

THE BLESSING - Smalley & Trent

The Blessing is a life-changing gift of unconditional love and acceptance passed down from one generation to the next. Through the Blessing, children (and adults) find out what it means to be highly valued and loved by someone else using five specific actions first laid out in the Bible. No matter your age, **the approval of your parents** affects how you view yourself and your ability to pass that approval along to your children, spouse, and friends. Many people spend a lifetime looking for this gift of acceptance the Bible calls...The Blessing.” John Trent, Ph.D.

The Blessing Challenge is your call to start living and giving the Blessing to those around you. Take the first step by accepting the Blessing Challenge and choose to change the life of those around you.

1 appropriate meaningful touch

Before a word was spoken, there was the laying on of hands, a hug or reaching out to touch. Appropriate touch conveys in powerful, non-verbal ways, our love and affirmation – preparing the way for our words.

2 spoken message

Biblically, a child wasn't left to “fill in the blanks” whether they were valuable to a parent or grandparent. Words were verbalized, including written words today, that can place unconditional love and acceptance into the heart of a child or loved one.

3 attaching high value

But what words do you say or write? The word, “Blessing” itself carried the idea that the person you're blessing is of incredible worth and value – even as an imperfect person. In short, you're helping a child “get the picture” that you see things in their life today, that make them special, useful and of great value to you.

4 special future

With our touch, with our words that attach high value, come a response in a child or loved one's heart that can be nothing short of transformational. The light going on in their heart and mind that the way God has made them, they can do more than they ever dreamed in living out a God-honoring future.

5 genuine commitment

“Blessing” a child doesn't mean we never discipline them or point out areas growth. But children “*know* at an incredibly deep level if they have their parents “blessing” – if that mom or dad, grandmother, aunt, uncle or other loved one really sees high value in them – even during the tough times. Genuine commitment is an unconditional commitment to an imperfect person that says as long as I have breath, I'll be there to seek to build these 5 elements of the Blessing into your life and life-story.

Many people confuse **the giving of a blessing** with the unconditional endorsement of all past or future behavior. Blessing a person would include their prosperous future in relationships, health, finances, wisdom, and influence. It is bigger than “*performance based acceptance*”

Blessing defined: Pronouncing Gods favor and protection. A grateful attitude for the benefit of something which brings an overall sanction and support.

Questions on Blessing: (are we more concerned with getting a blessing or giving (being) a blessing?) Zach 8:12,13
do we act like blessing = wealth?

1. Did Adam and Eve have Gods blessing in the garden?
 2. did they neglect that blessing? Did He restore it?
 3. Abrahams blessing? James 2:23, Gen 24:1
 4. Isaacs blessing to Jacob instead of Esau? Gen 26,
 5. Did Samuel give David the blessing when he anointed him with oil?
 6. The prodigals blessing? His older brother?
 7. Asking a Fathers blessing to take a bride?
 8. Solomon- 2 Chron 9:22, / Job – Job42:10 / Joseph Gen 39:2 / these men had great test before they were blessed
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Getting Gods blessing –

“But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.” [Jeremiah 17:7-8](#)

May he give you the desire of your heart and make all your plans succeed. [Psalm 20:4](#)

“The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.” [Numbers 6:24-26](#)

¹ The LORD is my shepherd, I shall not want. ² He makes me lie down in green pastures, he leads me beside quiet waters, ³ he refreshes my soul. He guides me along the right paths for his name's sake.

⁴ Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. ⁵ You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. ⁶ Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever. [Psalm 23](#)

Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing. [1 Peter 3:9](#)

Whoever gives heed to instruction prospers, and blessed is the one who trusts in the Lord. [Proverbs 16:20](#)

“Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,” says the Lord Almighty, “and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it.” [Malachi 3:10](#)

Blessed are those who hunger and thirst for righteousness, for they will be filled. [Matthew 5:6](#)

Received

his Fathers
Blessing / Approval

Positive benefits / strengths

1. Lives as a secure and emotionally healthy person with no identity crisis
2. accepts Christ because it is the right thing to do, it makes sense
3. Easy to trust people in relationships

Possible down side, consequences (could be)

1. Doesn't see a need for seeking out other relationships
2. Feels fulfilled in earthly father, doesn't need a heavenly father

Never

received his
Fathers Blessing
Or approval

Positive benefits / strengths

1. Seeks out answers
2. Becomes a student / learns how to improve relationships
3. Able to recognize his needs

Possible downside, consequences (could be)

1. Emotionally insecure, closed off
2. Resents people in authority (blames God)
3. Attaches to material things for identity
4. lives with addictions to hide the pain
5. overly competitive
6. Overachiever, always trying to prove something.