

The Power of a Blessing

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Five Parts of a Blessing

1. **Words:** Speak God's Word over those you want to bless. These include positive and empowering promises from Scripture.
2. **Touch:** Touch the shoulders or the arm or head of the one you are blessing.
3. **Value:** The person being blessed feels value. They are empowered to live up to the words that are spoken over them (leads to behavior modification).
4. **Biblical blessings look to the future:** As we bless, we are to paint a picture of a wonderful future full of unlimited potential and of God's intentions for the person we are blessing.
5. **Commitment:** As we give blessings, we must be committed to living for the Lord and for the best interest of the person we have blessed. We must be aware of how God might want to use us to help in the fulfillment of God's dream.

Four Types of Blessings

1. **A blessing spoken by God to the people:** A benediction by God, promising His favor, such as the blessing given to Abraham.
2. **A blessing spoken by people to God:** When we "speak well" of or "express praise" to God, then we are blessing Him. The Psalm's are full of blessings to God. "Bless the Lord, O my Soul, and forget none of His benefits" (Psalm 103:2). "Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual Blessing" (Ephesians 1:3).
3. **A blessing spoken by God or people over things:** God promises to pour out His favor on the material resources of the Israelites if they obey Him. "Blessed shall be... the produce of your ground and the offspring of your beasts... Blessed shall be your basket and your kneading bowl" (Deuteronomy 28:4, 5).

People spoke blessings over things as a way of dedicating them to God and setting them apart for His favor the blessing of food. Jesus showed the potential of such a practice when he blessed the loaves and fishes, calling down God's miraculous power to multiply them (Matthew 14:19–21).

4. **A blessing spoken by one person to another:** This was done in the name of God, who is the source of all blessing. Isaac's blessing of Jacob, Aaron's blessing on the Israelites is another. The general meaning can be referred to by the literal translation of Eulogeo "to speak well of, to express praise. This is probably what Jesus meant when He told His disciples, "Bless those who curse you, pray for those who mistreat you" (Luke 6:28). Paul in his speech, "When we are cursed, we bless ... when we are slandered we answer kindly."

The more specific meaning of blessing is the intentional act of speaking God's favor and power into someone's life, often accompanied by a gesture such as laying hands on the person. This is the kind of blessing spoken by Isaac to his son Jacob, by Jacob to his son's. (Genesis 48: 8, 49)

Ways to Give a Blessing

1. **Bless your family.** Think of an expression of appreciation as an adornment placed on the recipient that brings honor to that person, whether alone or in the presence of others. We use the power of words on a daily basis to encourage, strengthen hurt those around us. This happens in all our relationships. God wants us to convey His grace to others, that is why He has appointed us to be a blessing. We do that through our words. "Death and life are in the power of the tongue" (Proverbs 12:18).
2. **Start blessings today.** If you are blessing your children, age does not matter. You may have to clear the way and get rid of some of the hurts and bad feelings that have crept in. Manifest a spirit of forgiveness. See them the way God sees them. Blessings are a behavior modifier, in yourself and in your children.
3. **Blessing should not take the place of prayer.** Blessing, prayer for your children, and prayer with your children are all ways of including children in our conversations with God.
4. **Explain what you are doing and why.** Teach children that even as they are blessed, they will have opportunities to offer blessings to others. Teach them the power of their words.
5. **Choose words for your blessing by referring to Scripture.** Words do not have to be the same every time, though there are benefits to continuity.
6. **Always include in your blessing an invocation of the name of God.** Use the names of God that are most meaningful to you or to the person you are blessing. His names help us to comprehend the awesomeness of God the infiniteness of His power. By using His name my blessing becomes a vessel of His grace.
7. **Put your hand or hands on the head of your children when you bless them.** You can do this with others if it is an adult put your hand on their shoulder. You could hold your child in your arms.
8. **Look for every opportunity to bless others.**
9. **Seek God's wisdom on what biblical or biblically-inspired blessing is right for your family, friends or the situation and begin to use it.** Blessings do not have to be the same for everyone.

Now to Him who is able to keep you from stumbling, and to make you stand in the presence of His glory blameless with great joy, to the only God our Savior, through Jesus Christ our Lord, be glory, majesty, dominion and authority before all time and now and forever. Amen Jude 14:25

The Power of Blessing Worksheet

"Finally all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous, not returning evil for evil or reviling for reviling, but to the contrary blessing, know that you were called to this, that you may inherit a blessing" (1 Peter 3: 8-9).

When we understand the power of the spoken word for good or evil in our daily conversations, we can learn to use that power intentionally to bring blessing to our children and to others in our lives.

1. What is a blessing? The blessing is an impartation of the supernatural power of God into another person as spoken by a delegated authority of God.
2. True blessings spoken over someone or something always describe the way God sees them.
3. "Blessing is not one sided where we simply receive it. It has the power to in turn change the lives of both those who give blessing and those who receive it. Gifts of blessing often require gifts of forgiveness" (*The Power of Blessing*, Kerry Kirkwood).

REFLECTIONS

What we are called to do is to bless and to receive the blessings. Blessing—and its counterpart cursing—will affect affect our lives and establish life patterns in ways that we are not even aware of. Blessings are redemptive and restorative, because we become the vessels that God uses to share His grace with others. Blessings move us to see others from God's perspective and to a positive attitude towards them. Blessings have the power to turn lives around. Reflect on ways that you can bless your family, your friends and your relationships. Blessings are healing.

Is there someone that God is asking you to bless?

"Bless those who curse you. Pray for those who mistreat you" (Luke 6:28). Ask God to give you the name of someone you need to forgive or ask forgiveness from so you can pray a blessing for them.

"Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers" (Galatians 6:10).

Pray a prayer of Blessing. Ask God for the right Scripture promise. May God's full expectation be fulfilled for in their lifetime. May God grant all His intention for them.