

40-DAY

*Journey*

WITH

JULIAN OF NORWICH



LISA E. DAHILL, editor

# Julian of Norwich

40 Day Journey

## Welcome!

LENT BOOK GROUP 2022



## PREPARATORY PRAYER AND EXAMEN

Period of focus from the moment  
of first hearing about this course  
until being here now.



## OVERVIEW AND GUIDELINES

Overview of the journey, and  
guidelines for faith sharing  
groups.



## FAITH SHARING

Breakout rooms: small groups of  
4 max with questions to  
consider.

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WHOLE GROUP  
SHARING



CLOSING SILENCE  
AND PRAYER

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# The Examen



## Gratitude

Thank You for all the gifts in my life, for everything I have received today.



## Grace

Shine Your light on my day, help me to see it through Your eyes.



## Account

Where were you today?  
How and where did I turn away from You?



## Pardon

Please forgive me for turning away at these moments.



## Resolve to amend

Who do You want me to be tomorrow?

# Preparatory prayer and Examen:

Period of focus  
from the moment  
of first hearing  
about this course  
until being here  
now.



# Overview

## Themes of the sessions



1. Introduction and Orientation



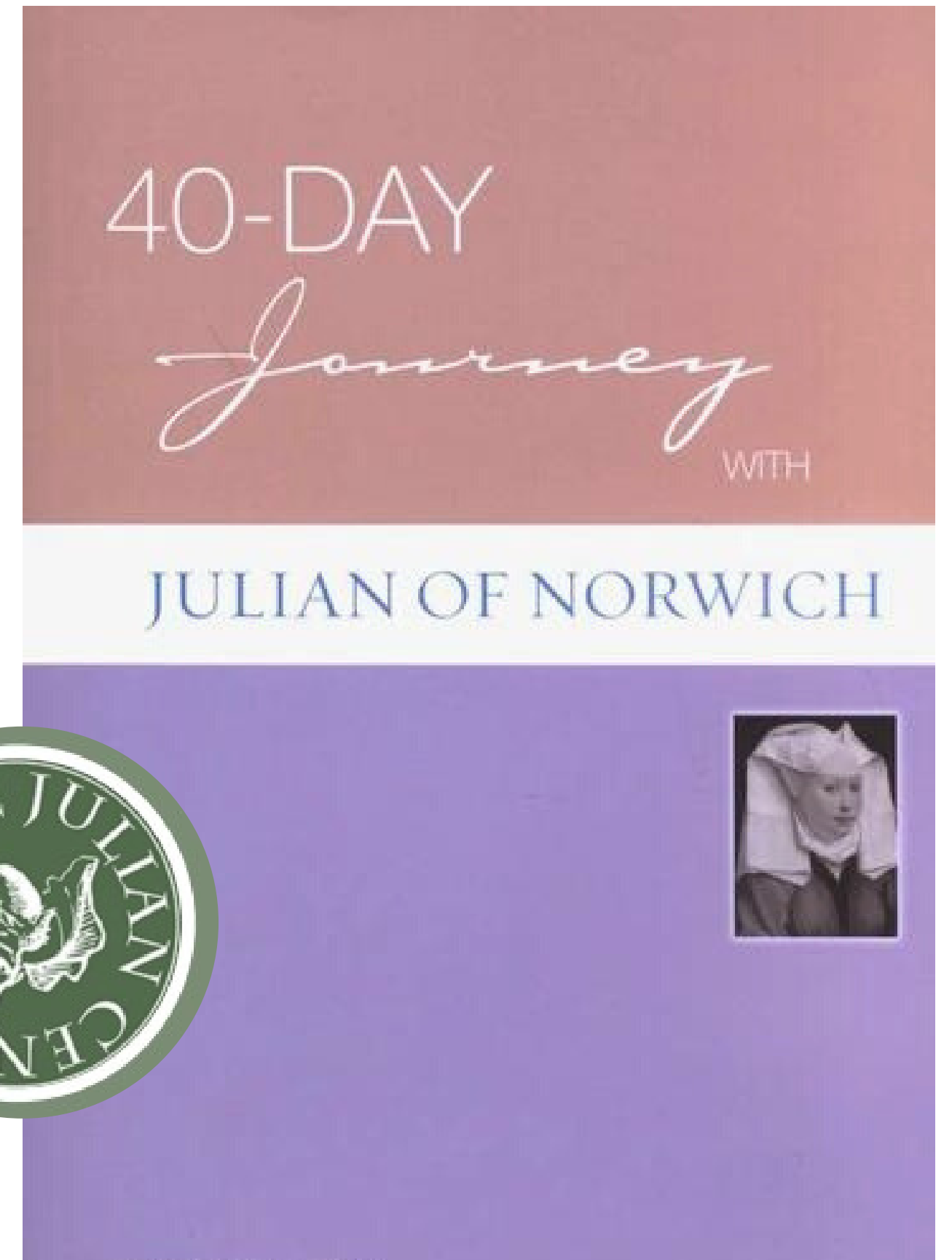
2. Week 1: Days 1-7



3. Week 2: Days 8-14



4. Week 3: Days 15-21



# Overview

## Themes of the sessions



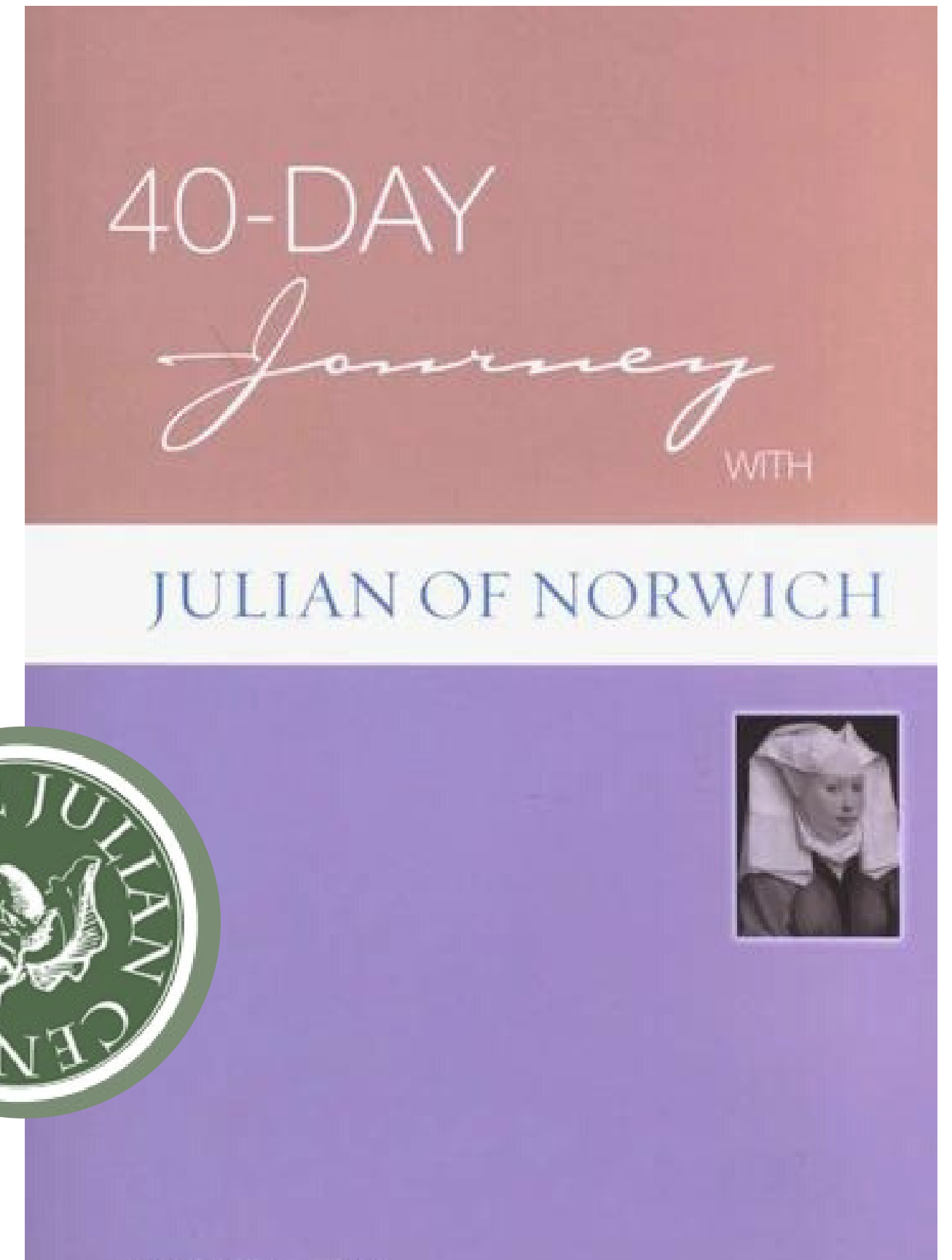
5. Week 4: Days 22–28



6. Week 5: Days 29–35



7. Week 6: Days 36–40





# The Structure of Each Day of the Journey:

1. AN EXTRACT FROM REVELATIONS OF DIVINE LOVE.
2. BIBLICAL WISDOM
3. SILENCE FOR MEDITATION
4. QUESTIONS TO PONDER
5. PSALM FRAGMENT
6. JOURNAL REFLECTIONS
7. PRAYERS OF HOPE AND HEALING
8. PRAYER FOR TODAY.





# SOME SUGGESTIONS

to create an environment conducive to entering as fully as you can manage into the 40 Day Journey



READ THE MATERIAL  
FOR THE FOLLOWING  
DAY JUST BEFORE  
YOU GO TO BED.



ALLOCATE A SPACE, A  
PRAYER CORNER,  
WHERE YOU GO TO  
PRAY.





# SOME SUGGESTIONS

to create an environment conducive to entering as fully as you can manage into the 40 Day Journey.



ALLOCATE A TIME OR  
TIMES WHEN YOU  
PRAY WITH THE  
MATERIAL FOR THE  
JOURNEY.



ALLOCATE A TIME  
FOR JOURNALING.



# SOME SUGGESTIONS

to create an environment conducive to entering as fully as you can manage into the 40 Day Journey



HAVE AROUND ANY  
IMAGES, MUSIC OR  
POETRY THAT COME  
TO MIND WHEN  
PRAYING WITH THE  
MATERIAL FOR THE  
JOURNEY.





IF YOU ARE UNABLE TO FIND THE TIME ON ANY PARTICULAR DAY OF THE JOURNEY, TRY TO AT LEAST READ THE MATERIAL, AND WRITE ON A NOTELET ANY WORD/PHRASE/SENTENCE THAT STRIKES YOU. CARRY IT WITH YOU DURING THE DAY AND PONDER IT IN QUIET MOMENTS.

**PRAY AS YOU CAN**  
not as you can't!



# Faith sharing groups.

Picked at random each week.



**Each person will have around 10 minutes to share from their journey**





# Questions for faith sharing groups.



Where and how were you conscious of the presence or action of God in your journey this week?

Where did you notice any reluctance, resistance or avoidance?

What movements or changes are you carrying into the next part of your journey?



Comments and discussions  
on faith sharing are  
generally not invited.

It is intended to be a safe space for  
people to speak out their experience and  
truth openly and honestly without  
criticism or judgement or even advice.

Remember that all that is said  
within the sharing is  
confidential and should not  
be repeated or discussed  
outside of the sharing groups.

When listening, please pre-suppose the good  
intentions of the person speaking.





# QUESTIONS FOR FAITH SHARING GROUPS NOW

What has attracted you to making this journey?

What might get in your way as you undertake this pilgrimage?

What preparations are you beginning to consider making to enable you to engage as deeply as you can with the prayer material of the journey?





# Some help with the prayer:

A Lectio Divina Guided prayer with the material for each day of the 40 Day Journey will be available on the website:

[www.sunflowerseedspirituality.com](http://www.sunflowerseedspirituality.com)

and as a podcast on Spotify, Google podcast and other platforms on the channel:

**Sunflower Seed Spirituality**







**Next Week:  
Week 1,  
Days 1-7 of the  
Journey**