



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 9 ~ Dreamers

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

The goal of our life is to live with God forever.
God who loves us, gave us life.
Our own response of love allows God's life to flow into us without limit.

All the things in this world are gifts of God,
presented to us so that we can know God more easily
and make a return of love more readily.

AMEN

~ St. Ignatius, adapted from the beginning of the *Spiritual Exercises*

Conversation/Reflection

In one or two words, what was your impression of episode 9?

Able's desire to leave is only getting stronger, but still nobody has any idea why he and the others feel this way. They begin to wonder if there is an angel messenger trying to send them a message. Even Charlotte, the most skeptical of everyone, has the same dream as Owen and Rebecca about going away on a boat.

Lent is a time to look inward and discern what is driving us on our journey through life. That discovery can be made through prayer, reflections, or even in a dream. It does not matter how it comes to us, only that we listen.

Think of a time when you felt God was trying to tell you something. How did you get the message? (eg. a dream, a person, an event in your life)

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/>

“Let me tell you about a dream that has absorbed my mind...”

- St. John Bosco

“But first seek the Kingdom and the will of God and all those things will be given to you also.”

- Matthew 6:33

Sometimes we don't realize how God is working in our lives until after the fact. How long did it take you to realize that God was working in your life in that specific moment?

There are many people from the Bible who have been called to follow the will of God when revealed to them through angels and dreams: Jonah, Mary's visitation from Gabriel, the Prophet Elijah. What can we learn from their willingness and/or struggle to follow that direction from God?

Closing Prayer

Grant, O Lord, that none
May love Thee less this day
Because of me;
That never a word or act of mine
May turn one soul from Thee;
And, ever daring, yet one more
Grace would I implore:
That many souls this day,
Because of me,
May love Thee more.
AMEN

~ Manual of Prayers