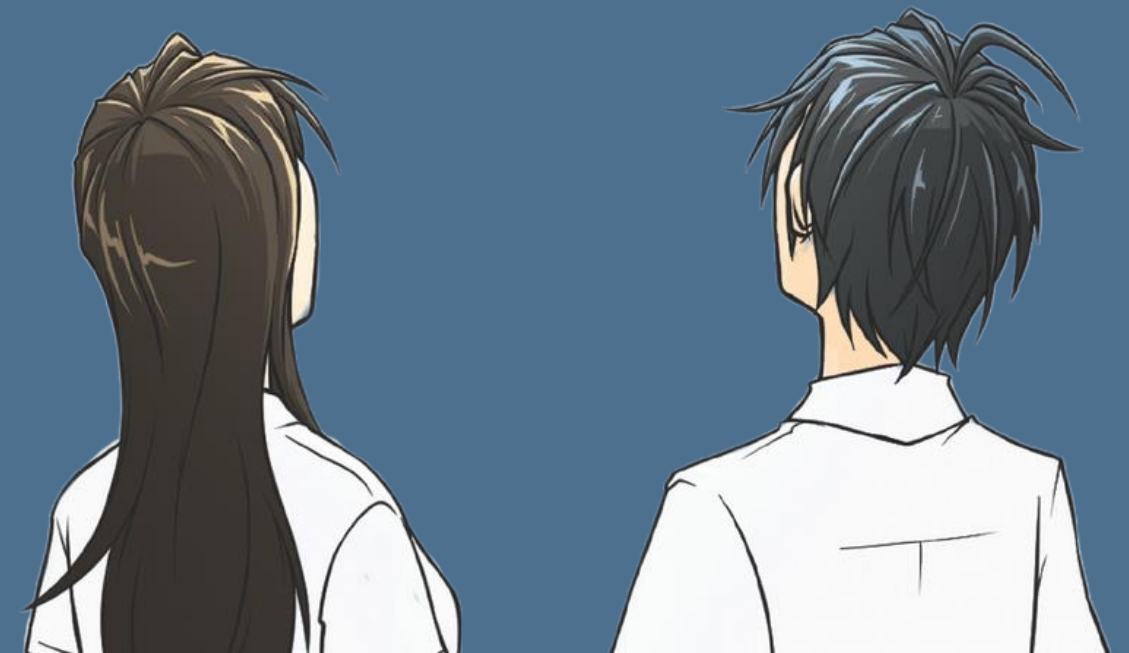
## Let's Discuss

What does Jesus tell us about his own heart, and why does that matter?



## Time to Apply

1. What unhealthy patterns have you been following? Remember the examples we discussed, such as comparing yourself to others or feeling pressure to overachieve.
2. What is one step you can take to break out of that pattern as you follow Jesus?





# Practicing Life with Jesus



Step 1: Pray

Step 2: Read

Step 3: Observe

**Step 4: Interpret**

Step 5: Apply





## Interpret Questions

What did this passage mean to its original audience?  
What do keywords or phrases in this passage mean?  
What does the passage say about God or Jesus?  
What does the passage say about people?



## Time to Respond

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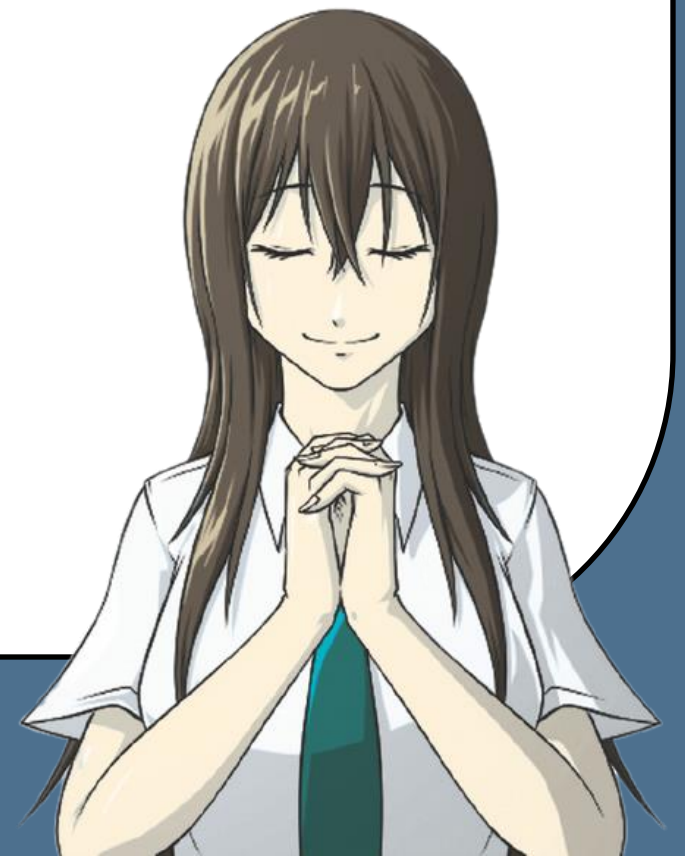
**Read John 3:16-21 using these questions:**

What did this passage mean to its original audience?

What do keywords or phrases in this passage mean?

What does the passage say about God or Jesus?

What does the passage say about people?







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