

Holiday Idea Card

New Year's

High, Low, Buffalo!

Best Use

As a family or group activity over dinner or dessert!

Goal

To reflect on the year gone by: What were the high points, what were the low points, and what were the “buffalo”? (A random moment or story you will take with you!) This will also serve as a great opportunity to look to the future.

Advance Preparation

- Prepare a special meal or dessert (why not both!)
- Let everyone know ahead of time that this will be taking place so they can take time to reflect and prepare.



Serve It Up

Follow these steps for a great experience...

1. Pick a night in December or January and put it on the calendar! This activity might work well at a New Years Eve party, where people will already be inclined to reflect on the year behind and dream of the possibilities of the year ahead!
2. During the meal, dessert, or other allotted time, invite each person to share their yearly...
 - a. High: What was the best thing that happened this year?
 - b. Low: What was the worst thing that happened this year?
 - c. "Buffalo" : What is one random memory or story?

Encourage each person to share a minimum of one high and one low. (but make space for more if time allows) It is important that each person is able to share without negative comments, interruption, or arguing from others present.

3. Take time to ask questions after someone shares.
For example: What made that memory so good that you would deem it the "high" point of your year? How did going through that "low" experience make you feel? Isn't it funny what random stories and memories stick with us!?
4. After each person has shared, reflect on a few relevant Scriptures that show how God is present during both the highs and lows of life.
Here are a few examples:
Philippians 4:4-13 / Romans 8:35-39 / Matthew 28:18-20 / Romans 8:26-30
5. Spend time discerning goals or focuses you have felt God calling you to in the days ahead. Sing a song of praise to usher in the New Year.
For example: "For thy Mercy and thy Grace," or "Another Year is Dawning"
(Mennonite Hymnal #509 & #510)
6. End your time together in prayer, thanking God for being present throughout all that was experienced in the last year and asking for his protection and guidance in the New Year you are about to embark on!

