

STAR WORD Reflection Guide

During the Season of Epiphany (Jan 6 through Ash Wednesday), the focus of our spiritual lives is on discovery. As the wise ones travelled, curious and expectant, to see where the star would lead them, and to whom– in this season, at the start of a new year, we ask God to show us what we are called to do and be in the coming year– what new truths we are to find, what new faith we are to claim, what new tasks we are to take on.

Our Star Words, which we received on (or near) to Epiphany, act as a launching place, a guide– to make us curious and expectant– about how and where God will lead us and use us this year. Because we trust that God speaks to us in many ways as we seek God’s presence. A STAR WORD can help us to look for God in our midst, change our perspective, and focus our attention amid all the distractions of daily life.

So, in this Season of Epiphany, we begin by exploring our Star Words with the aid of the following worksheet. The goal is to get beyond our own preconceptions of what we think the word is about or what God is going to do with it in our lives, and to gather new and varied aspects of the word in one place for reflection and inspiration, and for reference as the year goes on and we live into the word in new ways. When Lent begins, we will push further into our words and the thoughts gleaned in this season of discovery.

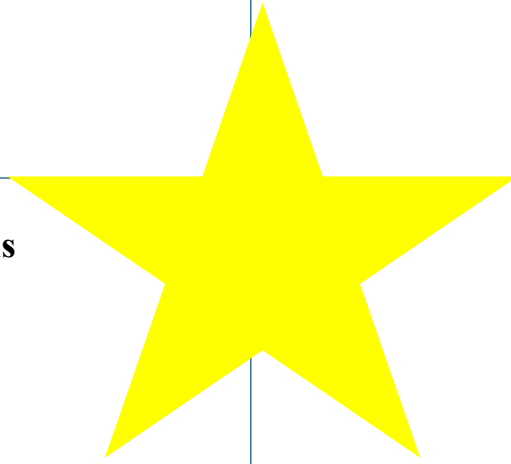
1. Write your star word in the star in the center of the worksheet.
2. Take time frequently to explore and record the prompts in the four quadrants. Use additional sheets of paper if needed– and keep them together– as we move into other seasons in the year, we will continue to add to, and glean from, these pages.
 - Images, Memories, Experiences: What comes to mind when you think of (or contemplate) your word– what visual images, colors, shapes, landscapes, situations, etc.? What experiences have you had with that word? What memories does it bring to mind from your past? **How might God be speaking to you through the feelings and the stories this word evokes?**
 - Bible Verse: how does the Bible verse inform your understanding of the word? (Have you heard this verse before?) What other scriptures come to mind? You can even google to see what other scriptures come up. Search “Bible verse about _____” inserting your Star Word (or a synonym) in the blank. As you hear scripture throughout the year take note if something calls your Star Word to mind and record it.
 - Desires and Hopes: As you think about your Star Word, what dreams, desires, hopes, and goals do you find your Star Word calling to you– for yourself, for others, or for the world?
 - Write a prayer using your Star Word and pray it regularly.
3. Additional Ways to Engage at Home:
 - Quotes and Synonyms: Look up your Star Word in a thesaurus– what other words help you understand your word better or in a new way? Google “Quotes about _____” and record any that particularly speak to you.
 - Start a Pinterest board related to your Star Word– see what comes up when you put your Star Word in the search bar, it could expand the way you think about it significantly.
 - Start a playlist on Spotify or whatever music streaming source you prefer. As you search for and discover songs, both religious and non-religious, that are about your word, you may find quotes, thoughts, or imagery that speaks to you and deepens your understanding of your word.
 - Occasionally Google your Star Word and check out the images tab on your search engine. Save to a special folder on your phone or computer those images that appeal to you, challenge you, or speak to you in some way.

Images, Memories, Experiences

Bible Verse

Quotes and Synonyms

Desires and Hopes



My Star Word Prayer: