

"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty."

Maya Angelou

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 an experience of going through a challenging change.**
- 2. Share about how you feel when you, or others, are going through a difficult period of change in life.**
- 3. Share about the blessings and/or insights you have received after going through a challenging and difficult time in your 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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