

Discovering God's Will Through Wholeness 8-Step Project-Based Lesson Plan

Objective: This lesson explores the concept of *wholeness* through a STEAMS (Science, Technology, Engineering, Arts, Mathematics, and Social Studies) lens, encouraging students to reflect on how God strengthens and completes them through unity, well-being, and purpose.

Round Table

- ❖ **Opening Discussion:**
 - What does it mean to be “whole”?
 - Do you ever feel like a part of you is missing or needs healing?
 - How does God help us feel complete?
- ❖ **Purpose:** To begin reflecting on how God calls us to spiritual, emotional, and physical wholeness through faith, community, and care.
- ❖ **Materials:** Bible, reflection journals, printable quote cards (Phil. 4:13, Eph. 4:16, Prov. 17:22), discussion prompts, calming music or nature sounds.

Reflection Point

- ❖ **Discussion Questions:**
 - What parts of yourself do you need to invite God into for healing or restoration? Where in your life do you feel strong, and where do you feel weak?
 - **Journal prompt:** Write about a time you felt whole. What contributed to that experience? How did faith play a role?

Knowledge Setting

<p>Science (S): Healing and Joy</p> <ul style="list-style-type: none">❖ Objective: Understand how mental, emotional, and physical health are connected.	<ul style="list-style-type: none">❖ Scripture: <i>Proverbs 17:22</i> – “A cheerful heart is good medicine, but a crushed spirit dries up the bones.”❖ Activity: Research how joy, laughter, and gratitude affect the brain and body.❖ Reflection: What daily practices can help you maintain a “cheerful heart”?
<p>Technology (T): Digital Wellness</p> <ul style="list-style-type: none">❖ Objective: Learn how tech impacts your wholeness.	<ul style="list-style-type: none">❖ Scripture: <i>Ephesians 4:16</i> – “From whom the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work”❖ Activity: Audit your digital habits. Create a personal screen-time goal that promotes rest, creativity, and spiritual growth.❖ Reflection: Is technology building you up—or breaking you down?
<p>Engineering (E): Building Wholeness Within</p> <ul style="list-style-type: none">❖ Objective: Understand the structure of your daily routine and whether it supports spiritual growth.	<ul style="list-style-type: none">❖ Scripture: <i>1 Corinthians 3:16</i> – “Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst?”❖ Activity: Design a “Wholeness Blueprint” for daily wellness (prayer, sleep, movement, purpose). What’s priority versus a desire?❖ Reflection: What are the foundational pillars of your life?

<p>Arts (A): Expression of Wholeness</p> <ul style="list-style-type: none"> ❖ Objective: Understand how creative expression can represent the journey toward healing and purpose. 	<ul style="list-style-type: none"> ❖ Scripture: <i>Psalm 139:14</i> – “I praise you because I am fearfully and wonderfully made.” ❖ Activity: Create a piece of art (collage, poem, spoken word, etc.) titled “Whole in Him.” ❖ Reflection: How has God uniquely designed your path toward wholeness?
<p>Mathematics (M): Life Balance Equation</p> <ul style="list-style-type: none"> ❖ Objective: Measure how balanced your life currently feels. 	<ul style="list-style-type: none"> ❖ Scripture: <i>Ecclesiastes 3:1</i> – “There is a time for everything, and a season for every activity under the heavens.” ❖ Activity: Create a pie chart or bar graph showing time spent across key life areas (Faith, Family, Rest, Work, Health, Creativity). ❖ Reflection: What adjustments could help restore balance?
<p>Social Studies (SS): Wholeness in Community</p> <ul style="list-style-type: none"> ❖ Objective: Understand how the community contributes to individual and collective wholeness. 	<ul style="list-style-type: none"> ❖ Scripture: <i>Ephesians 4:16 (again)</i> – Emphasize the unity and interdependence of the Body of Christ. ❖ Activity: Study early church practices in Acts 2:42–47 and how community met physical, spiritual, and emotional needs. ❖ Reflection: What role do you play in helping others feel whole?

Community Project

<p>Science (S): Joy in Wholeness</p>	<ul style="list-style-type: none"> ❖ Project Example: <i>Proverbs 17:22 – “A cheerful heart is good medicine, but a crushed spirit dries up the bones.”</i> <p>Create a “Joy In Wholeness” booklet or poster that teaches others how joy, laughter, and gratitude support mental and physical health. Include scripture (like Proverbs 17:22), scientific facts, and simple daily habits. Share your finished project with your church, youth group, or local community to encourage others to choose joy.</p>
<p>Technology (T): Digital Wholeness Week</p>	<ul style="list-style-type: none"> ❖ Project Example: <i>Ephesians 4:16 – “from whom the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.”</i> <p>Organize a “Digital Wholeness Week” in your group to help others reflect on how technology impacts their well-being. Track screen time, encourage tech-free moments, and include scripture like Ephesians 4:16 to guide discussions. At the end of the week, gather as a group to share reflections and encourage healthier digital habits that build up the body of Christ.</p>
<p>Engineering (E): Mapping Out Daily Routines</p>	<ul style="list-style-type: none"> ❖ Project Example: <i>1 Corinthians 3:16 – “Don’t you know that you yourselves are God’s temple and that God’s Spirit dwells in your midst?”</i> <p>Design a “Wholeness Blueprint” that maps out your ideal daily routine centered on spiritual growth and</p>

	<p>balance. Include priorities like prayer, rest, movement, and purpose, using 1 Corinthians 3:16 to remind yourself that you are God's temple. Share your blueprint with your group to inspire others to build routines that support wholeness from the inside out.</p>
<p>Arts (A): Whole in Him</p>	<p>❖ Project Example: <i>Psalm 139:14 – “I praise you because I am fearfully and wonderfully made.”</i></p> <p>Create a piece of art titled “Whole in Him” that expresses your personal journey toward healing and purpose. Use Psalm 139:14 as inspiration to reflect on how God uniquely designed you, and choose any creative format—like a collage, poem, spoken word, or drawing. Share your artwork with your group or community to encourage others to embrace their identity in Christ.</p>
<p>Mathematics (M): Personal Time and Wholeness</p>	<p>❖ Project Example: <i>Ecclesiastes 3:1 – “There is a time for everything, and a season for every activity under the heavens.”</i></p> <p>Create a life balance chart using a pie graph or bar chart to track how much time you spend on areas like faith, rest, family, work, and creativity. Use Ecclesiastes 3:1 as a reminder that there is a season and time for everything, and reflect on any needed changes. Share your chart and insights with others to encourage intentional, balanced living.</p>

Social Justice (SS): Wholeness in Community Interconnectedness

❖ **Project Example:** Study Acts 2:42–47

Explore how the early church supported one another's wholeness through teaching, prayer, meals, and generosity. Then, create a simple group project—like hosting a meal or friends night—that reflects Ephesians 4:16 and promotes unity. Invite others to participate and reflect on how living in community builds up the Body of Christ.

Community Involvement

- ❖ **Objective:** To practice wholeness as a group by encouraging, uplifting, and supporting one another through shared experiences.
- ❖ **Activity:** Form a “Wholeness Circle” where participants meet (in person or virtually) to reflect on their projects.

Assessment

- ❖ **Objective:** Measure understanding of biblical wholeness and interdisciplinary application.

Feedback Loop

- ❖ **Activity:** End with journaling or group reflection.
- ❖ **Journal Prompt:**
 - What surprised you about what “wholeness” means in God’s eyes?
 - How has your understanding of strength, healing, and community shifted?

Resume Integration

- ❖ Participants can add project descriptions to their resume under sections such as "Leadership Experience," noting the use of interdisciplinary methods and community outreach.

For more 8-Step Project-Based Lesson Plans check out our website at
<https://www.steamsbiblestudy.com/>

For all inquiries, please email support@steamsbiblestudy.com

A STEAMS Central, Inc. Program
STEAMS Central, Inc. | STEAMS Bible Study
8605 Santa Monica Blvd
#123617
West Hollywood, CA
90069-4109
support@steamsbiblestudy.com
833-379-6892