

Fr. Richard Rohr, in his book *Adam's Return: The Five Promises of Male Initiation*, writes that “the five consoling messages must be a part of our inner experience, something we know to be true for ourselves, not something we believe because others have told us to.”¹

1. **Life is hard**
2. **You are not important**
3. **Your life is not about you**
4. **You are not in control**
5. **You are going to die**

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 about a time when “life was hard” for you.**
(who or what helped you get through this time?)
2. **Talk about your thoughts and feelings when you hear “You are not important,” or “Your life is not about you,” or “You are not in control.”**
3. **Share your thoughts about how you make sense of your own death.**

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

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

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¹ <https://cac.org/five-consoling-messages-2020-04-05/> (accessed January 17, 2021).