The Blessing

I. General Blessing

The general or recurring blessing (you may choose to do it daily, weekly, or monthly) is a powerful tool for helping our children and grandchildren know, love and follow Christ with all their heart. Through the laying on of hands and the spoken words of blessing, we become conduits for a consistent, deliberate encounter with God’s transforming power and favor, and a wall of protection in which they will experience a sense of security in God.

Here are steps that will help you in the establishment of a Recurring Family Blessing for each of your children/grandchildren…

1. If the children are old enough, explain to them what you want to do with the blessing and why.
2. Hold them or touch them in a sincere and meaningful way when you say the blessing over them, laying one hand on their head as a symbol of your being an instrument through which God blesses.
3. Pick a time and frequency and stick with it. It can be daily, weekly or whatever you have them over to your house, but the key is consistency.
4. Choose the blessing you will say. It can be the same blessing every time, or you can vary the blessing from time to time. (See examples below)
5. JUST DO IT!!! It is never too late to start, but it is always too soon to delay

Examples of Blessings from Scripture

The LORD spoke to Moses, saying, “Speak to Aaron and his sons, saying, Thus you shall bless the people of Israel: you shall say to them, the LORD bless you and keep you; the LORD make his face to shine upon you and be gracious to you; the LORD lift up his countenance upon you and give you peace.

“So shall they put my name upon the people of Israel, and I will bless them.”

Nu 6:22–27

Numbers 6:22–27

Then the LORD spoke to Moses, saying, “Speak to Aaron and to his sons, saying, ‘Thus you shall bless the sons of Israel. You shall say to them: The LORD bless you, and keep you; The LORD make His face shine on you, And be gracious to you; The LORD lift up His countenance on you, And give you peace.’ 27 “So they shall invoke My name on the sons of Israel, and I then will bless them.”

Ephesians 3:17–19

so that Christ may dwell in your hearts through faith; *and* that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.

2 Thessalonians 2:16–17

Now may our Lord Jesus Christ Himself and God our Father, who has loved us and given us eternal comfort and good hope by grace, comfort and strengthen your hearts in every good work and word.

Romans 15:13

Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.