**The Power of Spoken Blessings**

**Does anyone here feel like their life is on hold?** Think about the things you say. God says that you have what you speak. To get your life back on track why not change the way that you speak and/ or the things that you say.

The importance of verbal blessings is expressed throughout Scripture. In four New Testament books, God gives us direct instruction to bless those who curse and revile us. Obeying this instruction produces results that are not expected by the one who gave the curse or the one who was cursed.

A verbal blessing is made up of three powerful forces: (1) our words, (2) God’s Word, and (3) God’s name. The power of our words alone is affirmed by the Scripture that states, “Death and life are in the power of the tongue” (Proverbs 18:21).

**With verbal blessings we come into agreement with the Word of God. Then the tongue has an even greater potential for good, because a blessing can overcome a curse just as light is stronger than darkness.**

**Are you taking time to see things from God’s perspective? Are you declare things as if they were what they ought to be? Do you have generational curse that need to be broken? What words are you speaking about the economy, the government, your finances, your family, yourself?**

Speaking a verbal blessing can even help parents during times of child discipline. By blessing the child, the parents will be greatly helped in overcoming any anger or frustration, and will instead have a spirit of patience and love. The blessing should emphasize God’s love for the child and His great purposes for him or her.

**The Power of Spoken Blessings**

*An excellent way to intercede for others*

**Our words have great influence in the lives of those around us, and spoken blessings can bring hope, encouragement, and direction to our families, friends, candidates and others. Many people are experiencing deepening relationships and spiritual encouragement as they discover the power of spoken blessings.**

**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).

**A Blessing Is an Instrument of God’s Love**

**Our words have potential to do good or to do harm**. The Bible describes the potential impact of our words in verses such as these:

* ***“Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof****”* (Proverbs 18:21).
* ***“Pleasant words are as a honeycomb, sweet to the soul, and health to the bones”***(Proverbs 16:24).
* ***“Heaviness in the heart of man maketh it stoop: but a good word maketh it glad”***(Proverbs 12:25).

A spoken blessing does good to those who hear it. In the New Testament, the English word *bless* is a translation of the Greek word *eulogeo*. According to *Strong’s Exhaustive Concordance of the Bible, eulogeo* means “to speak well of, i.e. (religiously) to bless (thank or invoke a benediction upon, prosper).” **When you bless others, you direct God’s goodness to them;** **you intercede for them—“stand in the gap” for them as you come boldly to the throne of grace in faith**. (See Ezekiel 22:30 and Hebrews 4:16.)

**Use a Biblical Framework for Blessings**

**The priestly blessing recorded in** **Numbers 6:24–26 provides us with an excellent example of a Godly blessing**: ***“The Lord bless thee, and keep thee***

***The Lord make his face shine upon thee, and be gracious unto thee***

***The Lord lift up his countenance upon thee, and give thee peace***

***“The Lord bless thee, and keep thee*** *[guard, protect, compass about with a hedge of safety]:* ***The Lord make his face shine upon thee, and be gracious unto thee:******The Lord lift up his countenance*** *[give full attention in a favorable way]* ***upon thee, and give thee peace*** *[wholeness, health, security, serenity, well-being, contentment, harmony; an absence of negative stress, disturbance, tension, and conflict].”* **We are going to look at how we can use this blessing as a framework for composing blessings.**

As you can see, **it can be helpful to look up the meanings of key words** in verses (included in brackets above). A thorough knowledge of these words will expand your understanding of the message and equip you to apply its truths more effectively.

**Discern How to Bless Someone Effectively**

It often takes time and effort to search out appropriate blessings. **Ask the Lord to make you attentive to His Spirit as you read Scripture**, **discerning which words, phrases, and concepts He wants you to share with someone.** As you learn what God wants to accomplish in and through His children—through the Scriptures and as the Holy Spirit instructs you (see John 16:13)—begin to affirm God’s will by declaring Biblical goals in your spoken blessings.

**When the Lord puts a desire in your heart to bless someone in particular, be attentive to the needs he may be experiencing. With that person in mind, you can ask the questions below to help you discern the kind of blessing that he needs.** Consider using the related Scripture references in the blessing you share.

* **Is the fruit of the Spirit evident in his life?** (See Galatians 5:22-25.)
* **Is he serving others in love?** (See Galatians 5:13 and Luke 6:27-38.)
* **Is he seeking God’s guidance so that he can carry out the good works God has prepared for him to do?** (See James 3:12-13, I Timothy 6:11-19, Titus 3:8, and Hebrews 10:24.)
* **Is he submitting to his God-ordained authorities?** (See Hebrews 13:17, James 4:7, Colossians 3:18, and I Peter 2:13-14.)
* **Does it appear that something may be competing with his devotion to God?** (See Matthew 6:33.)
* **Are there particular temptations that seem to present big challenges in his life?** (See Matthew 6:13, I Corinthians 10:13, Matthew 26:41, I Timothy 6:9-12, and Luke 8:4-18.)
* **Are you aware of any fears, hurts, or pressures that he is facing? (**See Galatians 6:1-3, James 5:16, Romans 12:1-15, and Ephesians 4:32.)

As you consider these questions, God can reveal to you areas of need in someone’s life. **Then, ask the Holy Spirit to guide you to specific verses or passages of Scripture that can be used as a blessing related to those needs.**

**Personalize a Blessing to Meet Current Needs**

**Let’s look at a couple of examples. Do you know a person who struggles with fear or anxiety.** You could **use a concordance, when necessary**, to look for verses that refer to “fear” and “anxiety” and “peace” and “comfort.” As you searched, you would discover verses such as **II Timothy 1:7, which says,** ***“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind [discipline, self-control].”*** You also may discover that **I John 4:18 and Philippians 4:6-9 contain words of wisdom and comfort, especially for someone who is fearful or anxious.**

**Apply the basic truths recorded in those verses to the model blessing found in Numbers 6:24-26** **to create a blessing like this one:**

***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.***

In II Corinthians 1:3, the Apostle Paul declared, ***“Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and God of all comfort.”***

**These words might be used to bless someone who is enduring deep sorrow**, as follows:

***May God, the Father of our Lord Jesus Christ, the God of all comfort, encourage your heart and protect you from despair. May He cause His face to shine upon you as you rejoice in the midst of troubles and trials, putting your faith in Him and being confident of His loving kindness toward you. May the Lord lift up His countenance upon you with the riches of His joy and pleasure, and may He give you His peace in your heart and soul.***

The Apostle Peter includes this blessing in his first letter: ***“[May] the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect [complete], establish [turn resolutely in a certain direction], strengthen [confirm in spiritual knowledge and power], settle [consolidate, make solid or secure] you”*** (I Peter 5:10).

**You could use this verse and the definitions of its key words as a basis of a Blessing for someone who is enduring a trial**:

***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 well-being.***

As you **speak these words in prayer or speak them directly to the person for whom they are written**, you will invoke the power, grace, and blessing of God upon him. You also could write out the blessing and mail it or take it to the person for whom you are interceding; God could use it as a great source of encouragement in his life.

**Become Familiar With Many Scriptural Blessings**

The following New Testament passages are particularly suitable for use in spoken blessings:

* Romans 15:5-6, 13
* I Corinthians 1:4-9, 16:23
* II 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
* I Thessalonians 1:2-3, 3:12-13, 5:23-24, 28
* II Thessalonians 1:11-12, 2:16-17, 3:5, 16
* II Timothy 4:22
* Philemon 1:4-7
* Hebrews 13:20-21
* I Peter 1:3-9, 5:10-11
* II Peter 1:2-4, 3:18
* II John 1:3
* III John 1:2-3

**Trust the Lord to Guide You**

As you **make yourself available to intercede for others** with spoken blessings, the Lord will open your spiritual eyes and ears to comprehend what He wants to accomplish in their lives. Offer God’s own blessing to them, from His Word. Put your confidence in God, Who will carry out those blessings according to His will.

When Jesus was instructing the disciples to minister to others in the power of the Holy Spirit, He said, *“Freely ye have received, freely give”* (Matthew 10:8). **Interceding for others with spoken blessings is one way you can freely give to others in Christ’s name**.

**BLESSINGS ARE STEPPING STONES**

**TO A CLOSER WALK WITH GOD**

***“The Lord bless you, and keep you***

***The Lord make his face shine upon you, and be gracious unto you***

***The Lord lift up his countenance upon you, and give you peace***

**How To Craft a Blessing for Someone You Know**

A Blessing has the ability to convey God’s favor upon a person when it is crafted with understanding and received with an open heart. Whether spoken or written, the purpose is to recognize and verbalize the noteworthy characteristics of the person, and to articulate what you see that God may desire to do in their life and through their life in the future.

**To help you get started try following these steps:**

1. Prayerfully choose a scripture that conveys a positive message suitable to the person you wish to bless.

2. Write a sentence or two describing something noteworthy that you have observed about this person’s actions or character.

3. Record words that describe this person’s value in your eyes and in the sight of God.

4. Add any good thing that you perceive God to be doing in their life right now.

5. Describe the ways in which you believe this person can be used by God to encourage and bless others in the future.

6. If appropriate, state how you are willing to assist this person to achieve the future you have pictured for them.

**OPTIONAL:** Find the meaning of this person’s name and incorporate that into the blessing.

**How to Prepare a Name Blessing**

**• Pray** – ask the Lord to reveal His purpose and meaning in the person’s name.

**• Research** – look in different sources such as The Name Book by Dorothy Astoria. The internet has a plethora of websites that give meanings for names. Research the history of the family name, if desired.

• **Interview the person** to discover a possible “God story” connected to the manner in which they received their name.

• **Select a Scripture** that is compatible with the meaning of the name once you have discovered that meaning.

**• Write a Scriptural connotation** in one sentence that links the name with a biblical truth.

• **Prepare a card** or plaque that summarizes the information that you have gleaned.

**• Perform a small Name Blessing ceremony** that includes presenting the person with their card or plaque (and use the five elements of a Blessing).

• **Conclude the ceremony with a prayer** to “set the seal” of God’s love upon their heart through the meaning of their name.

**How a Verbal Blessing Transformed a Sad Seven-Year-Old**

My husband and I noticed our seven-year-old son Samuel was becoming characterized by a very miserable countenance, drooping shoulders, lips that go down instead of up, etc. Every attempt we made to correct the problem failed. We had reached the point of exasperation!

It was around this time that we listened to two audiotapes by Bill Ligon, titled *How to Impart Blessings* and *Redemptive Power of the Blessing*. We also watched a video on the power of the spoken word and read the book, *The Power of Spoken Blessings*, by Bill Gothard. Also we saw the exciting video, *How to Transform Attitudes With Spoken Blessings*, by Chris and Anne Hogan. Through these materials, the Lord opened our understanding of the power of the spoken word, either as a blessing or a curse.

I remember the exciting revelation the Lord gave: “Samuel needs a blessing!”

I gathered the other children around and blessed Samuel. I asked God to bless him with a radiant countenance, joy in his heart, and a beautiful smile that ministered to the lives of others.

As I was speaking, his little face lit up, his chest puffed out, and he just kept smiling! I spoke that same blessing to him once more that same week.

It has been around six months now, and I am very happy to report that the change in Samuel has been miraculous! He keeps smiling, has a radiant joy about him, and the first thing we notice about Samuel in the morning is a beautiful, radiant smile and a very enthusiastic “Good morning!” This has truly been a work of the Lord, for all of our own efforts failed. In simple faith, we have been obedient and have witnessed the power of the spoken blessing!

We have noticed several things happen in our family as we apply the lessons learned in giving a blessing. We are all demonstrating more love toward each other. Our attitudes really are transformed by speaking blessings, and the children are growing in faith!

Our children will come to us and report that one of their siblings needs a blessing because he/she has a bad attitude, or we should bless this child because he/she is being naughty!

All of us then gather around and bless the “offender.” This act demonstrates great love toward him/her. No need for telling tales or taking matters into their own hands, as they now have a practical solution to the situation!

Whenever my husband and I notice a wrong attitude in a child, that child receives a blessing, and I am continually amazed at how attitudes are changed immediately! Sometimes a little talk is required, but the spoken blessing is the transformer.

As a practical aid to help the younger children make blessing others a part of their daily lives, we have included “give a blessing to a family member” on their job chart. This is working wonderfully!

Our five-year-old blesses his two-year-old sister every day. It usually goes like this: “The Lord bless you, Danielle, with courage, ‘wise-ness’ (wisdom), and knowledge!”

Our seven-year-old is blessing his ten-year-old brother to be diligent in his piano practice and blesses him to get through (survive) washing the dishes!

We can testify to both the power of the spoken blessing and the power of the spoken curse. We have experienced freedom from many spoken curses on our lives through speaking specific blessings. This Biblical principle has been life-changing and an answer to our many cries for help.

—A Family from New Zealand