



40-The-Series Reflection Guide

The experience/journey that the characters in 40 are involved in are filled with themes that can help us deepen our own spiritual journey during Lent. Below is a guide for how to structure a brief (approximately 30 minute) reflection on each episode. Click on the links below to access the reflection guides for individual episodes. We've designed these resources so they can be used as a guide for individuals, small groups or even larger group settings. We encourage you to utilize this reflection guide in whatever format suits you best.

Overall Structure for Reflection Time

2-3	Opening Prayer	Facilitator
20 minutes	Small Group Conversations	Handouts with quotes, questions
10 minutes	Large Group Comments (small groups and individual users can simply fold this time into their conversation or individual reflection)	Facilitator
	Closing Prayer	Facilitator

Note: in larger group settings it will be helpful to break into smaller groups of approximately four to six people.

Reminders about Small Group Conversation

- Respectful listening
 - No judging, i.e., “well that’s stupid”
 - No advice giving, i.e., “if I were you, ...”
 - No blaming, i.e., “well why didn’t you...”
- Share what you are comfortable sharing, and whatever is shared remains confidential
- Invite everyone at the table to contribute, and monitor your own airtime
 - 20 mins = 2-3 minutes each
- The questions on these episode guides and the reflection resources on the 40 website are intended as conversations starters. There are more resources than there is time to cover in 30 minutes. We suggest the facilitator or individual look through these resources briefly ahead of time and get a sense of what they feel will resonate the most for conversation/reflection and then trust the Spirit and go with the energy of the group or the movement in one’s own personal prayer.



Episode 11 ~ The Age of Paradox

Focusing

Ask all who are present to take two minutes of silence in which they try to center themselves and move beyond some of the distractions of the day.

Opening Prayer

My God, I do not know what must come to me today.
But I am certain that nothing can happen to me
that you have not foreseen, decreed, and ordained from all eternity.
That is sufficient for me.
I adore your impenetrable and eternal designs,
to which I submit with all my heart.
I desire, I accept them all, and I unite my sacrifice
to that of Jesus Christ, my divine Savior.
I ask in his name and through his infinite merits,
patience in my trials, and perfect and entire submission
to all that comes to me by your good pleasure.
AMEN

~ St Joseph Pignatelli, SJ

Conversation/Reflection

In one or two words, what was your impression of episode 11?

Having gone through the chaos in the parking lot, everyone feels a sense of clarity they haven't had since The Event. They'd been at the warehouse for so long, waiting for something to change, that it never occurred to them the change could come from within. Rebecca's awakening has been an awakening for the rest of the group as well.

Now may be a time on our Lenten journey when we feel the most discouraged, but out of the discouragement, we may oddly enough find strength and stability. During Lent and in many other points in our lives, the most trying times are usually where we find the resolve to carry on with God's help.

The Reflection Archive on the 40 website has numerous poems, music, video and prayers that should spark discussion and deeper reflection. They can be accessed here:
<http://40theseries.com/reflections-archive/>

*OWEN: The past is an empty safe.
What good is the combination to an empty safe? The sensible age is over. The old ways are finished. They cannot condemn you, nor can they save you. The age of paradox has begun.*

Say good-bye to golden yesterdays - or your heart will never learn to love the present.

Have you ever had a time in your life when you felt you had to struggle a certain amount in order for something good to happen?

What do you think it means that suffering and joy are two sides of the same coin in the paradox presented in today's reflection? Do you see challenge as an integral part of your spiritual journey?

Closing Prayer

Accept, O Lord, and treat as your own
my liberty, my understanding,
my memory - all of my decisions and
my freedom to choose.

All that I am and all that I have
you gave and give to start;
now I turn and return all to you,
looking to find your hopes and will in all.
Keep giving me your holy love,
Hold on me your life-giving gaze,
and I neither need nor want anything else.
AMEN

~ Joseph Tetlow, SJ