

**“You are not a drop in the ocean. You are the entire ocean in a drop.”**

Rumi

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 feeling connected to something more than yourself.**
- 2. Share how you feel about being a unique person in the vast and uncharted universe, like what a drop in the ocean might feel.**
- 3. Share what you were taught in childhood about being part of something bigger than yourself.**

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

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

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