

“Trust yourself, you know more than you think you do.”

By Benjamin Spock ¹

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to the next question and so forth. A person can pass.

- 1. Share what you learned about trust as a child. Who taught you, or did not teach you, about trust?**
- 2. Tell a story about when you trusted a person (or organization) and they let you down or did not do what you had expected them to do. How did that feel at the time and how does it feel now as you retell the story?**
- 3. Share about an experience when you did not trust yourself and learned that you “know more than you think you do.”**
- 4. Share about what it means to you to “trust in God.” What were you taught about God as a child and how has that changed as you have gotten older?**

Check out and download more small group storytelling reflections and prompts at:

<https://lifesjourney.us/storytelling-in-small-groups-menu/>

© 2022, David Tillman, all rights reserved - www.lifesjourney.us

¹ https://www.brainyquote.com/quotes/benjamin_spock_100344?src=t_trust (accessed December 6, 2022).