

October 11

[I Wish I Had a Hall Pass](#)

Read [John 5:1-15](#)

Have you ever been hypochondriacal?

Do you ever find it hard to change certain behaviors or break habits?

Why do people keep bad habits?

Invite students to journal or think on their own for 5 or so minutes on the following question:

What do you want to be made well/healed of? Self-doubt? Fear? Anxiety? Peer pressure? Something physical? Self-criticism?

Have you ever seen someone break out of a bad habit or behavior? What was it like? How did they change?