



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 5 ~ The Enemy

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

Under a leaf, in a snowflake
In a blade of grass, in a raindrop
All parts of nature

In your parents' loving embrace
In the phone call from your grandparents
All family relationships

In working and sharing with others
In helping the unfortunate
All volunteering jobs

Where are you able to find God?

Lord, help me to find you in all ways and walks of life.
Amen.

AMEN

Conversation/Reflection

In one or two words, what was your impression of episode 5?

As the group starts to wander the city in search of their next move, the question remains: What next? While the warehouse had been their refuge, the people in 40 feel drawn to leaving the city because that might be the only way to solve the mystery of their situation.

On our Lenten journey, we are also drawn to discovering the truth about ourselves and about our relationship with Christ.

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/>

*For you were once in darkness,
but are now Light in the lord.*

*Walk as Children of Light,
-Ephesians 5:8*

~Jared Kiley

It seems essential, in relationships and all tasks, that we concentrate only on what is most significant and important.

-Soren Kierkegaard

How have you taken time during this Lenten season to reflect on your relationship with God?

Think of a time when you felt too busy to take care of something important. Were you able to address the situation or did you feel too distracted to focus on your priorities?

What might you have done differently?

Closing Prayer

May it please the supreme and divine Goodness
to give us all abundant grace
ever to know his most holy will
and perfectly to fulfill it.

AMEN

~ St. Ignatius of Loyola