

# Relationship Rehab Show

## FREE DOWNLOAD: Episode #28 - Are You Following Your Star?

What dreams did you have as a child? One recent interviewee, Mindy in Episode #23, dreamed that someone would take care of her and that her life would be peaceful. After two difficult marriages to alcoholics, she learned that she must be in charge of creating her own life of peace. My younger son loved anything that required a uniform. He was first a paramedic and is now a Highway Patrolman. I dreamed of having a happy, loving marriage and writing books to help others have happier relationships. That dreamed helped me navigate the years it took, the lessons I had to learn and the confidence I had to grow before I achieved either goal.

An allegory is the expression of truths about human existence by means of symbolic fictional figures and their actions. This episode was recorded in early December, so the stories surrounding Christmas are being retold and enacted in church plays. Whether you believe the Bible Christmas stories are true or you think they might just be allegories, I'm going to take a look behind the scenes at the story of the Wisemen following a Star. Whether true or an allegory, this story has a lot to teach us.

The world of astronomy and astrology is all abuzz! There's a new star in the heavens that no one ever noticed before! Simon and two of his astronomy buddies somehow get the cockamamie idea in their heads that they should follow wherever this star leads them. Their family and friends said, "What the heck? Why? What good will it do them? They're spouting nonsense about finding the future King of the World if they follow the star. They expect to become famous for not only making a trek across thousands of miles but perhaps being the first to meet a future king? They must be crazy!"

While these three men prepare for a long, expensive journey, buckets of criticism are heaped on them. Many try to talk them out of being so irresponsible. Their children are complaining about the family fortune being spent on a stupid adventure! Their wives are saying, "You want me to go with you? No way! You are so unreasonable! There will be dust storms and terrible heat. I'll have to leave my friends for who knows how long, and our children still need me at home. You go have your mid-life crisis on your own. If you make it back home, maybe I'll be here and maybe not."

The three of them talk it over privately. They ask each other, “What if we’re wrong about the guidance we think we heard? What if we spend all this money, time and effort and in the end it’s all for nothing? What if we’re robbed along the way? What if this grand dream is just an illusion. Everyone we know will laugh at us when we return with nothing to show for our efforts! One of us is in poor health...Will you be able to stand the rigors of the journey?” They admit to each other that all of those things might be true. They agree to sleep on it one more night and make a final decision in the morning.

They reconvene the next day. Simon says, “I think we were asking the wrong questions yesterday. What if the idea truly is from the God of the Universe, and we say ‘No thanks.’ What will it be like to forever wonder what we may have missed if we refuse to go on this journey? And, if we refuse to go, who else will be chosen to go instead?” His two friends admit they tossed and turned all night with the same kinds of questions going through their minds. They finally agree that they’d rather risk failure than pass up the opportunity to live this great adventure.

They gather their supplies, the camels, the food for themselves and the entourage and launch out. Later they report that one of the camels fell sick and had to be replaced. Two of their staff conspired to rob them of nearly all their supplies to sell to another caravan. They had to stop for two weeks while Simon recovered from food poisoning. Once they got confused and took a wrong road. It took a week before they realized they were no longer following the Star and had to turn around and reconnect with this Guide.

When they sensed that they were close to the end of their journey, they called on the local king of that territory to find out if he knew anything that would help them. He not only wasn’t helpful, but then issued an edict to kill all the baby boys in the area to be sure any future king would not grow up to challenge him!

They were finally led to a most unimpressive, humble abode of a carpenter with his young wife and baby boy. This was not at all what they had envisioned. *A future king lives here?* “Star, are you sure? Before we give our expensive gifts to this poor family, we need reassurance that we’re not making a big mistake!”

They consulted the Star, and again, in a way that couldn’t be disputed, they were reassured that they had arrived at the right place to acknowledge the birth of the right person. Bowing their heads in surrender and worship, they presented their gifts to the Christ child. Mary and Joseph shared the visions they had received that started them on their journey.

They all agreed that God was at work in ways that were very strange and totally odd from their human points of view. But the messages they all had received were so supernatural in their power that they felt compelled to say “Yes” to their respective roles in this amazing event. The Wise Men warned Joseph and Mary to immediately move far away to avoid the slaughter that would soon be enforced by King Herod.

The Wise Men made the long journey home filled with awe and gratitude that they had ignored the nay-sayers and criticizers and scoffers. They fought through their own self-doubts and followed not only the Star but their own inner guidance that they were about to take part in an amazing adventure. When they arrived home, some of their family and friends still didn’t believe the Wise Men’s accounts. Their story of meeting a future king was crazy! Impossible! Some were envious of their courage. But the Wise Men lived the rest of their lives at peace...knowing what they knew...without a doubt...that they had been privileged to play a part in the greatest event in the history of the world. All because they said “yes” to their inner guidance and followed the Star.

I have not met anyone whose dream played out exactly as they expected it to in the beginning. But I have met many persons whose dream prompted them to take action in particular direction...started them on a journey...that eventually took them through challenges and set-backs and disappointments, even to the belief that the dream was dead, only to realize that the dream ended up looking different than expected, but was deeply fulfilling in that it called the individuals forward to grow into a much better versions of themselves before they saw their dreams become real.

Today take one step toward following your own star. Enroll in a class. Invite a neighbor to lunch. Fill out an application. Make a phone call. Put your dream on paper. Make a list. Even the Wise Men could only take one step at a time, one day at a time!

You have my love and support,

*Nancy Landrum*

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