

My Star Word 2019: _____

1. January

- a. Start to live with the word day to day
 - i. Begin to pray that God will enlighten you and point you to what God has to say to you through this word.
 - ii. Make a “New Year’s Resolution” that includes this word.
 - iii. Put your star somewhere you’ll see it frequently.
 - iv. Start a “star word” journal in which to write down/type up the things you experience and learn with the word. We will have star word workbooks available that you can print out at home or pick up at church if you’d like more structure. Set aside a few minutes a couple times a week to reflect on your word and jot down some notes.
 - v. Make or buy jewelry, household decor, or other reminders with your word on it.

2. February

- a. Learn some more about your word
 - i. 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.
 - ii. Look up your word in the dictionary. Note the definition in your journal, if you’re keeping one.
 - iii. Look up your word in the thesaurus. Do any of the synonyms stand out to you for any reason?
 - iv. Look up your word in a Bible concordance (there might be one 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.
 - v. Cut out a paper 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 writing the star word on your spiritual heart as well.

3. March

- a. Begin to develop your own thoughts on the word
 - i. Journal about what that word means to you.
 1. Do you use that word? Do others around you use it negatively or positively? How has that word been used in reference to you

If you don’t have a star word, you can get one by clicking https://www.classtools.net/random-name-picker/47_PFKb2h and spinning the wheel (no cheating! You have to keep the first word!) or by seeing Pastor Charissa and picking one from the bag.

(Have people said you have that word/trait or that you lack it? Would they use it to describe you?) Do you love your word? Hate your word?

- ii. Do an online search or skim the newspaper for news articles that contain your word. Note in your journal what you read and learn through this search. It might seem to have nothing to do with your word.
- iii. Read the scripture passages you listed last month. Note in your journal what you read and learn through this search. It might seem to have nothing to do with your word.
- iv. In March, we remember St. Patrick, known for his trinitarian theology. A common symbol of the Trinity is the “triquetra”. Find a picture of one you can cut out and write your 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.

4. April

- a. What is God saying to you about this word?
 - i. Why is this word important? Why would it come up in a list of “spiritual” words?
 - ii. Journal about the themes, ideas, or actions that have come up in your study.
 - iii. Make a list of ideas for “living” your star word based on what God’s been saying to you.
 - iv. Holy week and Easter usually fall in late March or early April. Cut out a cross and write your word on it. Hang it up like the others. Think about what that word has to do with redemption.

5. May

- a. Begin to “lean into” your word
 - i. Each week this month and in the following months, pick one of the ideas from your “living the star” list and make it a practice that week. As the year wears on, you may need to recycle these and/or come up with more.
 - ii. 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!
 - iii. 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.
 - iv. 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.

6. June

- a. Reflect on how living this word feels
 - i. Journal on how your ideas and perceptions of your word have changed or grown.
 - ii. How does this word fit into themes and ideas that have come up in scripture or music or conversation at church?
 - iii. The birthstone for June is a pearl. Pearls are often used in Scripture and other places to represent something very precious. Cut out a paper 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.

7. July

- a. Share your word with others
 - i. 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.
 - ii. 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.
 - iii. Have a discussion with some others about the meaning of the word.
 - iv. 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 a 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.

8. August

- a. Reflect on where you've seen God through your word this year
 - i. Where have you seen God at work generally this year?
 - ii. How has the study of your star word affected the way you've seen God at work this year?
 - iii. How do you think you could keep growing with this word? What still bugs you about it? What do you still struggle with? List these things and reflect on them in your journal time.
 - iv. Cut out a 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.

9. September

- a. Start the new "school" year with your star word in your "backpack"
 - i. 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.
 - ii. 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?

- iii. Cut out a 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.

10. October

- a. The saints and your word
 - i. 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?
 - ii. 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?
 - iii. How does this word fit into the practices of a "saintly life"?
 - iv. All Saint's Day is sometimes represented with a sheath of wheat to symbolize the harvest. Cut out a paper sheath of wheat to write your word on this month.

11. November

- a. Give thanks for your word
 - i. Write a prayer, poem, or song of thanks to God for your word and what you have learned this year.
 - ii. 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.
 - iii. The cornucopia is a symbol of harvest and abundance. It's therefore used to represent thanksgiving for all we've been given. Cut out a paper cornucopia and write your star word in or on it. If you want to get really fancy, you can add star words from years past in your cornucopia.

12. December

- a. Awaiting the new star for next year
 - i. What is the most important thing (or few things) that you have learned this year?
 - ii. What do you look forward to as you await a new word next year?
 - iii. When you think about the star of Bethlehem this Advent and Christmas, think about your star word above the stable. Journal about what this means to you to see your word above the manger, pointing the way to Jesus.
 - iv. If you have a nativity at home, take down your star word from where it's been and put it over the scene. Think about this word leading you to Jesus.