

“Prayer is sitting in the silence until it silences us, choosing gratitude until we are grateful, and praising God until we ourselves are an act of praise.”

Richard Rohr

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. Tell of an experience of praying or meditating.**
- 2. Share about how you feel when you pray or meditate.**
- 3. Share what you were taught in childhood about prayer and meditation.**
- 4. Tell a story about expressing gratitude to someone and how you felt at the time.**
- 5. Share what “praising God until we ourselves are an act of praise” means to you.**

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

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

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