



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 3 ~ The Verdict

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

Teach me to listen, O God, to those nearest me, my family, my friends, my co-workers.

Help me to be aware that no matter what words I hear, the message is, “Accept the person I am. Listen to me.”

Teach me to listen, my caring God, to those far from me— the whisper of the hopeless, the plea of the forgotten, the cry of the anguished.

Teach me to listen, O God my Mother, to myself. Help me to be less afraid to trust the voice inside — in the deepest part of me.

Teach me to listen, Holy Spirit, for your voice — in busyness and in boredom, in certainty and doubt, in noise and in silence.

Teach me, Lord, to listen.

AMEN

~adapted from a prayer by John Veltri, S.J.

Conversation/Reflection

In one or two words, what was your impression of episode 3?

As the characters in “40” get to know one another, they discover that they all bear the same mysterious blue mark on their shoulder. What does the mark mean? Were they chosen, or condemned?

“Remember that thou art dust, and to dust thou shalt return.”
Genesis 3:19

On Ash Wednesday we also mark ourselves for Lent with ashes on our forehead. The ashes are a sign of repentance and humility, as we recognize our own sinfulness.

How often are you able to recognize your own faults or mistakes?

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/>

TOM: What’s that blue thing...On your shoulder?

WHEEZIE: But if the whole world is guilty, what can you do?

AUNT DOT: You can make a start. You’ve got to make a start.

Think back to a time in your life when you did something wrong, and you didn't realize your mistake until much later. Did you find out on your own, or did someone or something remind you of it?

What did you do to try to make it right?

Closing Prayer

Take, Lord, and receive all my liberty,
my memory, my understanding,
and my entire will,
All I have and call my own.
You have given all to me.
To you, Lord, I return it.
Everything is yours; do with it what you will.
Give me only your love and your grace,
that is enough for me.

~St. Ignatius of Loyola