



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 12 ~ Fire + Ash

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

Above all, trust in the slow work of God.
We are quite naturally impatient in everything
to reach the end without delay.
We would like to skip the intermediate stages.
We are impatient of being on the way to something
unknown, something new.
And yet, it is the law of all progress
that it is made by passing through
some stages of instability -
and that it may take a very long time.

AMEN

~ Pierre Teilhard de Chardin, SJ

Conversation/Reflection

In one or two words, what was your impression of episode 12?

Rebecca realizes the city is burning and alerts the 6 other strangers. All of the signs point to leaving, just as Abel and Tom have been saying, and now even Aunt Dot and Wheezy's marks have changed. The compulsion to leave persists, yet there is something holding each of the back.

We all feel the longing to be closer to God at some point on our Lenten journey or in our lives, yet usually there is some reason we use to justify staying where we are. Following God requires a full commitment, and we must be prepared to leave the familiar behind and place our trust in Him.

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/>

Rebecca: You guys...the city is starting to burn.

Charlotte: It's not too bad...yet. I mean, a good rain storm could still take care of it.

Abel: When was the last time it rained?

It is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.

- Mark 10:25

Have you ever felt compelled to do something you knew in your heart was the right thing, but for whatever reason, something held you back? What was the reason and why did it hold you back?

How do you feel now looking back and what have you learned from the experience?

The strangers in 40 are comfortable but not satisfied in the warehouse, and they know they should press on to fulfill their longing. Have you ever been in a situation where you settled for less because you were afraid of what might happen if you tried something new?

Closing Prayer

Father, I abandon myself into your hands;
Do with me whatever you will.
Whatever you may do, I thank you;
I am ready for all, I accept all.
Let only your will be done in me,
And in all your creatures –
I wish no more than this, O Lord.
Into your hands I commend my spirit;
I offer it to you with all the love of my heart,
For I do love you, Lord,
And so need to give myself,
To surrender myself into your hands,
Without reserve,
And with boundless confidence,
For you are my Father.
AMEN

~ Charles De Foucauld