



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:flect

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.**

