



## **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 6 ~ A City on a Hill**

### **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**

Father, our source of life,  
I reach out with joy to grasp Your hand;  
let me walk more readily in Your ways.  
Guide me in Your gentle mercy,  
for left to myself I cannot do Your Will.

Father of love, source of all blessings,  
help me to pass from my old life of sin  
to the new life of grace.

AMEN

~adapted from [Lenten Prayer For Spiritual Renewal](#)

### **Conversation/Reflection**

**In one or two words, what was your impression of episode 6?**

While the group still does not understand why Able wants to leave Los Angeles, others from the group are changing too. Both Able and Owen's blue marks have mysteriously turned gold, and Owen and Aunt Dot say that the number 40 holds a major significance in where they need to be.

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/>

*Wheezie: What's "40" Owen?*

*Owen: Not what. Where.*

*Aunt Dot: It's where you want to be*

*Take up your cross and follow me.  
Those who want to save their life  
will lose it. Those who lose their  
life for me will live.*

Matthew 16: 25

The 40 days of Lent are traditionally the time when we feel drawn to rebuilding our relationship with Christ. Yet, however anxious we might be to get there, we must remember to take the time to understand how and why we must reach our destination: Easter Sunday.

**What sacrifices have you made and what good works have you resolved to do for Lent? Why did you choose those specific goals for Lent?**

**How do you feel they've helped you on your Lenten journey?**

**“It's not the destination. It's the journey.” Do you think this quote applies to Lent? Why or why not?**

### **Closing Prayer**

Jesus, I feel within me a great desire to please you  
but, at the same time, I feel totally incapable of doing this  
without your special light and help, which I can expect only from you.

Accomplish your will in me - even in spite of me.

~ St. Claude la Colombiere, S.J.