



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 10 ~ The Wailing

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

God of all consolation,
In your unending love and mercy for us,
you turn the darkness of death into the dawn of new life.
Show compassion to your people in sorrow.
Be our refuge and our strength to lift us
from the darkness of this grief
to peace and joy in your presence.
We ask this through Christ, our Lord.

AMEN

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/>

MY GOD, my God, why have You forsaken me? Why are You so far from helping me, and from the words of my groaning?

O my God, I cry in the daytime, but You answer not; and by night I am not silent or find no rest.

~ [Prayer in Sorrow](#)

- Psalm 22:1-2

Conversation/Reflection

In one or two words, what was your impression of episode 10?

The group has experienced a range of emotions - hopelessness, loneliness, confusion, thirst, guilt, longing... They've shared dreams, and now they all share a sense of anguish that comes with the loss they've dealt with since "The Event" that emptied out the city

How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me?

During Lent, we all cope with our own sense of loss, whether we feel we've lost ourselves or our own relationship with God. We might want to cry out in anger or anguish, but it is important to remember we need only to turn back to God to fulfill that longing.

Many, if not all of us, have experienced grief at some point in our lives. Think of a time when you felt sorrow or anguish, like Rebecca did at the thought of her children not being with her. What did you feel and why?

How did you come to terms with that grief and to whom did you turn for comfort?

What might have you done differently and what would you have done over again? Explain.

Closing Prayer

Let nothing disturb thee;

Let nothing dismay thee;

All things pass; God never changes.

Patience attains all that it strives for.

He who has God Finds he lacks nothing: God alone suffices.

AMEN

~ St. Teresa of Avila