



## Star Words

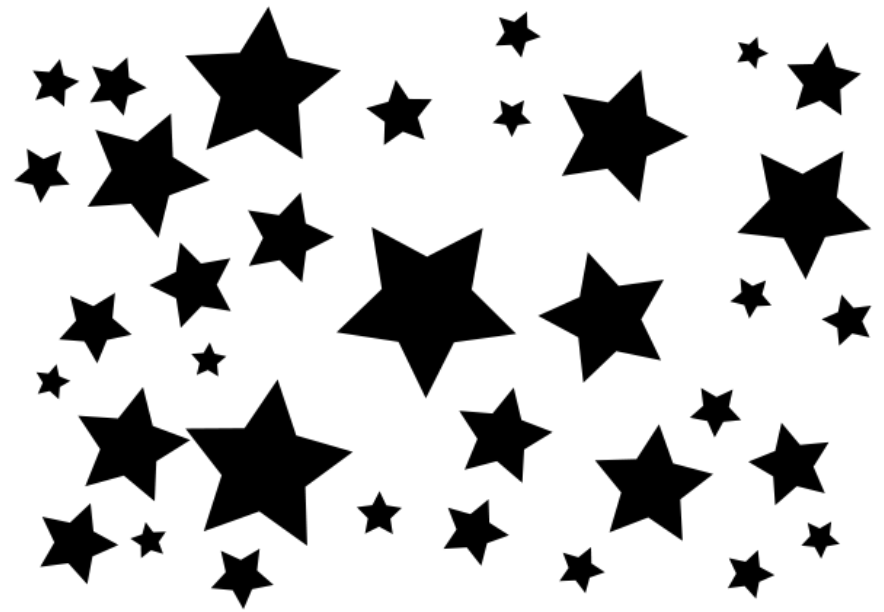
Finding your GUIDING STAR for the New Year

**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: \_\_\_\_\_

- Tradition
- Ritual
- Pass On
- Marvel
- Sing
- Season
- New Life
- Today
- Origin
- Mercy
- Hope
- Tell
- Risk
- Present
- Connection
- Regenerate
- Bless
- Dreamer
- Awe
- Rest
- 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
- Dig
- Appreciation
- Justice
- Awareness
- Reflect
- Change
- Silence
- Insight
- Patience
- Wholeness
- Health
- Hospitality
- Invite
- Welcome
- Wonder
- Journey
- Self-Love
- Begin
- Abundance
- Home
- Teaghlach  
*Irish/ Gaelic*
- Community
- Integrity
- Passion
- Nurture
- Power
- Yeoubi  
*Korean*
- Voice
- Authenticity
- Build
- Language
- Empathy
- Time
- Conviction
- Education
- Gratitude
- Saudade  
*Portuguese*
- Quietness
- Self-Awareness
- Affirmation
- Walk
- Birthing
- Empower
- Cwtch  
*Welsh*
- Meraki  
*Greek*
- Feel
- Fika  
*Swedish*
- Bravery
- Courage
- Yūgen  
*Japanese*
- Metanoia  
*Greek*
- Sonder  
*English, neologism*
- Light
- Sunrise
- Sunset
- Grow
- Speak
- Remember
- Cherish
- Centering
- Embrace
- Warmth
- Eunoia  
*Greek*
- Choice
- Family
- Chosen  
Family
- Breath
- Desire
- Hygge  
*Danish*
- Examine
- Radiate
- Source
- Kefi  
*Greek*
- Duende  
*Spanish*
- Vocation
- Align
- Sensitivity
- Solitude
- Dance
- Overflow
- Explore
- Focus
- Shoshin  
*Japanese*
- Increase
- Sew
- Sabbath
- Wanderlust
- Raison d'être  
*French*
- Weave
- Activism
- Awake
- Adopt
- Fearless
- Wisdom
- Trust
- Loyal
- Motivate
- Rise Up
- Fast
- Let Go
- Endurance
- Forgive
- Prayer
- Simplicity
- Discovery
- Include
- Inspire