

# What Is Blessing?

**And God blessed them, saying, “Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth.”  
- Genesis 1:3**

**Do not repay evil for evil or reviling for reviling, but on the contrary, bless, for to this you were called, that you may obtain a blessing.  
- 1 Peter 3:9**

**“Freely you have received, freely give.”  
- Matthew 10:8**

**“Bless those who persecute you; bless and do not curse them.  
- Romans 12:14-15**

## WHAT IS IT?

‘Blessing’ is a word that is used for different things. Sometimes it just means good things ‘this sunny day is a real blessing.’ All good things are blessings in that sense of the word. Blessing can also mean giving something good. But we are specifically exploring the word ‘blessing’ as a kind of talking. This is when someone ‘speaks’ a blessing, or says ‘I bless you...’

*“Blessing is God giving power to something or somebody to do that which they are designed or intended to do. The creatures were supposed to fill the earth and multiply – so God gave them his blessing to do it.” - Philip Litle*

*A spoken blessing is a positive, Biblical statement that invokes the blessing of God in the life of another. The power of spoken blessings comes from God, Who Himself “hath blessed us with all spiritual blessings in heavenly places in Christ” (Ephesians 1:3). - [www.iblp.org](http://www.iblp.org)*

# **SPEAKING TO GOD OR SPEAKING FROM GOD?**

Prophecy, Prayer, Interceding , Preaching, Lament, Confession  
Word of Knowledge, Word of Wisdom, Praise, Forgiveness  
Thanksgiving, Baptism, Requests, Communion, Blessing

In blessing we stand in the middle of *talking to* and *speaking from* God.

To bless someone is to simultaneously:

- Talk to God and ask God for their good.
- Speak into their ears, mind and life: God's grace, love, power, peace.

So blessing often starts with "I". "I bless you..."

To bless someone is to live in the truth of who you are: a part of the priesthood of Jesus - people who are empowered to talk TO God for others, and speak FROM God for others!

## **ROY GODWIN'S JOURNEY OF BLESSING**

"I bless you in the name of Jesus to know God, his purpose for your life, and his blessings on you and your family and the situations of your life. Amen."

Having a heart to bless will challenge the judgmental mind-set that can colour how we look at those we live with and among. We can become a "grace first" people. We're still asking people to turn away from rebellion against God, but we're seeking to be part of the revelation from the Father that his primary desire is to bless those he created in his image.. As goodness, grace, and mercy are manifest, we can remind people to change their ways—they're ready to hear the words of correction when they've heard the shout of love. Jesus, for instance, saved a sinful adulterous woman from death and then gently suggested that she "go and sin no more."

- Godwin, Roy. *The Grace Outpouring: Blessing Others through Prayer* (p. 34). David C. Cook. Kindle Edition.

So we bless every household, we bless every marriage, we bless the relationship between family members of different generations, and we bless their health and their wealth. We bless the work of their hands. We bless every wholesome enterprise they're involved with, that they may prosper... We bless supportive networks of friendship that run through the community, because

they're a sign of the kingdom. We bless the pupils of our rural school and ask God to aid their learning. We bless the teachers and pray that school may be a safe and wholesome place, where simple childlike trust and belief in God and in Jesus can be comfortably maintained. We pray for both places of worship in the valley, that the word of God and the Spirit of God may flow out from both. Then we speak to the hearts of all the people who are in the community. We bless them to be safe and to be softened, so they may become more and more responsive to the voice of God. We bless them with the overflow of the kingdom of heaven being made manifest here in Ffald y Brenin. Before long we began to see the fruit of these prayers in quite miraculous ways. A man who rented a small stable in the community and did agricultural repairs had not been finding things easy. After we began blessing the valley in the name of Jesus, his business suddenly began to take off!

- Godwin, Roy. *The Grace Outpouring: Blessing Others through Prayer* (p. 31). David C. Cook. Kindle Edition.

After blessing someone, we may get out of the way' and let God's Word work!

## EXAMPLES OF BLESSING

May the Lord bless you and keep you,  
May the Lord's face shine on you and be gracious to you.  
May the Lord look on you with favour and give you peace. Amen.

- Numbers 6:24-25

May the Holy Spirit strengthen your inner being,  
May Christ live in your heart through faith.  
May you be grounded in the Father's love,  
May you grasp how wide and long and high and deep God's love.  
May you be filled with the fullness of grace! Amen. - Ephesians Ch 3.

God in your speaking, God in your thinking.  
God in your sleeping, God in your waking,  
God in your working, God in your resting.  
God on your lips, God in your heart.  
Father, Son and Holy Spirit, be with you. Amen. - An Old Celtic Blessing

May the Lord God bless you and keep you from the torments of fear and anxiety. May He cause His face to shine upon you with His power and love, and may He give you a sound mind. Through His perfect love, may God give you grace to cast out fear. May He lift up His countenance upon you with freedom

as you tell Him every detail of your need in earnest, thankful prayer, and may He give you His peace that surpasses all understanding as He keeps your heart and mind safe through Jesus Christ. - [www.iblp.org](http://www.iblp.org)

May the God of all grace, who has called you to His eternal glory by Christ Jesus, bless you and keep you strong during this time of testing. May He cause His face to shine upon you and give you grace to endure with patience. May He lift up His countenance upon you to make you perfect and complete in Him, to establish you clearly in the direction He gives you, to strengthen you through spiritual knowledge and by the power of His Holy Spirit as you seek Him with all your heart. May the Lord settle you, making you secure and confident in His love and provision for your peace and wellbeing. - [www.iblp.org](http://www.iblp.org)

We stand in the mighty Name of Jesus and bless this place, that all who live/work/rest/learn here might prosper under the mighty hand of God. We bless this place that justice and righteousness might take their proper place within these boundaries. We bless this place that the grace of the Lord might rest upon all who come here and bring peace. We bless this place that the Father's compassion might fall upon its people. We bless the poor that they might be lifted up. We bless this place that the knowledge of Jesus might come here like a flood. We bless the people in this place, that they would become a blessing to the world. We bless the people of God of this place for strength for the journey, that the joy of the Lord might be their strength. Amen. – Adapted from a prayer from Ffald-y-Brenin

## **BIBLE REFERENCE LIST**

Romans 15:5-6, 13. 1 Corinthians 1:4-9, 16:23  
2 Corinthians 1:3-7, 2:14, 13:7-9  
Ephesians 1:3-23, 3:14-21, 6:18-20, 23-24  
Philippians 1:3-6, 9-11; 4:6-8, 23. Colossians 1:3-6, 9-14; 4:2-6  
1 Thessalonians 1:2-3, 3:12-13, 5:23-24, 28  
2 Thessalonians 1:11-12, 2:16-17, 3:5, 16  
2 Timothy 4:22. Philemon 1:4-7.  
Hebrews 13:20-21. 1 Peter 1:3-9, 5:10-11.  
2 Peter 1:2-4, 3:18. 2 John 1:3. 3 John 1:2-3

- Pastor Matt Thiele, October 2019.