



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 14 ~ The Thing In The Bag

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

See, O merciful God, what return
I, your thankless servant, have made
for the innumerable favors
and the wonderful love you have shown me!
What wrongs I have done, what good left undone!
Wash away, I beg you, these faults and stains
with your precious blood, most kind Redeemer,
and make up for my poverty by applying your merits.
Give me the protection I need to amend my life.
I give and surrender myself wholly to you,
and offer you all I possess,
with the prayer that you bestow your grace on me,
so that I may be able to devote and employ
all the thinking power of my mind
and the strength of my body in your holy service,
who are God blessed for ever and ever. Amen.

~ St. Peter Canisius, S.J.

Conversation/Reflection

In one or two words, what was your impression of episode 14?

Charlotte admits that she's been keeping a secret. It's one that could ruin the success of their journey to "40." Her mark hasn't changed, and she thinks that means she isn't worthy of going with the other 6 strangers. What the group realizes, however, is that both Charlotte's admission of her secret and her longing to go with them are the precisely why she is ready to join them on their journey to "40."

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/>

Charlotte: What if my secret, this thing I'm hiding... What if it sabotages the trip? What if this last little piece of me that I don't want any of you to know about turns out to be the thing that ruins it for everybody?

"Behold God beholding you ... and smiling."

- Anthony de Mello, SJ

Reflecting on our own imperfections during Lent is necessary, but it also might make us feel unworthy. Recognizing these flaws is important, but we can't dwell in them because that will not bring us any closer to God. If we can admit our faults to God and still long to be with Him, we can continue on our Lenten journey.

Describe a time in your life when you felt helpless because of a secret you had or a mistake you had made. What happened and what would you have done differently?

What have you learned about yourself while reflecting on your Lenten journey?

Out loud or to yourself, think about a change you'd like to make in yourself that you want to offer up to God for His help.

Closing Prayer

Oh, Lord my God.

You called me from the sleep of nothingness
merely because in your tremendous love
you want to make good and beautiful beings.
You have called me by my name in my mother's womb.
You have given me breath and light and movement
and walked with me every moment of my existence.
I am amazed, Lord God of the universe,
that you attend to me and, more, cherish me.
Create in me the faithfulness that moves you,
and I will trust you and yearn for you all my days.

AMEN.

—“*You Have Called Me By Name,*” Joseph Tetlow, SJ