

Blessing Your Child

From Blessing Children in the Home by David Gortner and Heather VanDeventer

Start simple:

A first blessing could be basic, short and sweet

Be creative:

Personalise the blessing for your children, or weave in scripture or favourite phrases or family values, or have some fun (see the wiggly and squiggly blessing)

Give and receive:

As blessings become part of your family's culture you may find that your children want to bless you as well

Some Ideas for blessings

Basic blessings

I bless you in the name of the Father, the Son, and the Holy Spirit.
or...I bless you in the name of the Creator, Redeemer, and Sustainer.

Personalised blessing

(Child's name), may you always seek to stay on the path God has laid out before you. (Child's name), always remember that, should you happen to stray from that path, God is waiting to build you back up with His Never Stopping, Never Giving up, Unbreaking, Always and Forever Love.

Aaronic blessing (Numbers 6:24-26)

The Lord bless you and keep you; the Lord make his face to shine upon you, and be gracious to you; the Lord lift up his countenance upon you, and give you peace.

Other blessings using scripture

Ephesians 3:17-19 - I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

2 Thessalonians 2:16-17 - May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

Wiggly squiggly blessing

I bless you in the name of the Father, the Son, and the Holy Spirit. From the top of your head to the tips of your wiggly toes. From the fingers on this hand to the fingers on this hand. And everywhere in between – on the inside, outside, and when you are upside down.

Heather's blessing (an author)

I love you and bless you in the name of the Father, the Son, and the Holy Spirit; the Creator, Redeemer, and Sustainer; the God who knows and loves you, who watches over you and keeps you safe, growing strong, living, loving, and serving more and more. Amen.

David's blessing (an author)

I bless you in the name of the Father, the Son, and the Holy Spirit, this night and always. God give you good rest, and keep you growing stronger, wiser, kinder, and ready to serve – and always knowing how much you are loved. Amen.

Five Biblical Steps for Giving a Blessing to Children

1. Meaningful Touch.

Before a word is spoken, there should be the laying on of hands, a hug, or a reaching out to touch. We see this throughout Scripture, both in the Old and New Testaments. Appropriate touch conveys in powerful, nonverbal ways our love and affirmation. Touch prepares the way for our words.

2. A Spoken Message.

In biblical times, children weren't left to "fill in the blanks" as to whether they were valuable to a parent or grandparent. Words were used, aloud and in writing. Today, words 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 carries 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 his or her life today that make the child special, useful, and of great value to you.

4. Picturing a Special Future.

With our touch and with our words that attach high value, the response in our children's or loved ones' hearts can be nothing short of transformational. The light goes on in their hearts and minds when they realize that, because of the way God made them, they can do more than they ever dreamed in living out a God-honouring future.

5. An Active Commitment.

Blessing children doesn't mean we never discipline them or point out areas where growth is needed. But children know at an incredibly deep level if they have their parents' blessing—if their 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 see to build these five elements of blessing into your life story.