



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 4 ~ The Sign of Jonah

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

O Spirit of God, we ask you to help orient all our actions by your inspirations, carry them on by your gracious assistance, that every prayer and work of ours may always begin from you and through you be happily ended.

AMEN

~Excerpt from *Hearts on Fire: Praying with Jesuits*, edited by Michael Harter, SJ.

Conversation/Reflection

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

The people on the warehouse have found refuge in the abandoned building, but can they stay there forever? The lady who appears in the street marks an important distinction for the group: if she could leave wherever she was in order to reach them, then what was stopping them from leaving their safe haven to find out the truth to their mysterious predicament?

Since Lent is a journey, we must not stop at the first sign of comfort or safety, but press on until we find the new life Christ calls us to at Easter.

Recall a time when you told yourself it was “okay” not to care about others when you were going through personal struggles and had enough to deal with on your own plate?

What could you have done differently instead of stopping something when it became too difficult for you, or you tried to run away from an obligation?

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/>

*You hurled me into the depths,
into the very heart of the seas,
and the currents swirled about
me;
all your waves and breakers
swept over me.
I said, ‘I have been banished
from your sight;
yet I will look again
toward your holy temple.’
Jonah 2:3-4*

Then the word of the Lord came to Jonah a second time: “Go to the great city of Nineveh and proclaim to it the message I gave you.”
Jonah 3:1-2

What would have helped in that situation to avoid settling for “good enough,” and encouraged yourself to keep going instead?

Closing Prayer

Our only desire and our one choice should be this:

I want and I choose what better leads
to God's deepening his life in me.

AMEN

~ From the Spiritual Exercises of St. Ignatius, as paraphrased by David L. Fleming, S.J.