



# THE BLESSING

WAYS TO SPEAK INTO THE IDENTITY OF  
YOUR CHILD THAT WILL ALLOW THEM  
TO SEE AND LIVE OUT THE PURPOSE GOD  
HAS FOR THEM



David Rhody


## THE BLESSING

---

“The blessing is about pressing through your fears to give the generations to come identity, confidence, direction and vision regarding God’s purpose for them.”

Randy Wilson, *Celebrations of Faith*





You invest in things that are  
important to you.



# BLESSING

**Biblical references to the Blessing:** Gen. 1:28, Gen. 9, Gen. 12, Gen. 32:26, Matthew 3:17, Mark 10:16, Luke 23:34, Luke 24:50 and Revelation 22.

Time referenced in the Bible; **Chronos/Kairos**

**Chronos** refers to minutes or regular time (task orientated)

**Kairos** refers to moments (moves us to be present: relationship)

## **Kairos – In God's Appointed Time**

Moments of kairos - instances where a person is so dramatically overwhelmed with life events that time stands still and is no longer relevant. When the things of common, normal life cease, and a person's focus is directed on one defining, specific, notable and special moment that has deep significance to him, as life itself is put on hold, and the drama of kairos unfolds.

Kairos blessing is brought to life is in Matthew 3. "When He had been baptized, Jesus came up immediately from the water; and behold, the heavens were opened to Him, and He saw the Spirit of God descending like a dove and alighting upon Him. And suddenly a voice came from heaven, saying, 'This is My beloved Son, in whom I am well pleased.'" (Matt. 3:16-17).

## **Blessing**

"Blessing" in Hebrew means to speak well of, to invoke a benediction upon someone.

In the Greek it means to kneel or lay hands upon.

Paul in 2 Timothy 1:6 writes, *"I remind you to fan into flame the gift of God, which is in you through the laying on of my hands."*

In the spiritual realm, the laying on of hands stirs up the gift of God in the person being blessed.



Blessing is the key to the  
establishment of God's image  
of identity and destiny on the  
inside of people.

—Craig Hill, The Ancient Path



# IT'S ALL IN THE HANDS!

Brian Doyle, President of Iron Sharpens Iron

Almost every morning as we have breakfast together as a family, we hold hands and I pray specifically for each family member. We have done this for years. One recent day as we were eating breakfast, I realized that I had made an early morning appointment and I was late! I quickly got up and began to exit when my oldest daughter, Jessica, exclaimed, "Dad, you didn't pray for us!" I stopped in my tracks and put my hands on my oldest boy's shoulders and prayed specifically for him. This was a quick 20 second prayer. I moved to the left and prayed a 20 -30 second specific prayer for another son. I moved around the table and covered everyone quickly as I stood behind them, laid my hands on them and prayed specifically for them. My wife, Barb, even said, "I'd like a little of that."

Behold – a new tradition was born. We no longer 'hold hands' as I pray for each family member in the morning. Now I stand behind each one and rotate around the table. I place both hands on their shoulders and pray specifically for each person. The prayers are still pretty short, but my hands on their shoulders make the difference. God has wired us to be a blessing and 'to bless' each member of our family. It's all in the hands.

---

## BLESSING REVEALS

**Identity:** Telling who they are: you are valuable and work the life of Jesus Christ through you. (You are a Child of the King, treasure, joy, etc.) God has all ready predestined this:

**Revelation 2:17 NKJV**

*"To him who overcomes I will give some of the hidden manna to eat. And I will give him a white stone, and on the stone a new name written which no one knows except him who receives it."*

**Destiny:** Telling them they are destined to a great purpose on this earth.

**The blessing is the speaking of the obvious and asking God to reveal the complex.**

## **Genesis 32:24-30**

*<sup>24</sup>Then Jacob was left alone; and a Man wrestled with him until the breaking of day. <sup>25</sup>Now when He saw that He did not prevail against him, He touched the socket of his hip; and the socket of Jacob's hip was out of joint as He wrestled with him. <sup>26</sup>And He said, "Let Me go, for the day breaks." But he said, "I will not let You go unless You bless me!" <sup>27</sup>So He said to him, "What is your name?" He said, "Jacob." <sup>28</sup>And He said, "Your name shall no longer be called Jacob, but Israel; for you have struggled with God and with men, and have prevailed." <sup>29</sup>Then Jacob asked, saying, "Tell me Your name, I pray." And He said, "Why is it that you ask about My name?" And He blessed him there. <sup>30</sup>And Jacob called the name of the place Peniel: "For I have seen God face to face, and my life is preserved."*

## **Genesis 27**

### Isaac Blesses Jacob

*<sup>26</sup>Then his father Isaac said to him, "Come near and kiss me, my son." <sup>27</sup>So he came near and kissed him. And Isaac smelled the smell of his garments and blessed him and said, "See, the smell of my son is as the smell of a field that the Lord has blessed!"*

*<sup>28</sup>May God give you of the dew of heaven and of the fatness of the earth and plenty of grain and wine. <sup>29</sup>Let peoples serve you, and nations bow down to you. Be lord over your brothers, and may your mother's sons bow down to you. Cursed be everyone who curses you, and blessed be everyone who blesses you!"*

A blessing in Biblical times was significant to a family as we note in the lives of Jacob and Esau. These brothers fought over their father's blessing, which Jacob ended up stealing. Why would Jacob want to steal a blessing—mere words from his father? Isaac did not speak mere words to his oldest son, Esau. As a father, Isaac passed on identity and purpose when he blessed his off spring. A blessing of approval and personal significance can alter the course of not just one child but entire nations!



“These are not my thoughts—these are the things God has already put inside you. I’m just calling out what I see He has put there, so you can draw upon them.”

—David Rhody





## EXAMPLES OF A BLESSING

You are creating Kairos, a moment in time that will have time stand still for your children not only when you say your blessing to them but as they remember the words of their blessing when confronting the world.

- Find out the meaning of your children's names and tell them.
- If your children have placed their faith in Christ, tell them that they are princes and princesses of the King.
- Look directly into their eyes and tell them that they are beautiful inside and out.
- Pick a special character trait they exhibit and tell them God is going to use that special trait to minister to others in the years to come.
- You can also use specific Scriptures to communicate a blessing. A couple of examples from Psalm 1:1-3 and Ephesians 1:15-23:

*Blessed is Steven, who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But Steven's delight is in the law of the LORD, and on His law Steven meditates day and night. Steven is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever Steven does prospers.*

---

*For this reason, ever since I heard about your faith, Mitchell, in the Lord Jesus and your love for all the saints, I have not stopped giving thanks for you, Mitchell, remembering you in my prayers. I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you, Mitchell, the Spirit of wisdom and revelation, so that you may know Him better. I pray also that the eyes of Mitchell's heart may be enlightened in order that she may know the hope to which He has called her, the riches of His glorious inheritance in the saints, and His incomparably great power for Mitchell, who believes.*

*That power is like the working of His mighty strength, which He exerted in Christ when He raised Him from the dead and seated Him in the heavenly realms, far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come. And God placed all things under His feet and appointed Him to be head over everything for the church, which is His body, the fullness of Him who fills Mitchell in every way.*

---

## **Five components of the Blessing**

### **1. Meaningful touch**

(Placing hands on the person.)

### **2. Attaching “high value”- Identity**

(“You bring me great joy.” “You are a gifted musician.”)

### **3. A spoken message /Feelings/Pleasure**

(Describe what you see in the person and why you are proud of him or her.)

### **4. Picturing a special future**

(A continuation of the spoken message that says, “I see this in you, therefore . . .”)

### **5. An active commitment to fulfill the blessing**

(Setting a consistent time to actually give a blessing.)

Adapted from *The Blessing* by John Trent and Gary Smalley

Another way to bless your sons and daughters is outlined in the five components of a blessing above. With this is an opportunity to pray through character qualities from men and women of the Bible that you can use to attach as examples to show how they have found purpose in fulfilling them.

In the blessing example on the next page I have highlighted the following things I did when creating my children’s blessings. Attached is the blessing that I say to my son, Steven, as an example (*the items in the bold italic are my outline and prompts when I was writing them, but I do not say them during the blessing*).

## EXAMPLES OF A BLESSING

### ***Meaningful touch: hands on head or face***

#### **Name meaning:**

Steven—Mighty one in the kingdom of God; a man full of faith and of the Holy Spirit

#### **Attach high value:**

You are my child, my joy, a prince, a child of the King, a heir with a right to the throne, and a mighty warrior.

#### **A spoken message: Describe what you see in the person and why you are proud of him or her.**

**Picture a special future: A continuation of the spoken message that says, "I see this in you, therefore..."**

Both your mother and I believe you are destined to a great purpose. You are joyful, compassionate, sweet spirited, smart, you make people smile, you are kind hearted, gifted in music and sports, a good helper and you are creative. God is going to use these special traits to minister to others in the years to come. And as your father and as a family, we will help you grow in these gifts helping you use them to grow as a man that will reject passivity, accept responsibility, lead with courage and protect truth and justice. In doing so you have a promise of a greater reward: God's reward and blessing in your life.

#### **Closing—a prayer of Biblical character qualities:**

Give my son the wholehearted devotion to keep Your commands as David prayed over Solomon. May he obey God fully Like Caleb and have the obedient listening spirit of Samuel. May he be a mighty warrior like Elijah and have the passion of Abraham. May he be a friend of God like Moses, have the tears of Jeremiah, the leadership of Nehemiah, the courage of Stephen, the boldness of Paul, and the servant's heart and love of our Lord and Savior, Jesus Christ.

#### **And active commitment to fulfill the blessing:**

1st Sunday of each month

---

**Possible blessing for daughters closing:**

My daughter, you will be like Sarah, loyal and devoted. You will have the courage of Rahab, the prayerful perseverance of Hannah, the gracious wisdom to appeal like Esther, a responsive humble spirit of Mary, the boldness of Anna, the worshipful heart of Mary of Bethany, the hands to serve like Dorcas, and a broken contrite heart of repentance and love for her Savior, a heart fashioned to be the Bride of Christ "all glorious within" (*Ps. 45:13, NASB*).

---

Adapted from *Celebrations of Faith* by Randy and Lisa Wilson

# CREATE YOUR BLESSING

# CREATE YOUR BLESSING



## **GIVE YOUR SON A VISION OF AUTHENTIC MANHOOD**

*Resources to help you connect with your  
son, bring clarity to his life and grow his faith*

**[www.themeasureofaman.net](http://www.themeasureofaman.net) or  
[www.etsy.com/shop/ManOfValor](http://www.etsy.com/shop/ManOfValor)**