

Blessing

Affirm Your Child's Value

Every child needs to experience something the scriptures call "the blessing." This brief guide can help you begin the process by imparting the kind of blessing only a parent can give.

WHAT IS THE BLESSING? The blessing is a powerful tool with which we communicate acceptance and genuine commitment. The word comes from the ancient practice of weighing coins on a scale to determine value. Blessing someone "adds value" to his or her life. We see in scripture the word bless or blessing used almost seven hundred times. The Bible also gives us great evidence that our God is a God of blessing. We receive that blessing from our Heavenly Father and have the wonderful opportunity to pass it on. There are five basic elements of the blessing that, combined, have tremendous impact.

B – BE COMMITTED: This is not a fleeting moment or mere symbolic event. It includes an active, long-term commitment to the child's well-being by accepting responsibility to help them become all God intends.

L – LOVINGLY TOUCH: The power of a hug or placing your hand on your child while affirming them creates an important physical connection and communicates warmth, acceptance & relational health.

E – EXPRESS VALUE: Just like we add value to someone's pocket by handing them a coin, we add to a child's life when we use words that attach high value to them as a person.

S – SEE POTENTIAL: Parents best see a child's natural strengths & foresee possibilities for their future. Giving the blessing includes picturing a special future and cheering them toward achieving their potential.

S – SAY IT: An effective blessing must be put into words whether spoken, written or both. Simply being present is not enough to communicate the blessing. Words of affirmation are necessary for the child to know he or she is appreciated and accepted.

WHO NEEDS THE BLESSING? Everyone needs to experience unconditional love and acceptance from their parents. Those who didn't receive it can spend later years trying to fill the void missed at home. Those who did receive the blessing have a tremendous advantage in life. An example of this dynamic is recorded in Genesis chapter 28 in the story of Jacob's two sons.

WHO CAN GIVE THE BLESSING? Anyone can give the blessing, but the most important and powerful blessing should come from parents.

WHEN SHOULD YOU GIVE IT? You can take advantage of special occasions and scheduled events to give the blessing in an intentional manner as well as capture informal, more spontaneous moments. You might want to start a nightly routine of blessing before bedtime or as you drop your child off at school or daycare.

- **On the Go Blessings:** Speak words of blessing to your child while driving to school, tucking into bed, celebrating an accomplishment or good effort, or writing a note to place in their lunch. You can use phrases like any of the following:
 - *I was so proud of you when I saw you...*
 - *I think God is going to use you in the future to...*
 - *God has gifted you with a unique ability to...*
- **Special Event Blessing Prayer:** Select a special scripture to pray over your child at a significant event in your child's life. Consider picking a verse that is fitting for the occasion and for your child.