

Fr. Richard Rohr, in his book *Adam's Return: The Five Promises of Male Initiation*, writes that “the five consoling messages must be a part of our inner experience, something we know to be true for ourselves, not something we believe because others have told us to.”<sup>1</sup>

1. **“Life is hard”**  
 (“and yet *my yoke is easy and my burden is light* (Matthew 11:28).”
2. **“You are not important”**  
 (“and yet *do you not know that your name is written in heaven?* (Luke 10:20).”
3. **“Your life is not about you”**  
 (“and yet *I live now not my own life, but the life of Christ who lives in me* (Galatians 2:20).”
4. **“You are not in control”**  
 (“and yet *can any of you, for all of your worrying, add a single moment to your span of life?* (Luke 12:26).”
5. **“You are going to die”**  
 (“and yet *neither death nor life. . . can ever come between us and the love of God* (Romans 8:38-39).”

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

1. **Share about a time when “life was hard” for you.**  
(who or what helped you get through this time?)
2. **Talk about your thoughts and feelings when you hear “You are not important, or “Your life is not about you,” or “You are not in control.”**
3. **Share your thoughts about how you make sense of your own death.**

Check out our and download more small group storytelling reflections and prompts at:  
<https://lifesjourney.us/storytelling-in-small-groups-menu/>  
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<sup>1</sup> <https://cac.org/five-consoling-messages-2020-04-05/> (accessed January 17, 2021).