



## **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 8 ~ The Diachronic Problem of Personal Identity**

### **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**

You gift me with all the good gifts that make me the person you created me to be.

Help me to know and find your will and to trust that you will help me to understand the path you call me to journey in life.

Where there is doubt give me courage.

Give me a heart open to your quiet voice so I can hear your call to me.

Help me to know your faithfulness and help me to be faithful to that which you call me to.

AMEN

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/>

**di·a·chron·ic** - *adj.* concerned with the way in which something, esp. language, has developed and evolved through time

~ Vocation Prayer: *Help Me to Know*

### **Conversation/Reflection**

**In one or two words, what was your impression of episode 8?**

The group starts to reflect on their lives before the mysterious evacuation of LA. They struggle to reconcile who they were before with who they've become since gathering at the warehouse. Still, they feel a certain attachment to each other and continue to search for a way to fulfill the longing they all feel.

*God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.*

**Think of a time you ever struggled with your own identity. What made you feel that way and what did you do to help yourself?**

**When was the last time you recognized a major change in yourself. What happened and how did it make you feel?**

**Think back to the changes you wanted to see in yourself during Lent. What have you done to make these changes?**

**Closing Prayer**

Loving God, you speak to us through all of life.

Help me to trust you and to trust that what you desire for me lies in the deepest part of my heart.

And, what you desire is that which allows me to grow and to be the person you created me to be - fully human and fully alive.

May I always center my life on you and hear joyfully your call to be your companion.

Help me to follow my desire to live my life as best I can and to serve others with the special gifts you have given me.

AMEN

~ Vocation Prayer: *Loving God*