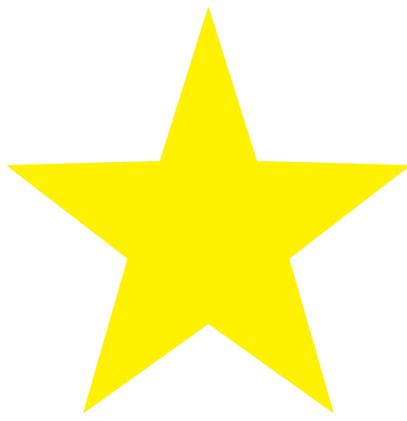


## Star Words Reflection Guide: **The Season of Lent**

During the Season of Lent (Ash Wednesday-Easter), the focus of our spiritual lives is on humility and devotion. As we journey with Jesus to the pain of the cross, anticipating the joy of the empty grave- we think on life and death, and the temporary nature of our humanity. We are honest with ourselves about our failings as God's people, we lament the pain we have caused or known, we confess our sins, and we seek to change direction, to take first steps toward more devoted hearts and faithful action.

Our Star Words, and the work we have done with them through the season of Epiphany, provide a way to focus our reflections, our confessions, and our commitments during this season of Lent. Use the questions and prompts on the attached worksheet to prompt your reflections. If you can, work through these questions in the first few weeks of Lent, then review them and reflect on them in the later half of Lent, allowing them to become the longing and prayers of your heart. Make sure to keep your worksheet and any additional pages from Lent, and these new pages together, so that as we move into Eastertide and beyond, you can refer back to these thoughts and build from them.



## **humility- confession-honesty-lament-fragility-change-devotion**

---

(use additional pages if needed as you record your thoughts and reflections...

Look back over the quotes, verses, memories, hopes, etc. that you wrote during Season of Epiphany as you began your work with your Star Word...

- What memories and hopes awaken a deep longing in you? What is the nature of that longing?
- What memories and hopes awaken a sense of grief or regret in you? What is the cause of the grief/regret?
- What words and images bring forth a feeling of joy and peace?
- What words and images make you uncomfortable?
- What quotes and Bible verses stand out to you?
  - In what way do they speak truth about you?
  - In what ways do they lead you to feel a need for a change in your heart or life?
- How has (or is) your Star Word been a part of your relationships with others- in healthy or unhealthy ways?
- How has (or is) your Star Word been a part of your relationship with God- in faithful or unfaithful ways?
- How has (or is) your Star Word been a part of how you understand yourself?
- How do you feel your word leading you at this point? To praise? To lament? To confession?