

“Death is not waiting for us at the end of the road. Death is always with us, in the marrow of every passing moment. She is the secret teacher hiding in plain sight. She helps us discover what matters most. And the good news is we don’t have to wait until the end of our lives to realize the wisdom that death has to offer us.”

By Frank Ostaseski (The Five Invitations)

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 how you perceive or understand, “Death is always with us, in the marrow of every passing moment. She is a secret teacher hiding in plain sight. She helps discover what matters most.”**
- 2. Tell a story of your childhood when you attended a funeral or memorial service for a family member or friend and what did you feel at that time. What did your family teach you about death?**
- 3. Share about “what wisdom has death taught you already in your life.”**
- 4. Share about what do you believe happens to your soul or spirit after you die? (continues on into a spiritual/heavenly/? realm, is reincarnated, dies with the body, soul/spirit does not exist, or ?)**

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

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

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