



Re:veal

Each member share with the group in about 30 seconds or less.

- What is the craziest choice you have ever made to improve your fitness?
- **What fitness decisions have you made that made your fitness worse rather than better?**
- **What has made you realize your need or desire to improve your health?**

Re:ad

Have each person read one verse in a clockwise fashion.

Mark 5:25-34

Re:flect

Discuss the following questions as a group:

1. What was the woman's health dream?
2. What decision(s) did she have to make to achieve it?
3. What decisions did she make first to reach her fitness dream?
4. Did her decisions work out? Why or why not?
5. What inspired her to decide to come to Jesus?
6. **Read Matthew 9:20-22. Why did this woman think that touching Jesus' garment would heal her?**

Re:tell

- Share a story about a time when you made a decision to improve your health even though you were unsure it would work.
- **Share a story about a time when you viewed change as an adventure? Or as a dreaded thought?**
- **Share a story about a moment when you made a conscious decision to adopt a healthy habit and stuck with it.**

Re:act

Decide on a ritual that you want to go through each day to remind yourself of your decision to continue the Made to Move Challenge each day. This could be a song you listen to while you get ready for a walk or run. Or it could be a motto you tell yourself, such as "just start!" or "move it!"

- **What makes you excited about deciding to move toward your health goals?**
- **What decision can you make today to move toward your fitness goals?**
- **How could this community help support you in this decision?**
- **You are writing to someone who doesn't know how to stay motivated about needing to change: tell them what makes you feel the need for better health and can keep you motivated as you go through this.**

**Bold text is supplemental material.*

www.NADhealth.org/healthyYOU



HEALTH MINISTRIES

Seventh-day Adventist Church
NORTH AMERICAN DIVISION