



Create a Blessing for Your Child

What Is a Blessing?

A blessing is the good that God gives us, both material and spiritual. A spoken blessing over someone is a prayer for God to bless that person in a specific way. A blessing from a parent to a child communicates approval and value. The child receives a sense of his or her positive future held in the hands of God and supported by his or her parents. Formal blessings, such as this, are most often given with a touch, a spoken word and direct eye contact. The same phrase used in one blessing can be repeated throughout a child's life so that blessing phrase is remembered for a lifetime. Other blessings can be given for specific discipleship skills or character traits. These blessing phrases can change often.

Option One: Bless your child with a phrase to be used throughout your child's life.

What brief blessing would you pray over your child that affirms him/her and his/her uniqueness? Here are some examples:

Brooke, I pray that God fills you with his joy and that joy always overflows to others.

Tyler, may God bless you with wisdom to follow him in all your ways.

Jordan, I bless you as a daughter of the King to have a strong heart, kind touch and a generous hand.

Ryan, may God bless you to be faithful to the Lord and to be used by him for his high purposes.

Another way to compose a blessing for your child is to research the meaning of your child's name. Often a heartfelt blessing can be created from the meaning. Once you have discovered what your child's name means, use a concordance to look up related Bible verses. If you do not have a concordance, search for "Bible concordance" on the web and search for key words that will help you develop your blessing.

Example: Matthew Allan

Matthew: means "gift of God"

Allan: fair, handsome

The two names together might read "a handsome gift of God." Handsome could also be attractive. How can attractiveness be a blessing? It draws people. What is a gift? It is

something given without any requirements. With those beginnings, research verses from the Bible.

These two were found in the New International Version (NIV) for the words “*draw near to the Lord*.”

1. Ezekiel 40:46
“...and the room facing north is for the priests who have charge of the altar. These are the sons of Zadok, who are the only Levites who may draw near to the LORD to minister before him.”
Ezekiel 40:45-47 (in Context) Ezekiel 40 (Whole Chapter)
2. Ezekiel 45:4
“It will be the sacred portion of the land for the priests, who minister in the sanctuary and who draw near to minister before the LORD. It will be a place for their houses as well as a holy place for the sanctuary.”
Ezekiel 45:3-5 (in Context) Ezekiel 45 (Whole Chapter)

For “gift,” 159 entries were found. That will take some reading and discernment about gifts. In any case, a gift is a benefit.

So with the information gleaned, here is a possible blessing:

Dear Matthew, I bless you to be a gift of God to others and attract them to Jesus.

Or a more extensive blessing might be:

Dear Matthew, you are a gift from God. I bless you to draw people to the Lord to receive his free gift of Jesus Christ. May your words and your life be attractive, so that people will ask about the faith that is within you. I bless you to boldly speak of God’s love to any who will listen.

Option Two: Bless your child with a variety of blessings throughout his/her life that speak of Christ-like characteristics or discipleship skills.

Look at scripture verses for ideas. To give purpose, direction, and instruction, you may want to use a passage in part or entirety. Look for verses that start with command words, i.e., *follow, obey, share, grow, learn, pray, study, love, etc.*

To use scripture verses when speaking a blessing, you may find it more understandable to start the verse with the words “*May the Lord...*” or “*Let your...*” or “*I bless you to...*”

Here is an example of incorporating two verses in a blessing:

Ephesians 6:11, “Put on all the armor that God supplies. In this way you can take a stand against the devil’s strategies.”

Psalm 28:7, “The LORD is my strength and my shield.”

Scott, let the armor of God equip you to stand against the devil’s strategies. May the Lord be your strength and your shield your whole life long.

Suggested Bible Verses for Blessing Your Child

(From God's Word to the Nations)

Spiritual strength:

Exodus 15:2, “*The LORD is my strength and my song. He is my Savior. This is my God, and I will praise him, my father’s God, and I will honor him.*”

Obedience and receiving God’s promises:

Genesis 22:18, “*Through your descendant all the nations of the earth will be blessed, because you have obeyed me.*”

Deuteronomy 28:1, “*Carefully obey the LORD your God, and faithfully follow all his commands that I’m giving you today. If you do, the LORD your God will place you high...*”

Hiding the word in your heart:

Joshua 1:8, “*Never stop reciting these teachings. You must think about them night and day so that you will faithfully do everything written in them...*”

God is with you always:

Joshua 1:9, “*...Be strong and courageous! Don’t tremble or be terrified, because the LORD your God is with you wherever you go.*”

Be like a strong tree:

Psalm 1:3, “*He is like a tree planted beside streams—a tree that produces fruit in season and whose leaves do not wither. He succeeds in everything he does.*”

John 15:5,8 “*I am the vine. You are the branches. Those who live in me while I live in them will produce a lot of fruit. ...and therefore show that you are my disciples.*”

Wisdom and insight:

Proverbs 2:2,5,6a, “*My son [daughter], if you take my words to heart and treasure my commands within you, ... Then you will understand the fear of the Lord and you will find the knowledge of God. The LORD gives wisdom...*”

The Beatitudes:

Matthew 5:3-12 (Any of these verses have character traits for which you might like to bless your child.)

How to live:

Ephesians 5:15-21 (There are many thoughts here on how to live. Pick out those phrases that speak clearly to you and your child.)

Philippians 4:2-8 (These verses include suggestions on love, attitude, spreading the Good News, being joyful, considerate, not worrying.)

Inward peace:

Philippians 4: 7, "*Then God's peace, which goes beyond anything we can imagine, will guard your thoughts and emotions through Christ Jesus.*"

John 14:27, "*I'm leaving you peace. I'm giving you my peace...*"

Colossians 3:15-17 "...*let Christ's peace control you.*" (The remaining verses contain strong life principles, as well. Investigate these verses for more thoughts.)

Although young, be strong:

1 Timothy 4:12, "*Don't let anyone look down on you for being young. Instead, make your speech, behavior, love, faith, and purity an example for other believers.*"

Endure through testing:

James 1:12, "*Blessed are those who endure when they are tested.*"

Bless with words describing the preteen Jesus:

Luke 2:52, "*Jesus grew in wisdom and maturity. He gained favor from God and people.*"

More Information

Gary Smalley and John Trent wrote a helpful book, *The Blessing*. This book notes that five basic parts of a family blessing are:

- Meaningful touch
- A spoken message
- Attaching high value to the person being blessed
- Picturing a special future for the one being blessed
- An active commitment to fulfill the blessing