

Blessing Our Children



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Introduction

I remember growing up as a little girl hearing adults around me confessing negative things over us children. As Chinese, we are so used to calling our children pet names like “little pig” or “little dog”. If a child is sickly, it is best for him or her to have a lowly name so that this lowly life will live on to become an adult. This was what we were taught. Yet, the real names given to children by parents were well thought through and carried a lot of importance. Not only are names important to the children, it is hoped that they will bring good luck, prosperity, etc. to the parents and family. Deep inside every one of us, we really want to be blessed. This has been inbuilt into us by the Lord. As Chinese, we are very concerned about what we say on birthdays, weddings or at Chinese New Year. Why? Is it just superstitions? Where did we learn this from? Could it be that God has placed this truth within our hearts and conscience?

The truth is that there is power in our spoken words!

One day, I heard my own mother commented that I am pretty, but my heart is dull; not as clever as my cousin. I truly believed that lie. In school, I was always behind this cousin sister. I did not try very hard in school because I believed that I was not smart. What we listen to and believe in our heart will influence our decisions and the way we live.

I failed at secondary school and had to take another year to finish my Form 3 exams. I was desperate and I pushed myself to study a lot harder. To my surprise, the subject that I used to do badly in, I ended up getting an A for the final exam. Now where did I get that from? Looking back, I now understand that children are very simple in their faith and will believe and receive whatever their parents say about them. I believed in the lie in my heart that I was dull and therefore I gave up trying to do well in my studies. However, when I became determined to pass my exam, I broke the barrier in my mind that said, “I am not smart.”

Words will create

Throughout the Bible we see how the spoken words of blessings or curses affect people’s lives. We learn from Jacob’s story that once his father, Isaac spoke words of blessing over him, which were actually meant to be for his brother Esau, the words could not be taken back. According to Isaac’s blessings over Jacob, so it was over him and his descendants. As parents, God has given us authority over our children. We can literally shape them by our words. What a responsibility! Spoken words are meant to be sent forth to create. Just as our Almighty God created the world through His spoken words, we too can create life when we choose to speak God’s words of blessing. We are created in God’s image and therefore we are called to release power through our spoken words.

Genesis 27:26-29 (NIV)

²⁶ Then his father Isaac said to him, "Come here, my son, and kiss me." ²⁷ So he went to him and kissed him. When Isaac caught the smell of his clothes, he blessed him and said,

"Ah, the smell of my son
is like the smell of a field
that the LORD has blessed.



²⁸ May God give you of heaven's dew
and ***of earth's richness***—
an ***abundance*** of grain and new wine.

²⁹ May ***nations serve you***
and peoples bow down to you.
Be lord over your brothers,
and may the sons of your mother bow down to you.
May ***those who curse you be cursed***
and those who bless you be blessed."

Isaac knew that these words would be fulfilled and so they were. The blessing was threefold:

1. It consisted of material prosperity – “the earth’s richness ... abundance of grain and wine”;
2. It consisted of political prosperity, success and position in society – “peoples bow down to you”;
3. It also consisted of protection from enemies – “may those who curse you be cursed”.

Isaac spoke out the future of his sons. He could not see these events with his natural eyes and yet through the eyes of faith he spoke out their futures, expecting that what was said would in fact happen! Whether or not Isaac spoke out their futures, or revealed what God had shown him, the point still remains that the words of parents can have a huge impact on the lives of their children. We must remember to continue to bless our children, especially when things in their lives do not agree with what you are speaking over them. Whose report do we believe? The word of God or what we are seeing in the natural?

Speaking to his disciples Jesus said, “You are the salt of the earth ... you are the light of the world!” (Matthew 5:13-14). When Jesus spoke these words, His disciples were neither of those things, yet Jesus said that they were. Some of them had serious character flaws, which would take time to correct. Peter denied Jesus with curses! Yet in spite of this, Jesus was able to bless them and call forth their future. The act of speaking out that kind of success over their lives was a blessing that became a reality.

God blessed Abraham by calling him the father of a multitude. This was declared over Abraham before he had any children.

“As it is written, "I have made you a father of many nations." He is our father in the sight of God, in whom he believed—the God who gives life to the dead and calls things that are not as though they were.” **Romans 4:17**

God called out Abraham’s future while his current circumstances said otherwise. This is how blessing by faith works! God’s word will never return to Him void (Isaiah 55:11). Once blessings or curses have been spoken out over our children, they will go forth and will perform what they are sent to do, good or bad; even long after we have forgotten what we have said. There have been many people I have ministered to who were suffering from something that their parents had spoken over them when they were little. Their parents have forgotten, but the power of what they had confessed over their child continued to negatively affect their life until the power of those words was broken. I encourage all parents reading this booklet, to consider very carefully what you are saying over your children.



What is a Blessing?

The Nelson's new illustrated Bible Dictionary defines "**BLESS or BLESSING as the act of declaring, or wishing, favour and goodness upon others. The blessing is not only the good effect of words; it also has the power to bring them to pass.**" As Christians, we need to believe that when we bless our children, the words will come to pass.

The Hebrew word for "to bless" is *baruch*. Baruch means "a good word." When we bless our child, we are placing our "seal of approval" upon them and giving them power to prosper in many areas of life, including in marriage, with children, in finances, health and career.

To this very day, Jewish fathers bless their children. Every Friday evening as the Sabbath hours begin, fathers place their hands on all of the children and speak out specific blessings on each of them. Is it any wonder that the Jewish people are one of the most wealthy, healthy and intelligent peoples on earth? If you ask a Jewish father the key to their children's success, they will tell you that it is their commitment to speak blessing over their children's future every Friday night!

Mark 10:13-16 (NIV)

"People were bringing little children to Jesus to have him touch them, but the disciples rebuked them. When Jesus saw this, he was indignant. He said to them, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. I tell

you the truth, anyone who will not receive the kingdom of God like a little child will never enter it." And he took the children in his arms, put his hands on them and blessed them.

Here we see Jesus was not only just showing affection to these children by touching them, but He was actually blessing them. The parents of these children knew how important it was for Jesus to bless their children. This is their culture.

Proverbs 10:22 (NIV)

²² The ***blessing*** of the LORD ***brings wealth***,
and he adds no trouble to it.

Deuteronomy 8:18 (NKJV)

¹⁸ "And you shall remember the LORD your God, for *it is* He who gives you ***power to get wealth***"

These two verses teach us something very important. Wealth comes by the blessing of God, which is also referred to as power! Blessing releases power so that the words spoken come to pass!

Let us practice blessing our children daily.



Practical Application

In this booklet, I do not wish to spend too much time teaching on the power of blessings, but instead to help you put this into practice by daily declaring over your children the Word of God. As fathers and mothers, you can take turns to proclaim and pray what is shared in this booklet over your children. A good time to do this is just before they go to sleep or during each meal. Feel free to expand your prayers and declarations as you get acquainted with doing this and are able to find more scriptures that you want to release over your children. Ask the Holy Spirit for prophetic words or Scriptures He wants you to pronounce over your children. He has a good plan for each one of them.

Parents, you can both take part in this blessing process. It is critical that your children hear you desiring to bless them. They will feel supported, accepted and loved by you. This builds their identity as a child who is special and loved by you and by God. If they can see how love is expressed through you, as their parents, they will have no difficulty in believing that God does truly love them. They will grow up to be people who are positive and use their mouths to bless rather than curse. It is time to bring the transformation of God through the generations that God has given to us.

Dedication

I would like to first of all invite you to come to the Heavenly Father and dedicate your child or children to Him. Joshua proclaimed in Joshua 24:15 “As for me and my household, we will serve the Lord.” In these last days, we need to give our children to the Lord so that they will be strong in Him and be led by Him. We can't be watching over them 24 hours a day, but the Lord is always with them.

Let us pray: -

Heavenly Father, I dedicate my children (name them before the Lord) to you today. I thank you for giving them to me and now I dedicate them back to you. Please protect them, lead them, teach them and deliver them from all evil. I choose this day to regularly bless my children.

Please forgive me for the times I have spoken negative and hurtful words over them. I want to bless them daily. Father, please put your words in my mouth to pray and declare over my children. I recognize that you have given me this authority over them, and I want to take this seriously. I need your help to build them up so that they will become all that you want them to be in your Kingdom.

Thank you for ordaining paths for them to walk in, great things for them to experience and friends you want to introduce to them. I know that all your plans for them are good. I want to co-operate with you in carrying out your plans for my children.

Holy Spirit, please remind me to consider my words before I speak them to my children. I declare that you have anointed my lips with gracious words.

In Jesus' wonderful name, I pray this. Amen!

Let the blessing begin!



Welcome your child

It is very appropriate to welcome your children (one at a time because they are all individuals who are important and unique before the Lord) into your heart as gifts from God Himself. Perhaps you have never done this in the past. This is a very powerful act, especially for single parents. It will bring you and your child freedom. You may have initially been shocked and frustrated that you were left behind to raise your child or children alone. Whatever the reasons may be, God does not make mistakes. Your children are loved and are very important to God. Here is what you can declare over your children: -

.....(name of your child) I welcome you as a reward from God to us (or me if you are a single parent). You are a blessing to us and to this family. You are here to enrich our lives. I am so glad that you are a part of us. You were planned by God for us. You were created to inherit His love and to enjoy all that He has created in this universe for you.

You are God's inheritance for us and we are God's inheritance for you. He saw into this family and knew from the beginning of time that we needed you so that this family can be complete. Because, without you, there would be missing links in our descendants.

We bless you with freedom to play the role that God has given to you in this family. You are honored, loved and respected in this family.

We welcome the angels that God has charged to watch over you wherever you go.

May you grow into the fullness of the destiny that God has for you.

In Jesus' mighty name. Amen!

Psalm 127:3; Psalm 91:11

Blessing of God's obedience

God tells us that "obedience is better than sacrifice". We declare over you today that because our Lord Jesus has obeyed His Father totally; you too can obey God fully. We remind you,(name of your child) that you are in Christ and are one in spirit with Him. His power to obey is within you. It will be easy for you to obey the voice of God because you *can* hear His voice.

We bless you with the grace and ability to do the will of the Father. This is for His good pleasure. As you obey your God, you will grow in wisdom and you will succeed in everything you do, because obedience to your Heavenly Father will bring you good sense to protect you and understanding that will guard you.

We open your hearts to what God will be saying to you through us as your parents. Part of the obedience you are learning is to honor us as your parents, so that all will go well for you. With the authority God has given to us over you, we pray and declare that God is able to keep you from falling.

John 1:16; Philippians 2:13; Jude 1:24



Blessing of the Favor of the Lord

The favor of your Heavenly Father is like a shield around you,.....(name of your child). This favor will cause people to be drawn to you and want to be your friend. It will also open doors for you to share Jesus with people.

Just as Jesus grew in favor with God and man, so will you. As you stay close to Jesus, His favor will put you in the position He has planned for you. We agree with God's good plan for your present and for your future.

We bless you with close friends who will accept you, build you up and draw you closer to Jesus. We speak into your life that the favor of God will soften the hearts of those who seem to be against you. Instead of being in conflict with you, they will come to you for advice as they see good things happen in your life. May this favor in your life bring glory to your Heavenly Father.

May God bless you and protect you. May God's face shine toward you and show you favor. May God look favourably upon you and grant you peace.

Psalm 5:12; Luke 2:52

Blessings of the Trinity

My child(name of your child), we bless you with deep encounters with God's love. May you experience the love of the Father who daily showers you with perfect gifts because He is the Father of Lights. When you look at the sky, the trees, the birds and nature around you, may feel His presence surrounding you. Everything was made for you to enjoy.

We bless you with the experience of the embrace of Jesus' arms around you. You will know the length, the breadth, the depth and the height of His love for you. He died to show you how much He loves you. I call forth the freedom in you that Jesus has purchased for you by His own blood.

We bless you(name of your child) with many encounters with the Holy Spirit's love, encouragement and counsel. He will always be with you as He has been sent by the Father to help you. The Holy Spirit is committed to do everything He can to help you walk in the call of God for you.

We bless you today in the name of the Father, Son and the Holy Spirit. Amen!

James 1:7; Ephesians 3:17-19; John 14:26

Blessing of a Sound Mind

My child, the Lord promises that He has given you "love, power and a sound mind." I bless your mind to be alert, bright, intelligent, stable, peaceful and able to focus when you need to. I declare in Jesus' name over your mind that there will be no confusion, dullness, negative thinking or fearful thoughts. The Lord will grant you clarity of mind so that you will be able to make good and right choices.



.....(name of your child), because Jesus lives in you, you have the mind of Christ. The thoughts of Jesus are always pure, honorable, good, holy, positive and pleasing to the Father. You have the power to think thoughts that are from God.

I speak healing to your mind where there have been troubled thoughts, fearful thoughts and where there have been challenges to focus when you are studying. I speak to every area in your brain that needed to be connected to function well to be made whole in Jesus' name. May your mind be renewed by the power of the Holy Spirit.

I bless you with creative and great thoughts. Good ideas will come to your mind as you spend time with God. He will download to you inventions and ideas that come supernaturally from Him because you have the mind of Christ.

2 Timothy 1:7 1 Corinthians 2:16

Blessings of release from trauma

(this is especially important prayer for those children who were delivered by Caesarian section, helped by the suction method or for any who were born prematurely)

My child/children(names), I am sorry that you had to go through some form of trauma during your birth. God has never left you during the time of your birth. He has watched over you the whole time.

I now take authority as your Father/Mother over your spirit, soul and body in Jesus' name. I command all trauma, shock, pain and fear to leave you right now. I release you from any memories of traumatic birth. I speak the peace of God over your spirit, soul and body. I say to you that you are made whole by Jesus Christ! I bless you with the healing power of the Holy Spirit over your spirit, mind, emotions, will and body. Healing belongs to you because by the stripes of Jesus and you have been healed. He has taken all pain, infirmity, trauma, shock and pain from you. You do not need to feel unprepared for life. His time for you is perfect.

I bless you with security, a sense of readiness to look forward to life and to not shy away from life or procrastinate in everything you need to face. I bless you with clarity of mind instead of confusion. I bless you with alertness and I command any spirit of slumber to leave you in Jesus' name. You are ready for life! You are activated with life!

Child/children, I release you from any sense of not being in control, rushed, pushed or not being planned for. God has planned for you to be born at the right time, in the right place and in the right home. He has seen you even when you were in the womb of your mother. You are fearfully and wonderfully made by God.

I bless you with the joy of life, in Jesus' wonderful name! Amen!

Ecclesiastes 3:1-2 Psalm 139



Blessing of Peace

Father I come to you with my child, asking you to give him/her peace. We thank you that Jesus is our Prince of Peace. I speak Shalom to the spirit, soul and body of my child. I say over you,(name of your child) that you can rest securely in the protection and provision of your Heavenly Father. You will be filled till you are overflowing with His goodness. He loves you and His goodness and His mercy will follow you the rest of your life.

.....(name of your child), I declare that the peace of God will guard your heart and mind in Christ Jesus. You are able to feel His peace and His comfort. You are not restless or anxious about anything. Your mind is not confused because the peace of Christ will overcome all confusion and anxieties.

As you put your trust in Jesus, you will feel strong, secure and at peace. Peace is inside of you because God lives in you. Your body is the temple of the Holy Spirit and one of His fruit is “peace”.

I declare over you, my child/children that you are crowned with the peace of God today and everyday of your life on earth. You will be a person who will bring peace into any environment where turmoil abounds. You will make decisions from a place of peace. This will be your inheritance because you are a child of God.

John 14:27