



## **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 7 ~ The Prophet's Reward**

### **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**

Gracious God, may your love,  
like water, pour over our thirsty spirits,

cleansing, refreshing, renewing us.

Be present as we seek to know you, to love you,  
and to respond to your unconditional love for us.

AMEN

### **Conversation/Reflection**

**In one or two words, what was your impression of episode 7?**

Tom's mark has now changed just like Owen and Able's did, and all three of them share the same desire to go on a journey and find "40." None of the group knows where "40" is, but they all have a feeling that something big is coming. Aunt Dot is "prophesying" endlessly about the number 40 to the frustration of the others.

We fast during Lent to remind ourselves of a deeper hunger and thirst we feel for God --- one that will never be satisfied until we are reunited with 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/>

*My soul is thirsting for God, the living God, when can I enter to see the face of God?*

*Psalm 42:2*

*~Taste & See by Bergan/Schwan*

*"Jesus is God, therefore His love, His Thirst, is infinite. He the creator of the universe, asked for the love of His creatures.  
He thirst for our love... These words:  
'I Thirst' –  
Do they echo in our souls?"*

*Mother Teresa*

**Think of a time you've ever experienced a thirst for God. Describe how you felt.**

**Why do you specifically fast or give up something for Lent? What do you hope to accomplish through that sacrifice?**

**Lent is a time that commands us to change. What changes do you see for yourself in this Lenten season?**

**Closing Prayer**

Gracious and Holy Father,  
Please give me:  
intellect to understand you,  
reason to discern you,  
diligence to seek you,  
wisdom to find you,  
a spirit to know you,  
a heart to meditate upon you,  
ears to hear you,  
eyes to see you,  
a tongue to proclaim you,  
a way of life pleasing to you,  
patience to wait for you  
and perseverance to look for you.

Grant me a perfect end,  
your holy presence,  
a blessed resurrection  
and life everlasting.

AMEN

~ St. Benedict of Nursia