

“In the first half of life, we are naturally and rightly preoccupied with establishing our identity – climbing, achieving, and performing. But those concerns will not serve us as we grow older and begin to embark on a further journey, one that involves challenges, mistakes, loss of control, broader horizons, and necessary suffering that actually shocks us out of our prior comfort zone. Eventually, we need to see ourselves in a different and more life-giving way. This message of ‘falling down’ – that is in fact moving upward – is the most resisted and counterintuitive of messages in the world’s religions, including and most especially Christianity.” ¹

Richard Rohr (1 - Falling Upward – A Spirituality for the Two Halves of Life)

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 about the first half of your life and what you did “establishing your identity by climbing, achieving, and performing?”** (use whatever words best describe “establishing your identity.” i.e. belonging, family, friends, healing, relationships, learning/schooling, failing, spiritual/religious community, teachers/mentors, degrees, social groups, career/stay at home parent, parenting, caregiving, volunteering, serving, arts/creativity, sports, travel, etc.)
- 2. Tell a story about being shocked out of your “prior comfort zone” when you began to realize you were beginning “to embark on a further journey?”** (The second half or next chapter of your life; i.e. Falling Upward)
- 3. Share how you understand, “Eventually, we need to see ourselves in a different and more life-giving way.”** (“*Falling Upward* offers a new paradigm for understanding one of the most profound of life's mysteries: how those who have fallen down are the only ones who understand "up". We grow spiritually more by doing it wrong than by doing it right, and the disappointments of life are actually stepping stones to the spiritual joys in the second half of life.” ¹)

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

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

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