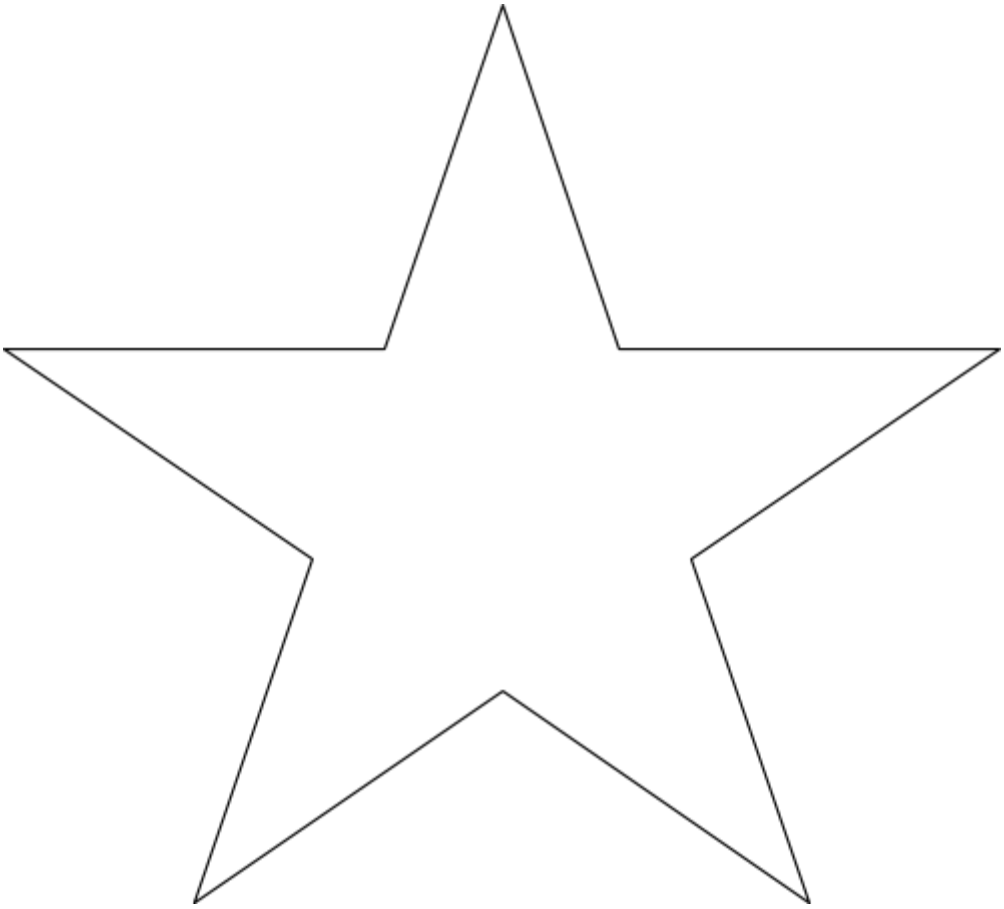
My Star Word 2021



Matthew 5:14-16 “You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

If found, please return to:

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Revised January 2021

January

Live with your word

★ Write your star word on the blank star on the front of your workbook. If you got your star word online or remotely some other way, cut out the star at the end of the January section or cut a star from another piece of paper and write your word on it.

★ Put your star somewhere you'll see it frequently. Every time you see it, it will be a visual reminder of your focus word for this year.

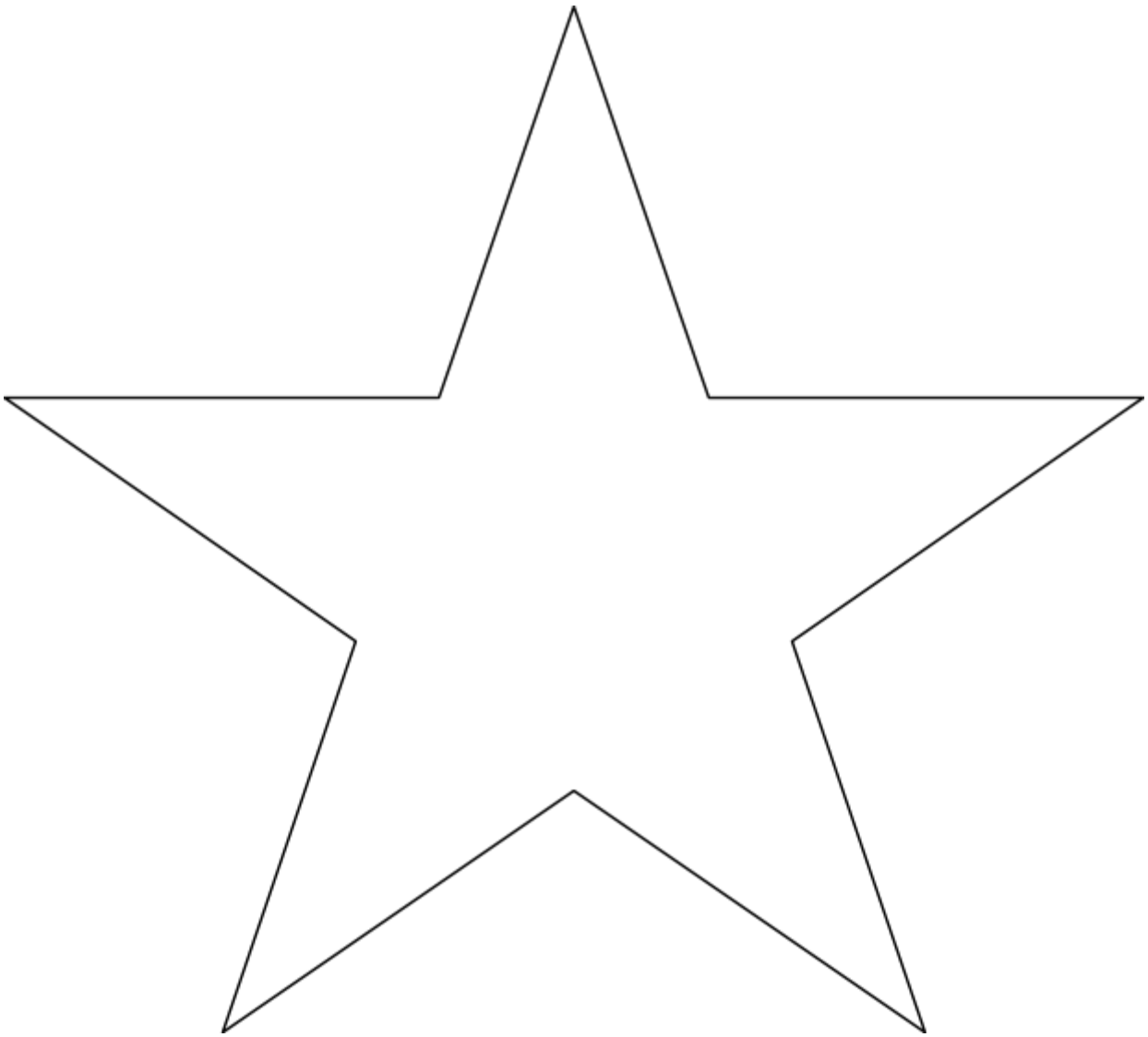
★ Find a few minutes a couple times a week that you can set aside for reflection, study, and/or journaling. Try to keep this time consistent throughout the year.

★ I will make time to study my word on (day or days) _____ in the (check one) ◯morning ◯afternoon ◯evening.

★ Make a "New Year's Resolution" that includes this word. It might be as simple as saying "I resolve to study and meditate on my word daily." Or it might be something that has to do with "living into" your word. Write your resolution below.

★ Begin to pray that God will enlighten you and point you to what God has to say to you through this word. Use this page to write your prayer down.

If you didn’t get a star at church, or you would like an extra to post somewhere, write it on this star and cut it out.



February

Learn about your word

★ Listen as people talk to you, as you read, as you watch TV/movies and pay attention to how and when and how often your word comes up in the world around you.

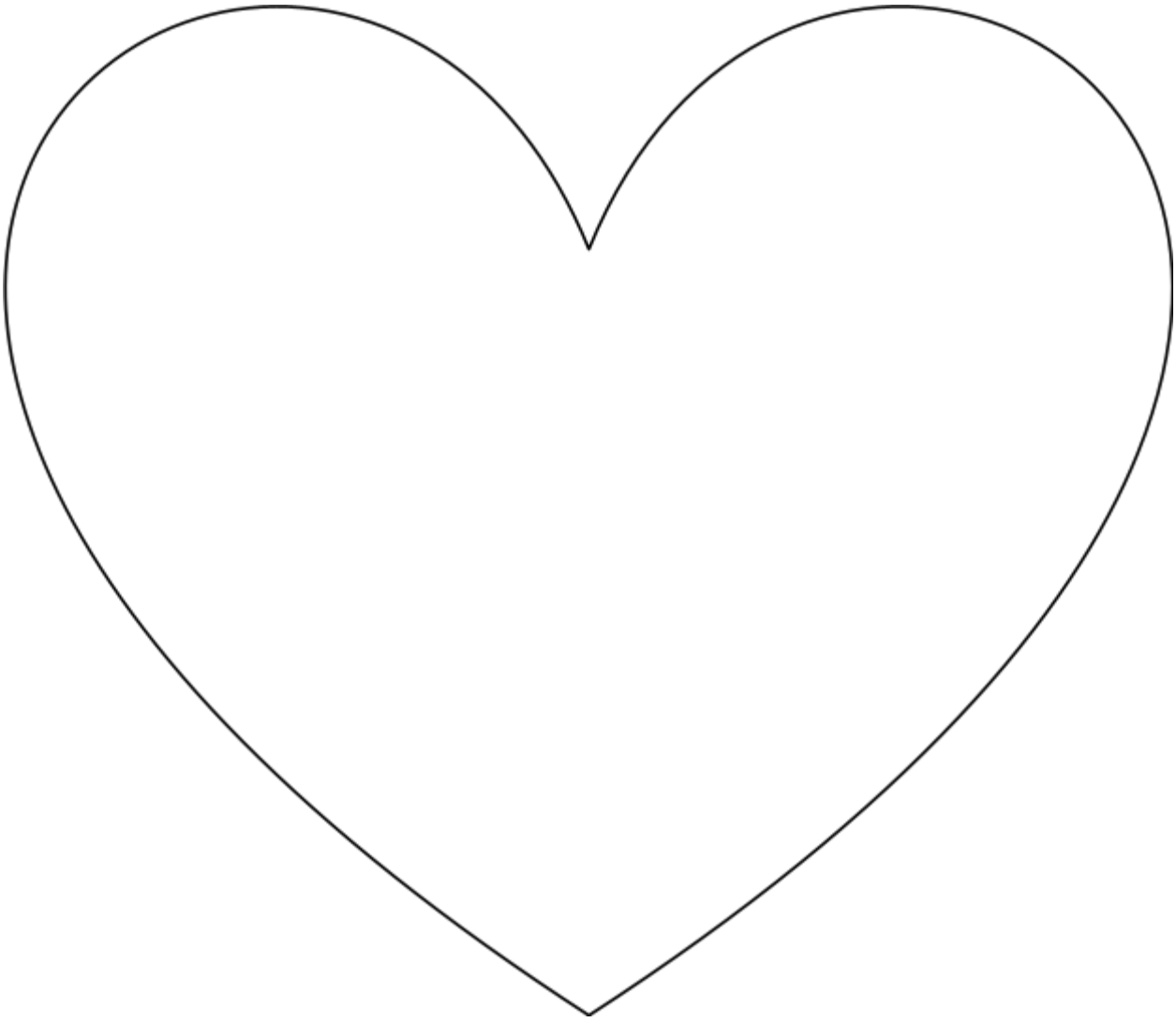
★ Look up your word in the dictionary. Write the definition here. Circle or highlight anything in the definition that stands out to you and write below the definition anything that surprised, annoyed, or delighted you about the word's definition.

★ Look up your word in the thesaurus. Write the synonyms here. Circle or highlight anything that stands out to you and write below that anything that surprised, annoyed, or delighted you. Look up and note any definitions of synonyms that you didn't know before.

★ Look up your word in a Bible concordance (there might be on in the back of your Bible). Feel free to borrow one from the church or use the one at: https://www.biblegateway.com/keyword/ List the Scripture references to begin reading through them next month. Set up a daily reading plan if you'd like.

★ You can use this page for extra notes and reflections.

Cut out this heart and write your star word on that. Hang it up somewhere you'll see it often (away from the star so you have two reminders). Think about/visualize writing the star word on your spiritual heart as well.



March

Think about your word

★ Do you use your word? How do you use it?

★ Do others around you use your word negatively or positively? How so?

★ How has that word been used in reference to you (Have people said you have that word/trait or that you lack it? Would they use it to describe you?)

★ How do you feel about your word? Do you love your word? Hate your word?

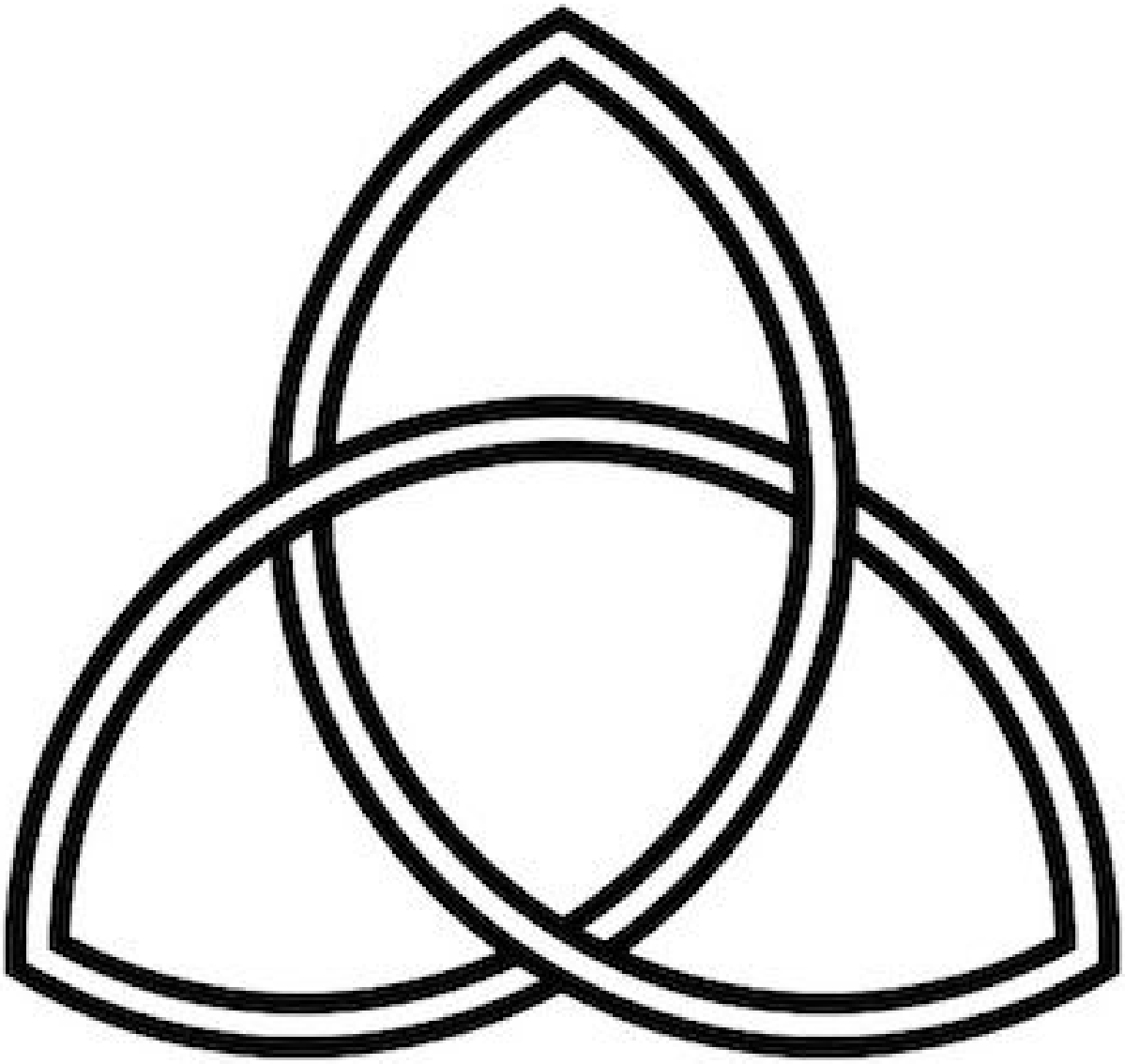
★ Do an online search or skim the newspaper for news articles that contain your word. Note what you read and learn through this search. It might seem to have nothing to do with your word.

★ Read the scripture passages you listed last month. Note what you read and learn through this search. It might seem to have nothing to do with your word. Feel free to add pages if you need to.

★ You can use this page and the following page for extra notes and reflections.

★ You can use this page for extra notes and reflections.

In March, we remember St. Patrick, known for his trinitarian theology. A common symbol of the Trinity is the “triquetra”. Cut out this triquetra and write you word on it to hang up like the star and the heart. Think about how God the Creator made us with that word in our being, how Jesus the Son saved us so that we might live into and experience the freedom of that word, and how the Holy Spirit leads us to full understanding and embrace of that word.



April

Listen to God

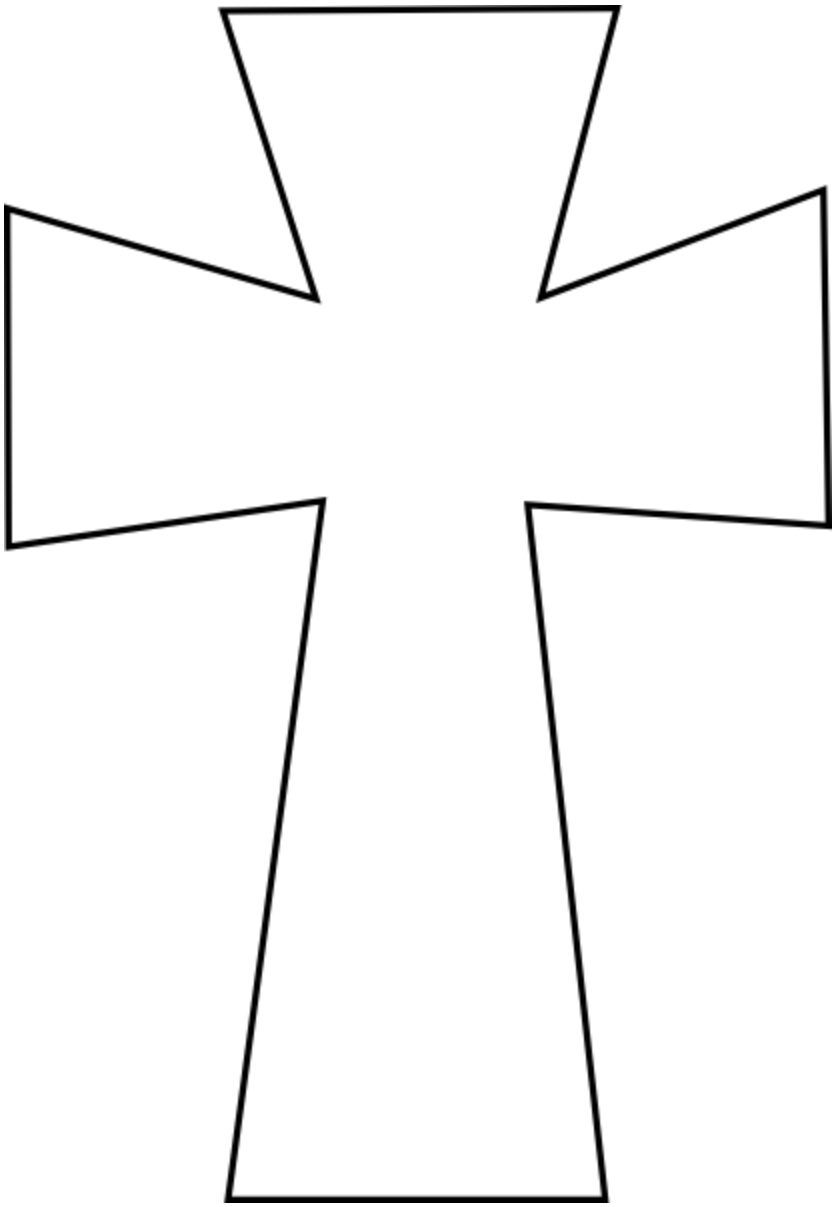
★ Why is this word important? Why would it come up in a list of “spiritual” words?

★ What themes, ideas, or actions have come up in your study so far?

★ Make a list of ideas for “living” your star word based on what God’s been saying to you.

★ You can use this page for extra notes and reflections.

Holy week and Easter usually fall in late March or early April. Cut out this cross and write your word on it. Hang it up like the others. Think about what that word has to do with redemption.



May

Lean Into Your Word

★ Each week this month and in the following months, pick one of the ideas from your “living the star” list (April) and make it a practice that week. As the year wears on, you may need to recycle these and/or come up with more. Write your reflections below as you explore these practices. In the following months, there will be space at the end of the journal for reflection on practices you have tried.

★ **Week 1:** The practice I will try is:

What I noticed or learned this week from this practice:

★ **Week 2:** The practice I will try is:

What I noticed or learned this week from this practice:

★ **Week 3:** The practice I will try is:

What I noticed or learned this week from this practice:

★ **Week 4:** The practice I will try is:

What I noticed or learned this week from this practice:

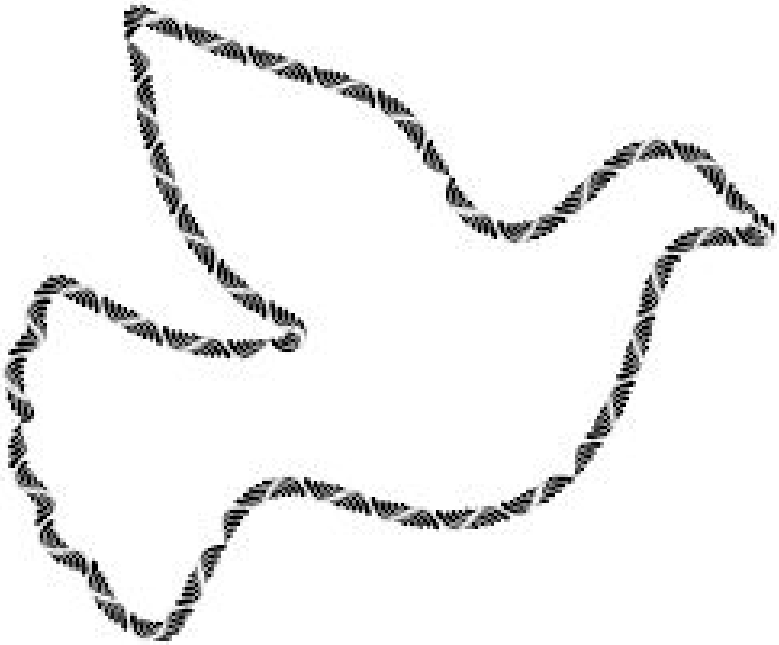
★ **Week 5:** The practice I will try is:

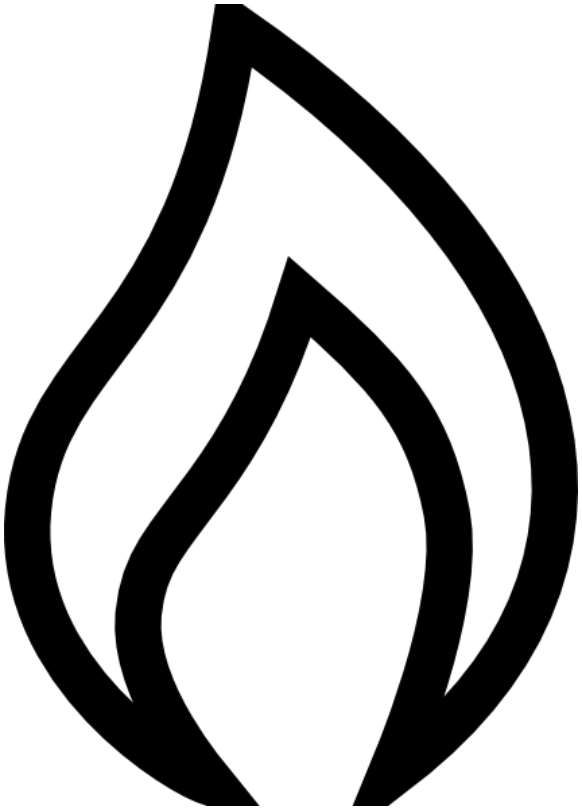
What I noticed or learned this week from this practice:

★ Is there a new skill you could learn or a class you could take, maybe a group you could join that has to do with your word and how God is speaking through it? Sign up for a class or group or get on youtube and learn that new skill! Write below what skill you are going to learn, what group are you joining, or what class are you going to take.

★ As you go about your day to day life, visualize your word being printed on the front of your shirt. How does that change the way you interact with the world around you? (Maybe you want to actually make a t-shirt that has your word on it.)

Pentecost is usually in May or early June. Pentecost is the celebration of the Holy Spirit coming to guide us. Let the Spirit use your word to guide your days. Cut out a Pentecost flame or dove and write your word on it.





June

Reflect on your word

★ How have your ideas and perceptions of your word have changed or grown?

★ How does this word fit into themes and ideas that have come up in scripture or music or conversation at church?

★ You can use this page for extra notes and reflections. Don’t forget to reflect on the practices you began in May from the list you made in April.

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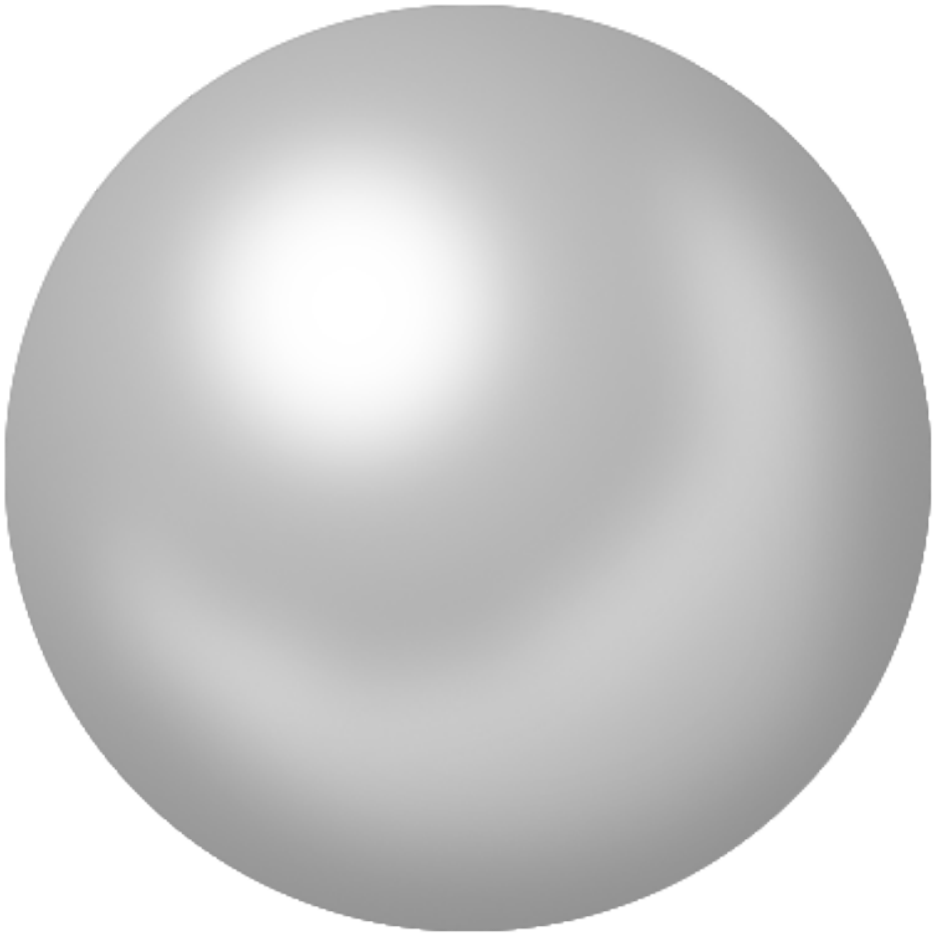
The birthstone for June is a pearl. Pearls are often used in Scripture and other places to represent something very precious. Cut out this pearl and write your word on it to hang up like the others. Think about this word being a precious word from God and treasure it in your heart.



July

Share your word

★ Ask someone close to you if they have noticed a change that might have something to do with the word or how they see you and that word fitting together. Reflect below on what they said.

★ Write a prayer or poem about your journey with your word or create a piece of art or music based on your word and what you've learned about it and through it so far. Share it with others.

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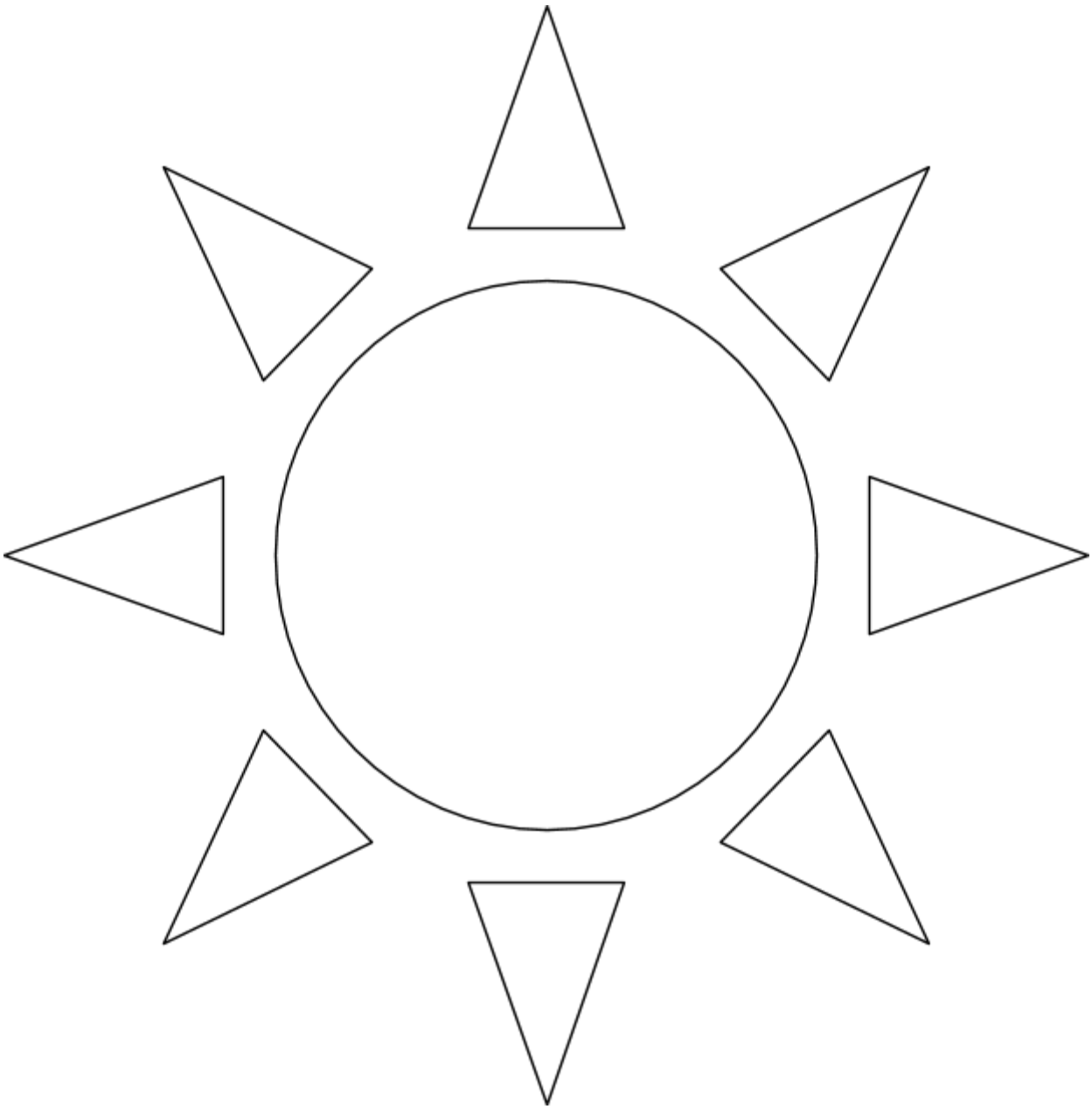
In the winter month of January, we think about stars because the nights are long and the days are short. In July, it's the opposite. We see the sun more than the stars. Cut out this paper sun to write your word on this month to remind you that our paths are lit by different kinds of light during different seasons.



August

Reflect on "God Sightings"

★ Where have you seen God at work generally this year?

★ How has the study of your star word affected the way you've seen God at work this year?

★ How do you think you could keep growing with this word? What still bugs you about it? What do you still struggle with?

★ You can use this page for extra notes and reflections. Don’t forget to reflect on the practices you began in May from the list you made in April.

Cut out this paper magnifying glass and write your word on it. Think about how the word helps you to better see the world around you from God's perspective.

September

Words and Seasons

★ Even if you're not in school, September seems to start the year in many ways. Keep your star word in mind as you reset yourself and your routines for the school year. How can your star word inform your routine as you enter into this next season?

★ This is the time of year we often reflect on seasons as we transition from summer to autumn. What season of life are you in right now? How does this word fit with your current season of life?

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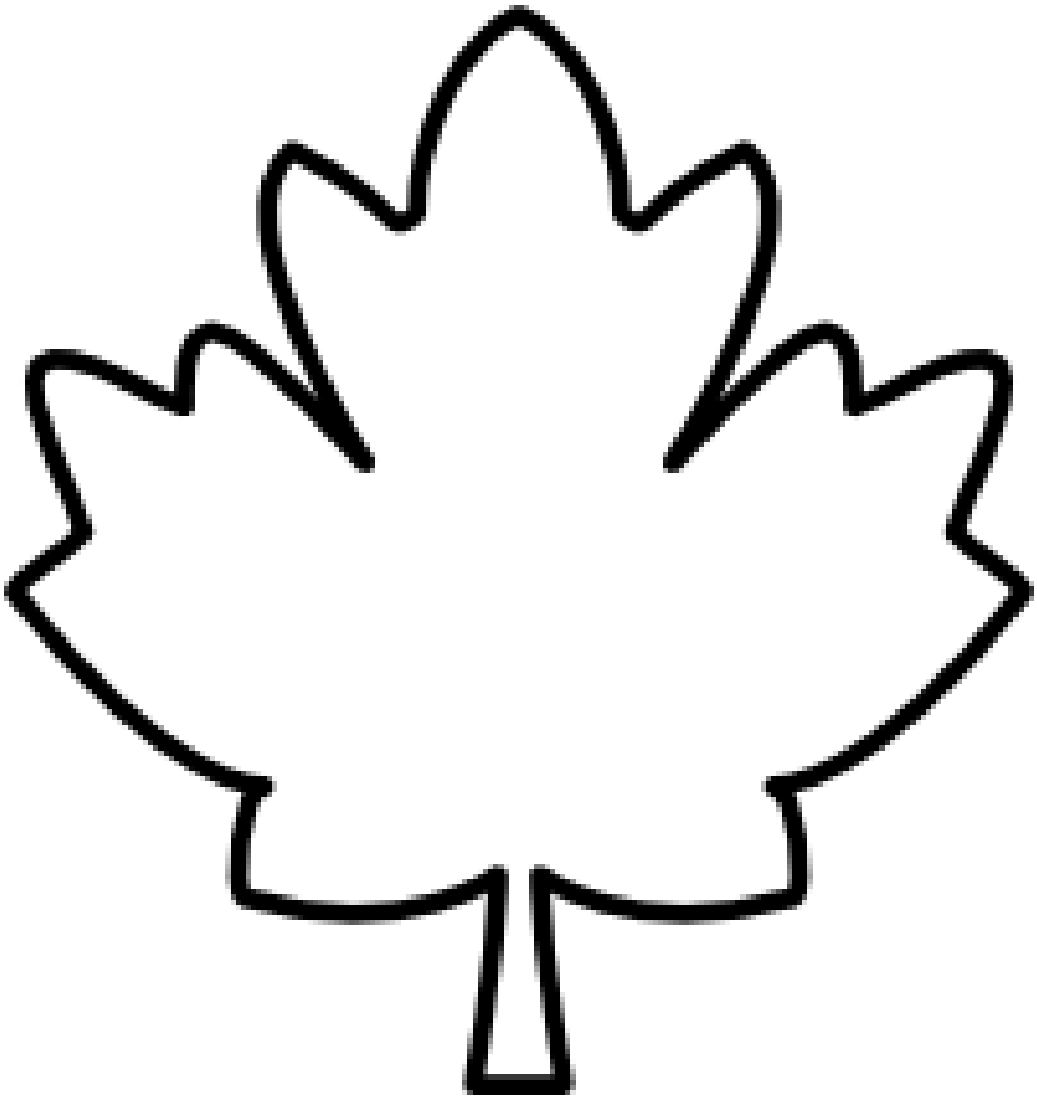
Cut out this paper leaf (or just bring in a real one from your yard once they start falling!) and write your word on it. Think about how the word has traveled with you through all these seasons and how it can move forward through more seasons with you.



October

Words and Saints

★ As you prepare for All Saint's Day (November 1), think about what this word meant to those other people of faith. Who comes to mind when you think about your word? How has that person influenced you?

★ What can you change or focus on to live a life more like the people who come to mind when you think about your word?

★ How does this word fit into the practices of a “saintly life”?

★ You can use this page for extra notes and reflections. Don’t forget to reflect on the practices you began in May from the list you made in April.

All Saint’s Day is sometimes represented with a sheath of wheat to symbolize the harvest. Cut out this sheath of wheat to write your word on this morth.

November

Give thanks for your word

★ Write a prayer, poem, or song of thanks to God for your word and what you have learned this year.

★ What are you most grateful that God has taught you this year? You might need to read back through your journal to remember all that God has spoken to you this year.

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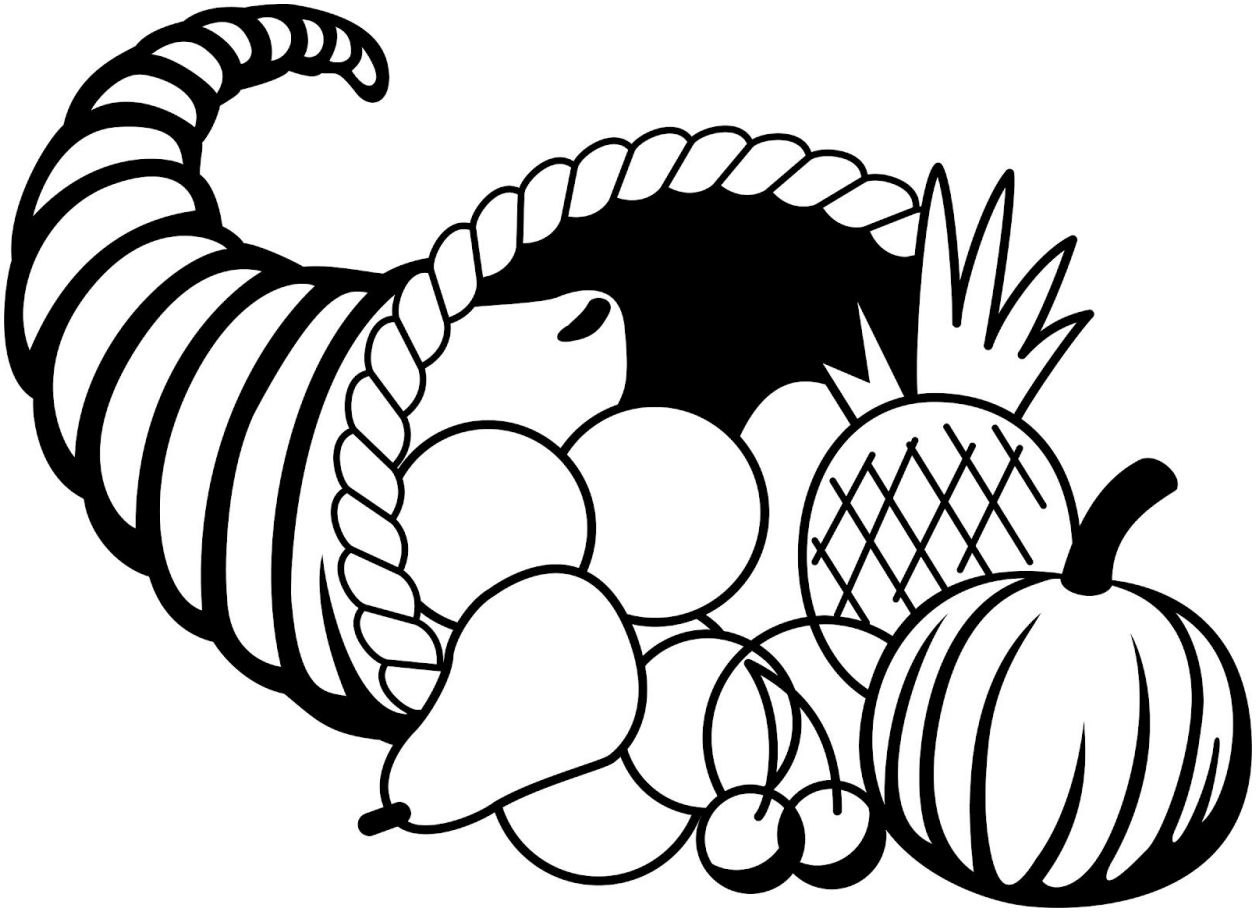
The cornucopia is a symbol of harvest and abundance. It's used to represent thanksgiving for all we've been given. Cut out this cornucopia and write your star word on one of the fruits. If you want to get really fancy, you can add star words from years past in your cornucopia.



December

Reflect on this year's word and prepare for next year's word!

★ What is the most important thing (or few things) that you have learned this year?

★ What do you look forward to as you await a new word next year?

★ When you think about the star of Bethlehem this Advent and Christmas, think about your star word above the stable. If you have a nativity at home, take down your star word from where it's been and put it over the scene. If you've lost it or it's totally gross from the year, feel free to cut out the one at the front of the journal or make a new one. Think about this word leading you to Jesus. Journal about what this means to you to see your word above the manger, pointing the way to Jesus.

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