

# *Holiday Idea Card*

## New Year's One Word

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### Best Use

As an individual or group activity.

### Goal

To reflect on what God has been doing in your life and discern what God desires for you in the year to come.

### Advance Preparation

- Background music: Soft or instrumental worship
- Blank sheets of paper
- Coloring utensils
- Picture frame (if desired)



## Serve It Up

Follow these steps for a great experience...

1. **Prepare your heart:** Begin by looking back at the previous year.
  - a. What one word can be used to summarize it?
  - b. Write that word on the page somewhere.
    - i. Be open, honest and truthful, realizing that the word doesn't have to be positive
2. **Listen for God: Ask God** to give you/reveal to you one word for the year to come and **listen for** that word.
  - a. In this way, we are letting God define the New Year for us.
  - b. The word might not make immediate sense and that is okay.
  - c. If doing this with others, share your word with them.
  - d. You are not picking a word; you are receiving a word from God.  
These questions might help you:
    - i. What do I need?
    - ii. What's in my way?
    - iii. What needs to go?
3. **Write it out:** Write down the word or phrase you received.
  - a. Take time to color and decorate the page.
  - b. Draw pictures if that helps!  
(Especially if young kids are doing this with you)
  - c. Write down any immediate expectation that word gives you and save it for future reference.
4. **Hang it Up:** After you have finished decorating, hang the word in your house at a spot you will see daily. (Using a picture frame if you want to.)

**Steps 5 & 6 are to be done at the end of any year that you started by doing steps 1-4**

5. **Revisit your Word:** At the end of the year, revisit the word you were given:
  - a. Reflect on how that word described your year.
  - b. Look back on the expectations you first had when you received your word. Were your expectations accurate? How did the ways your word actually described your year differ from expectations?
  - c. If you did this exercise with a group, take time to share your reflections with that group.
6. **Do it again:** Repeat steps 2-4 for the New Year!