



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 13 ~ Spring Cleaning

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

Lord, take from our hearts all suspicion, bitterness, anger and quarrelsomeness, and all that can wound charity and fraternal love. Have mercy, Lord, have mercy on those who seek your mercy!
Grant your grace to those who need it, and make us live so as to be worthy and enjoy your grace; and may we make progress on our way to eternal life!

AMEN

~ Thomas à Kempis

Conversation/Reflection

In one or two words, what was your impression of episode 13?

6 out of the 7 strangers are packed and ready to leave for “40,” but Rebecca is determined to clean the entire warehouse before she leaves. She feels compelled to do it – just as strongly as she feels compelled to leave. At first, her needs seem directly in conflict with the rest of the group’s, but then they begin to see that preparing to leave might be just as important as the act of leaving itself.

During Lent, we must ready ourselves for the coming of Easter mentally, spiritually and physically. In our anticipation of Easter Sunday, we might even see that preparation as an obstacle instead of a necessary part of our Lenten journey.

Think of a time you were impatient for something to happen or an event to take place. What did you do in the time you were waiting?

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/>

Experience shows that the most frequent contradictions are followed by the greatest fruit.

- St. Ignatius Loyola

“A pure and simple realization: beings of opposite natures can unite in a concord of harmony.”

- St. Athanasius

Have you ever had your own impatience distract you from achieving the outcome you wanted? What might have you done differently?

Closing Prayer

In everyday life, then, we must hold ourselves in balance
Before all of these created gifts insofar as we have a choice
And are not bound by some obligation.
We should not fix our desires on health or sickness,
Wealth or poverty, success or failure, a long life or a short one.
For everything has the potential of calling forth in us
A deeper response to our life in God.
AMEN

~ *The First Principle and Foundation*, St. Ignatius Loyola
(as paraphrased by David L. Fleming, S.J.)