Day 1—Dream
The Moment of Inspiration

**Re:veal**
Each member share with the group in about 30 seconds or less.
- What is your health dream?
- What would you do if you know you couldn’t fail?

**Re:ad**
Have each person read one verse in a clockwise fashion until the story is complete.

> John 5:1-9

**Re:reflect**
Discuss the following questions as a group:

1. What was the man’s health dream?
2. How long had he had this dream?
3. How did he think it would be fulfilled?
4. Did his way work? Why or why not?
5. Why did Jesus ask His question in verse 6?
6. What did Jesus mean by the word “whole?”

**Re:tell**

- Share a story about a time when you tried something to improve your health and the outcome was not what you expected.
- Share a story about a time you motivated someone else to pursue their health dream.
- Share a story about a moment when you lost your desire for something you wanted for a long time.

**Re:act**
Choose a symbol to remind you of this health dream and expose yourself to the symbol everyday. This could be a vision board, a picture of someone who inspires you, a favorite Bible text, an inspirational song, an inspiring phrase, a place, or gesture, etc.

- What would you say if Jesus asked you the question in verse 6? Why?
- What would you do today if you know you couldn’t fail?
- Who are the people you would be most excited to share what you’ve learned today with, and why?
- Write a letter to yourself telling yourself about changes you can make today that will change your life.

*Bold text is supplemental material.*