

“Gratitude furthers the soul and calls it forth into the world in an act of intimacy. The simple gesture of receptivity paired with the expression of thankfulness completes the arc that binds the soul and world together in communion. Doing so confirms our relatedness with the cosmos, and it is relationship that we are so in need of today. Our isolation and loneliness are in great part the consequence of forgetting to say thank you. This may sound simplistic, but it is true. We live in a completely interdependent world, and gratitude is acknowledgement of this fundamental reality... How do we develop gratitude? The most fundamental practice is listening. This attentive move slows us down to the speed of life where we are more resonant with the movements of the world. By listening we can register in our bodies just how fluid this flow of blessings is in our lives. Think about that.”

By Francis Weller ¹

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 prompt and so forth. A person can pass.

- 1) Share about how your parents shared and taught you about gratitude as a child.**
- 2) Tell about a time you were grateful for a person(s), thing, or place and shared your gratitude with others and the world.**
- 3) Share about how you have learned to truly listen with your heart and mind to others, God (Creator), nature, and yourself. When talking to others; who does most of the talking, you or those you are talking with? Say more.**

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

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

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¹ Francis Weller, IN THE ABSENCE OF THE ORDINARY – Soul Work for Times of Uncertainty, (North Atlantic Books, CA, 2025). pps 130-131.