



## Meditating on Your Epiphany Star Word

**Friday, January 6th is officially the Feast of the Epiphany, and like the Three Kings, or Magi, who followed the STAR to find Jesus,** the SpiritBound Digital Mission NH offers you a STAR WORD to guide you as you follow Jesus this year. We will also offer worship on Facebook Live on Sundays at 7pm through February 19<sup>th</sup>.

**Though your STAR WORD was picked randomly, trust it was also guided by the Holy Spirit.**

We encourage you to accept the word given with an open heart to learn how the Spirit might be calling you to live into the word. If you would like to write your STAR WORD on a star and color it in to post on a home altar or somewhere to remind you, here's a star template from Illustrated Ministry: <https://files.constantcontact.com/1c24932a601/d6a1ee48-e86e-4aab-83eb-87d9e09903e8.pdf>

### **Ways we might understand STAR WORD spiritually:**

1. The Magi followed a star, which led them to Jesus. Our creative prayer practice, such as meditating on a STAR WORD, can also lead us closer to our Creator.
2. 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.
3. In our prayer we strive to balance our speaking with our listening. A STAR WORD gives us an opportunity to listen deeply and hear God in a new way.
4. In being given a STAR WORD chosen randomly, we are receiving a gift over which we have no control. With this gift we are invited to receive God's grace and let go of our striving to do, to act, or take over.

### **Ideas for praying with your STAR WORD:**

- Look up the definition of the word, even if you know it well. Learn about its etymology. What culture does it come from? How has its meaning changed over time?
- What does this word bring to mind as you contemplate? Does it recall any memories? How might God be speaking to you through the feelings and the stories this word evokes?
- Find this word or a synonym in the bible – what does the scripture tell you? Does this word remind you over other passages?
- Write a prayer using your word and pray it regularly

### **Here's a prayer from Michelle Thomas Bush for praying with your STAR WORD:**

*God, we acknowledge that we are not always ready to receive your best gifts for us. You have given us an epiphany word in order that our searching will bring us to you.*

*It is often our habit to turn aside, stumble over, or even reject experiences and encounters that we later understand have been precious gifts.*

*Help us to be open to the gift that you offer us now through our star words. We acknowledge that we do not fully understand what this word might mean for our faith, but we receive it from you with gratitude and pray that your Spirit will enable us to live into our word with intention and faithfulness. Amen.*

### **Articles to Read More....**

[Wink- Epiphany Star words](#) or [Star Words: A Spiritual Practice for Epiphany](#)

### **Pass It Along...**

As part of being dedicated to reaching out to those who are Spiritually Curious, we ask you to pass this invitation along to a friend or family member whose life might be enriched by a self-guided meditation practice for the season. [Have them email Pastor Alanna at SpiritBound Digital Mission- Subject: Request a Star Word. \(avanantwerpen@nhepiscopal.org\)](#) This is also how we become “Guiding Stars for Each Other” on our journey as spiritual beings called to God’s light.

*For more information about SpiritBound Digital Mission NH*

*or to join Sunday Worship at 7pm find us on Facebook at*

<https://www.facebook.com/DigitalMissionNH/>