

“If you have children, love and guide them.  
But as they get older, realize that you  
cannot control their lives. Give them tools  
to cope, and be there to support them.  
They are gifts from the Spirit, and on their  
own journeys.”

Dr. Michael Obsatz – Oh Grow Up

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 how your parent(s) loved, taught, and guided you as a child and/or as an adult.**
- 2. Tell a story highlighting a lesson you learned in childhood or raising your children as an adult.**
- 3. Share an experience about your parent(s) supporting you, or not supporting you, after you had made a mistake.**

Check out and download “Oh Grow Up” by Dr. Michael Obsatz at <https://lifesjourney.us/oh-grow-up/>

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