

Writing a Spiritual Blessing

"All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ...I pray that out of His glorious riches He may strengthen you with power through His Holy Spirit in your inner being."

Ephesians 1:3, 3:16

As Christians, we are the recipients of God's ongoing blessing and we are called to share that blessing with others (our parents, spouse, children, friends, strangers, even our enemies). The Old Testament Hebrew word for blessing means "to bow the knee" as a sign of honour and respect. The New testament Greek word means to, "speak a good word" over someone. In blessing us, God is telling us how highly he values us. When we bless one another, we remind one another how important and significant our lives are to each other. And when we bless God, as in worship, we are telling God how important he is to us.

When we speak or write a blessing, we are affirming what, by God's grace, is true and good about someone. It is about speaking words that are life giving and fill their minds and hearts with the things that God says about them. Words of blessing are powerful because they impart the endowment of God's goodness, grace, and favour in someone's life. Just imagine what life would be like if you and those around you lived in the love, truth and power of God's blessing every single day. Over the next month, we are taking up the challenge to bless others.

Getting started:

Choose: Take some time in silent prayer before God and ask Him to bring to mind the people He wants you to bless. Record the names of people who come to mind from your family (children, parents, siblings), your workplace, your friend group or neighbours. Then ask God to highlight who in particular He wants you to bless. Who needs a reminder that they are loved and valued by God? Try to choose one person per week.

Pray: Begin by praying for that person by name for several days. Ask God to watch over them, guide them, reveal Himself to them, remind them of who they are to Him, provide for them and use them for His purposes.

Observe: Reflect on the good things you perceive God doing in their life right now. Where do you get a glimpse of God working or revealing Himself through them? Record words that describe this person's value in your eyes and in the sight of God.

Describe: Write down things that are noteworthy that you have observed about this person's actions or character. What makes them unique? What do you like about them? How are they excelling? How have you witnessed them growing in their faith, maturity and/or abilities?

Select a Scripture: Prayerfully read through your Bible and choose a Scripture that conveys a positive message suitable to the person you wish to bless. Write a sentence that connects them to the Biblical truth revealed in the Scripture.

Ask: What do you want God to do for them? Describe the ways in which you believe this person can be used by God to encourage and bless others in the future. If appropriate, state how you are willing to assist this person to achieve the future you have pictured for them.

Write: Craft a written blessing that summarizes the information and truth you have gleaned. This is not a prayer. A prayer is addressed to God. A blessing is addressed and directed to the person being blessed. As you write, be yourself and use common language. There's no right or wrong way to bless someone because it's coming from your heart and you're speaking truth that God is going to use. You don't have to write a long letter for the card to bless the recipient, but your words should be intentional.

Share: Pick a time and place to share the blessing. You could simply write it in a card and drop it off or you could speak the blessing personally through words. This can be a little intimidating but very meaningful. Why not plan to do both, if you are able. Blessings are great "gifts" to give on special occasions such as a graduation, wedding, birthday, new job or when someone is moving, etc.

Now don't stop. Become intentional about blessing others as a life practice and spiritual discipline.



Additional Book Resources:

The Blessing: Giving the Gift of Unconditional Love and Acceptance by Gary Smalley & John Trent

The Power of Blessing: Discovering your True Identity and Destiny in Christ by Terry & Melissa Bone