

St. Laurence High School Home Study

Week of January 18, 2026

This lesson addresses the innate longing in each one of us for something bigger than ourselves — our desire for God. God is the source of all created things. Because of this, we can seek him in the world around us, in relationships, and through our deepest desires. Being made in the image and likeness of God, we are ultimately satisfied and find fulfillment only in loving him and being loved by him. A plethora of worldly pleasures offer us instant gratification, but they don't satisfy our desire for God.

GOAL

The goal of this Life Night is to help teens understand that they were created by God and for God and find ultimate satisfaction in him alone.

MAIN POINTS

1. God created everything in the world, including humans. He is the source of everything good, and all things ultimately find their purpose and end in him.
2. Every human has an innate longing for God. This causes us to seek Him in different ways.
3. God alone satisfies our deepest desires. We find rest and happiness in Him alone.

SCRIPTURE PASSAGES: Psalm 25:8 | Psalm 42:1-2 | Psalm 63:1 | Matthew 5:6

CATECHISM PARAGRAPHS: 27-30 | 44-45 | 1718 | 2566

KEY TERMS

Desire - A longing for something that we do not have or something we wish to happen. There are natural objects of desire, like food or shelter, and supernatural objects of desire, such as our innate draw towards God. (CCC 27)

Happiness - A sense of fulfillment or contentment as a result of some good thing happening or being done. Authentic happiness is found in loving God and being loved by him. (CCC 1723, 1818)

Seeking - Attempting to find or obtain something. Human beings are by nature seekers who are restless apart from God. (CCC 1, 30)

Reading

Main Point 1: God created everything in the world, including humans. He is the source of everything good, and all things ultimately find their purpose and end in him. Ask the teens: What immediately comes to mind when you hear the words “in the beginning”?

Allow a few teens to answer

- These famous words are the introduction to the story of creation. We hear them at the start of the book of Genesis — “In the beginning God created the heavens and the earth.” (Genesis 1:1)
- The story of creation is a story of origins. It’s not concerned with giving us a scientific account of how the universe came to be. It offers something deeper. It tells us why the universe came into existence and who is behind the design.
- From the account in Genesis, we learn that God is the source of everything. Everything that exists was created by God. Everything we see, touch, and experience in the natural world comes from him, including ourselves.
- When we look at human beings, we notice that there is something unique about us. We are different from all the other animals. Scripture attests to this reality.

Human beings alone, of all created things in the Genesis account, are made in the image and likeness of God.

- Only human beings ask questions and seek answers, find connections, rationalize, and try to make sense of the visible world around them. We alone seek more than just immediate physical pleasure or natural desires. Only humans long for lasting fulfillment. We relate to each other by telling stories and express ourselves through creativity and play.
- These are unique aspects of the human being. They testify to the fact that we bear God’s image, and they show us that we are created for something more.
- Genesis also teaches us that we were created to live in relationship with God. The God who created the universe desires a special relationship with human beings. Created in his image and likeness, we have the capacity to respond to his initiative and choose to live in relationship with him. (CCC 44-45)

Main Point 2: Every human has an innate longing for God. This desire causes us to seek him in different ways.

- Because our origin is in God, it is only in him that we will find a sense of completion, fulfillment, and genuine happiness. It’s almost as if God left his fingerprints in each of our

hearts, marks of his work that remind us of where we came from and where we are going. We are each destined to return home, to dwell in heaven with God.

- Because of this, human beings have an innate desire for God. Created to live in relationship with him, we find ourselves unsatisfied apart from him. We spend much of our lives searching to satisfy this longing that God alone can fill. Coming from him, we find our ultimate purpose and fulfillment in him alone.

CCC 27: “The desire for God is written in the human heart, because man is created by God and for God... Only in God will he find the truth and happiness he never stops searching for.”

- This desire causes us to seek God. We question ourselves and the universe in an attempt to find answers about who we are, what the purpose of life is, and why we have great desires that nothing seems to fulfill.

- Many of our daily experiences point to this reality. They can lead us outside of ourselves to consider that there is some greater power at work in the world. Sometimes this can be as simple as the consolation of a really good friend, the joy of winning a pickleball match, or a really good meal. But even good experiences may leave us wondering: Is this all there is?

Share a time when you beheld natural beauty, such as an experience of looking at the stars on a cloudless night, standing at the edge of the ocean, or taking in a great view during a hike.

- These experiences foster feelings of wonder and awe. We are struck by the beauty and magnitude of what is before us and are led to consider that there is a source outside of us, bigger than the created world, that is the cause of all of this beauty.

- We can look at the world around us and rationalize that there is some higher power at work in the world that brought everything into existence, something the animals we see around us are not able to do. But this doesn't solve the problem of the deep sense of longing that we were made for more than the world we see.

- God is the source of all good things. Everything that is good, true, and beautiful in the world is only so because it shares in his goodness, truth, and beauty. We can think of them as reflections of God. If these reflections are so amazing, how much better is the one who created them? Without the greatest good, all other goods lose their value.

- This innate longing for God, this sense of something greater and something more, causes us to be seekers. We look for something that will satisfy this deep longing within our hearts. (CCC 2566)

Main Point 3: God alone can satisfy our deepest desires. Created for him, we find rest and happiness in him alone. We turn to many different things to try to satisfy our longing for God. Whether it's power, pleasure, prosperity, or popularity, we constantly try to fill the void with things that aren't God.

- The truth is, nothing apart from God ever truly satisfies the human heart. You can be the richest person in the world, you can have more followers on social media than all your friends, you can have a great family and awesome friends, and yet there will always be a sense of emptiness apart from God. (CCC 45)

- C.S. Lewis was a famous Christian author and apologist who lived in the 20th century. He has an insightful quote that captures this dynamic of seeking after lesser things that can't satisfy us.

“We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased.”

Questions to reflect on and journal about:

1. Read the quotes below. After reading, reflect and journal about the questions below.
 - a. “The desire for God is written in the human heart, because man is created by God and for God; and God never ceases to draw man to himself.” (CCC 27)
 - b. “It is Jesus that you seek when you dream of happiness; he is waiting for you when nothing else you find satisfies you... It is Jesus who stirs in you the desire to do something great with your lives, the will to follow an ideal, the refusal to allow yourselves to be ground down by mediocrity.” (Pope St. John Paul II)
 - c. “If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for another world.” (C.S. Lewis)
2. What does it mean to be happy? What things make you really happy?
3. Have you ever had the experience of deeply desiring something? What happened when you did or didn't get it?
4. What do you do when you feel restless, unsettled, or unfulfilled?

Closing Prayer: LECTIO DIVINA

This is a practice known as lectio divina to pray with a passage from Scripture. You will be reading the passage four times and guiding them through the steps as you go. Grab your Bible to read the passage. Begin taking a moment to settle in where you are and quiet your minds and hearts. Say a prayer inviting the Holy Spirit into this time of reading Scripture, and then use the steps below to guide through lectio divina on **Psalm 63:1-8**.

Lectio

- Read **Psalm 63:1-8** aloud for the first time, to take in the words and try to grasp the basic meaning of the passage.

Meditatio

- Read **Psalm 63:1-8** again. Listen for a word or phrase that stands out to you.
- Spend a minute or two in silence to ponder their word or phrase.

Oratio

- Read **Psalm 63:1-8** will be read a third time. Afterward, read and reflect on the following questions:
 - What word, phrase, or image from the passage stuck out to me the most?
 - Why did this stick out to me?
 - How is this word, phrase, or image relevant to my life?
 - How do I think God is trying to speak to me through this word, phrase, or image?

Contemplatio

- Read **Psalm 63:1-8** a final time. Engage in a deeper conversation with Jesus in silence, listening for what He wants to communicate to you.
- Take a few moments of silence during which you can quietly pray.

If a parent or friend is available, share what stood out to them from this time of prayer.