

## Star Words

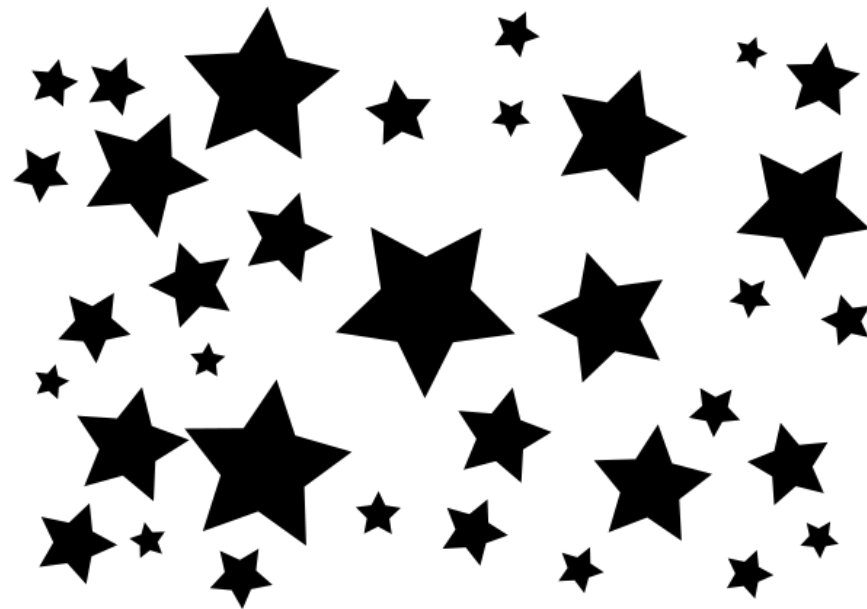
Finding your GUIDING STAR for the New Year

**Begin by reading through the list of words** on the following page. Circle about five words that speak to you. Perhaps words that comfort you, discomfort you, challenge you, or jump right off the page for you.

Throughout the **next seven days**, keep these five words in front of you as you begin your day, as you meditate, or during your prayer time. Allow the Holy Spirit to guide your thoughts around these words. Perhaps there is a common theme between them, perhaps not.

At the end of your seven days, **settle on one word** to be your guiding star for the upcoming year. Perhaps it's one of the five words that you picked. Perhaps the five words led you to a different final word. Perhaps it's a word that wasn't even on the initial list. Whatever way you arrive at your final word, allow it to be your guiding star for the upcoming year.

This is an opportunity to allow God to develop in us a new lens through which to recognize that God is at work – in us, in others, in the world around us. It's a chance to allow ourselves to be open to the unforced rhythms of grace that are all around us; and to say “yes” to swimming in the eternal current of God's love throughout this upcoming year.



1. The Magi followed a star, which ultimately led them to Jesus. Therefore, we too are invited to use all the resources we have available to us—including creative prayer practices and intention words for the new year— to move closer to living out the way of Jesus.
2. We trust that God uses multiple ways to guide us and speak to us. Star words are one such lens that might provide us a way to look for God in our midst, both actively and in hindsight.
3. We trust that it is often easy to miss God in our daily midst. Having an intention word to consider both in present days, as well as to reflect on at the end of the year, allows for us to see God in ways we may not have seen God before. This is the greatest gift.
4. Often, the most common prayer practice for many involves speaking to God as opposed to silence or contemplation. Star words invite a new prayer rhythm of reflection and review that can be a powerful new way to connect with God.

My Guiding STAR WORD for this year is: \_\_\_\_\_

Joy  
Rest  
Bless  
Restore  
Affirm  
Connection  
Comfort  
Journey  
Wilderness  
Voice  
Awe  
Wonder  
Hope  
Room  
Hospitality  
Ritual  
Return  
Revelation  
Beloved  
Dreamer  
Resist  
Imagine  
Seek  
Dwell  
Learn  
Play  
Listen  
Draw Near  
See  
Vision  
Heal  
Generosity  
Share  
Story

Clarity  
Confidence  
Commitment  
Friendship  
Creativity  
Stability  
Freedom  
Release  
Renew  
Leadership  
Discernment  
Intention  
Pursue  
Pray  
Tenderness  
Forgiveness  
Laughter  
Zeal  
Relationship  
Be  
Enthusiasm  
Appreciation  
Justice  
Awareness  
Reflect  
Change  
Silence  
Insight  
Patience  
Wholeness  
Health  
Invite  
Welcome  
Self-love

Begin  
Abundance  
Home  
Community  
Integrity  
Passion  
Nurture  
Power  
Authenticity  
Build  
Language  
Empathy  
Time  
Conviction  
Education  
Gratitude  
Quiet  
Self-awareness  
Affirmation  
Walk  
Empower  
Feel  
Bravery  
Courage  
Light  
Sunrise  
Sunset  
Grow  
Speak  
Remember  
Cherish  
Center  
Embrace  
Warmth

Choice  
Family  
Chosen Family  
Breathe  
Desire  
Examine  
Radiate  
Vocation  
Align  
Sensitivity  
Solitude  
Overflow  
Explore  
Focus  
Increase  
Sabbath  
Wanderlust  
Weave  
Activism  
Awake  
Adopt  
Fearless  
Wisdom  
Trust  
Loyal  
Motivate  
Rise up  
Fast  
Let Go  
Endurance  
Forgive  
Prayer  
Simplicity  
Discovery

Include  
Inspire  
Tradition  
Marvel  
Season  
New Life  
Today  
Mercy  
Tell  
Risk  
Present  
Vibrant  
Believe

**Saudade**  
(Portuguese)  
(A feeling of longing)

**Raison d'.tre**  
(French) (The most important purpose for someone's existence)

**Kefi** (Greek)  
(The spirit of joy)

**Deunde** (Spanish)  
(Quality of passion or inspiration)

**Meraki** (Greek)  
(To do something with soul, creativity, and love)

**Fika** (Swedish)  
(A break from activity to relax)

**Teaghlach** (Irish/Gaelic) (Family or household)

**Yeoubi** (Korean)  
(The sun shining through the rain)

**Yūgen** (Japanese)  
(A profound and deep sense of beauty in the universe)

**Metanoia** (Greek)  
(Change in one's life driven by faith)

**Sonder** (English, neologism)  
(The realization that each random passerby is living a life as vivid and complex as your own)

**Eunoia** (Greek)  
(Beautiful thinking)

