

Faith & Film: *Flow* (2024) - A Holy Week Viewer's Guide

Welcome

Thank you for joining us in this Good Friday reflection through the lens of film. *Flow* (2024), directed by Gints Zilbalodis, is a dialogue-free animated journey across a world submerged in water and longing for connection. You'll meet a cast of non-speaking animal characters-each with distinct behaviors, choices, and transformations.

We invite you to approach this film as a visual parable-one that speaks to the mystery of Holy Week through silence, symbol, and movement.

What to Watch For:

1. Spiritual and Emotional Themes

As you watch, notice scenes that reflect:

- Isolation and longing for connection
- Reluctance to trust-and the courage it takes to open up
- Moments of unexpected friendship or tension
- Signs of transformation through challenge
- The tension between fear and compassion
- The difference between surviving and truly living

2. Character Journeys

Each character contributes something vital to the group. Pay attention to:

- Their body language, pace, and presence
- How they respond to fear, danger, or opportunity

- Moments where they lead, follow, resist, or change

Ask yourself:

1. Who changes the most in this story?
2. Who teaches others something just by being who they are?
3. What role or archetype might each character represent in the story's unfolding?
(Think: seeker, companion, protector, disruptor, peacemaker, shadow...)
4. How do these characters rely on one another?

3. Echoes of the Holy Week Journey

This is a film rich with theological resonance. Watch for:

- Good Friday moments of loss, abandonment, or fear
- Holy Saturday moments of drifting, waiting, and quiet transformation
- Easter moments where hope is reborn-however gently or surprisingly

Questions for Personal Reflection

- Where did you feel most connected to the story-and why?
- What does this film say about community and belonging?
- In what ways do you see death and new life held in the same space?
- What role does silence play in this film? How does it shape your experience?
- What spiritual themes emerged for you that surprised or challenged you?
- Which character's journey mirrors something about your own right now?