

“I've had a lot of worries in my life,
most of which never happened.”

Mark Twain

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. Tell of a time when you worried about something that never happened.**
- 2. Share about one of the things you worry about the most.**
(i.e. family, health, being safe, school, work, not having enough money, being in physical pain, death, where is our nation/world going these days, etc.)
- 3. Share about a person in your life who worries a lot and how you see worrying impacts their life.**

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

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

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