

THE POWER OF BLESSING

The word "bless" means to ask God for divine favor. To bless is to enable or empower. I'm blessed to be a blessing. Blessings spoken out loud have power to affect yourself and the person being blessed. The words go forth to be fulfilled. Blessings that are not verbalized (blessing thoughts about a person, but not spoken) have the power to change the heart of the blessing but not the blessed. Only words spoken have the power to change the heart of the blessed.

It is most important to seek God's blessings daily and to give them to others around us. As we receive all good things in our lives we must bless God for them. It is a very good custom for parents to bless their children; we must bless all our benefactors and pray for them; we must even bless those who do evil to us so that the Lord will react to our blessing by sending graces to our enemies. We must bless when we wake up, when we have our meals, when we do our work, when we contact the people we love and when we finish our day. When we bless we are allowing the good fruit stored in our souls to be shared by others. If we curse then we will prove that we have nothing good to give, since the Lord says that the tree is known by its fruit. (Luke 6:43-44)

Luke 6:27-28 But to you who are willing to listen, I say, love your enemies! Do good to those who hate you. Bless those who curse you. Pray for those who hurt you. NLT

Romans 12:14 Bless those who persecute you. Don't curse them; pray that God will bless them. NLT

Romans 12:17-18 Never pay back evil with more evil. Do things in such a way that everyone can see you are honorable. Do all that you can to live in peace with everyone. NLT

1 Corinthians 4:12 We bless those who curse us. We are patient with those who abuse us. NLT

Matthew 5:44 Bless those who curse you. Do good to those who hate you. NLT

Proverbs 12:18 Some people make cutting remarks, but the words of the wise bring healing. NLT

Proverbs 18:21 Death and life *are* in the power of the tongue, And those who love it will eat its fruit. NKJV

TESTIMONY OF BLESSING

Being blessed... oh, what a joy! When Richard places his hand on my shoulder and speaks a blessing over my life, it is the most amazing feeling. The peace and comfort I feel are so real and tangible, that I can feel them physically surround me, like a comforting blanket. The peace of God settles down on me and calmness envelopes me. What a gift it is to me. Mj

THE POWER OF BLESSING
HOW TO WALK FREE FROM UNFORGIVENESS

- The word bless means to ask God for divine favor.
- Holding unforgiveness, critical thoughts, judgment, resentment and bitterness in your heart puts you in prison and keeps God from dealing with the other person because you are. It is like drinking poison and expecting that it will hurt the other person.
- When you bless you open the door for God to change the things in you that need to change and releases God to be able to bring conviction on the other person.
- Blessings spoken out loud have power to affect yourself and the person being blessed. The words go forth to be fulfilled.
- What do we do when we have chosen to forgive someone but the offense keeps coming back to our minds? BLESS THEM. Actively bless them every time you think about them. Bless them out loud to release the power of your tongue, the power of God, the power of your testimony.
- Don't try to bless by telling God what is wrong with the person or how to fix them. That gets into judgment and criticism. (These two attitudes and spirits go together, but they are two different spirits.)
- When we bless God, we are praising Him, we are hallowing his holy name. We are acknowledging that He is our creator, that He deserves our best. We come in an effort to offer something good to Him, and yet He does not need anything from us, on the contrary we need so much from Him and we obtain it when we glorify Him. The happiness and joy of God is reflected in the happiness and joy of his creation. God created us to be in paradise, to receive all his blessings.
- To bless is to desire great happiness, joy, abundance and satisfaction in the name of God. As we praise God we wish the best for Him, we exalt Him and acknowledge His holiness. The result is the reaction of God to our prayers which is manifested in His blessing.
- But blessings can also flow from ourselves to other people, we can bless ourselves in the name of God the Father, the Son and the Holy Spirit, we can bless others in the name of God or we can bless them from the goodness of our hearts wishing the best for them, we can wear blessed objects as a sign of seeking God's blessing and protection. A parent can bless his children with the parental love God has placed in his or her heart and everybody should bless everybody around them even if they do it secretly in their hearts, since to bless is to call upon the great gift of God on others and ourselves.

- Let us bless, in order to invoke the blessing of God upon those we love. In fact let us even bless our enemies as our Lord recommends in order to be purified by the Love of our Heavenly Father.
- The blessing can be a consecrated blessing as when it comes from a priest or it can be an invocation of God's goodness for ourselves, another person or for any situation from us individually as believers in Christ. Nevertheless, a blessing carries something very special from the heart of God.

EXAMPLES OF BLESSING

These can be spoken when you are by yourself or with the other person; however, only speak them in the presence of the other person if it would encourage them. Otherwise, do it when they cannot hear you. You hear and God hears.

I bless _____

- With my love
- With my respect
- With divine health and well being
- With a good memory
- With a sharp mind
- With peace and joy
- With an intimate relationship with Jesus
- In their finances
- In their marriage
- spirit, soul and body; mind, will and emotions
- children
- job
- relationships
- home
- transportation
- With wisdom and knowledge from God
- With the fruit of the Spirit: love, joy, peace, patience, kindness, gentleness, goodness, faithfulness and self control
- With my forgiveness
- With safe travel
- With peace of mind
- With a fulfilled life
- With energy and strength
- With good sleep
- With favor
- With God's grace and favor
- With God's mercy
- With good eyesight and hearing
- With a revelation of God's love
- With a supernatural revelation of God's truth
- With divine appointments and divine connections with anyone that has anything to do with their destiny
- With divine appointments with people that will respect them and speak truth into their lives
- With strength and commitment to follow Christ no matter what the cost
- With courage to share Jesus and His Word with others
- With a spirit of humility
- With a sound mind and body
- With my loyalty
- Going out and coming in
- In the city and in the country
- Every step they take as a step of increase