

## How the stars can remind...

By: Katie Farnquist, LLPC

While helping in the nursery the other day, a lovely woman (who comes to sing with the little ones and lets them play her guitar) sang a different version of Twinkle Twinkle Little Star. My two year old requests this song several times each day. This woman sang, "Twinkle twinkle little star, God has made you what you are." The rest of the song was the same but that line made me smile. As I try to raise my daughter to know and love God, that little change was a fun twist. I might change the line to "God has made you *who* you are" for talking about how God created us to shine like the stars in the universe (Phil. 2:14-16). I cannot say I have a deep interest in stars, although I find them interesting. I enjoy looking at them but do not have a telescope. They calm me down but I do not often stop to make time for enjoying them. They are amazing but are also so far away. One thing that sticks with me about stars, even during the winter when they seem to hide from us Michiganders, is that they can be a reminder about prayer. While just thinking about stars can help us remember our insignificance, how big the universe is, and thus how great God is, the letters can remind us how we can approach this big, amazing, loving, and fearful God.

**S** stands for **Sing**, let us sing to our God who is worthy of praise. May we start our prayers recognizing who God is, adoring him.

**T** stands for **Thanks**, so we might always be mindful that whether in times of joy or storms, there are gifts we have received from God and we ought to be grateful.

**A** stands for **Admit**, because God called us to admit our sins to Him so he can cleanse us and heal us.

**R** is for **Request** because God wants us to ask for the desires of our hearts, even though he already knows. This is very similar to the ACTS version or teaching prayer, Adoration, Confession, Thanks, and Supplication.

**S** is for **Silence**. I so often request, plead, thank, or even confess, but I do not often stop to listen. Not to say God will necessarily speak some profound insight or comfort me, or even that anything will happen at all, because my actions do not force God to act, but by creating the space for listening, I will be more apt to hear when God is trying to teach or direct me.

As spring begins to bloom, may the things God has created remind you of His desire to commune with you, to hear you, and to be listened to. Not that every great relationship has this form of communication at every sitting. Sometimes a quick "I love you" or "I don't know what to say" or "God please help" is enough, but may there also be rich conversations and silence. God has so much more He wants to reveal to us.

I sometimes need lots of reminders, so if you are like me, here is another avenue. Music can stay with us in a powerful way and here is one of my recent favorites about stars: Skillet – Stars

<https://www.youtube.com/watch?v=NtzrLpxM298>

If you'd like some humor concerning prayer, check out the SkitGuys and look up *The Way We Pray* video :)

<https://skitguys.com/videos/item/the-way-we-pray>

*"True prayer is neither a mere mental exercise nor a vocal performance. It is far deeper than that - it is spiritual transaction with the Creator of Heaven and Earth."* - Charles Spurgeon

*"God speaks in the silence of the heart. Listening is the beginning of prayer."* - Mother Teresa

