

WEEK 11

100 days of Blessing Your Children

Days 70-76

Causeway Coast Vineyard

The Promise of Blessing

The truth we begin from is that God, who is sovereign, all-powerful and the creator and one who sustains all things:

- Does great and marvellous deeds
- Loves us
- Desires to give us abundantly more than we can ask or imagine

When this truth becomes a deep 'knowing' within our hearts and minds, we can expect God to do incredible and miraculous things, when we call forth the promises within His word. With each of God's blessings in the Bible, there was always a special anointing- an impartation of supernatural power that enabled the people to be blessed. God's blessings:

- Made impossible things possible
- Gave supernatural power, means and ability for living
- Granted spiritual authority to our humanity

As followers of Jesus and heirs of God's Kingdom, we can take authority and claim the rich inheritance promised to us and our families, our children and grandchildren and for generations still to come.

The Concept of Blessing

In the Bible, Abraham was the first man to receive the blessings of a covenant with God. This covenant (promise) contained seven promises, found in Genesis 12:2-3:

- I will make you a great nation
- I will bless you
- I will make your name great
- You shall be a blessing
- I will bless those who bless you
- I will curse him who curses you
- In you all the families of the earth shall be blessed

So how do we become recipients of those same promises made to Abraham?

By activating the power of blessing! We do that by speaking words of blessing based on God's word and the promises we find within it. Giving our lives to God and being members of His family means that we receive full rights of the blessing of our Father and we can pass on His blessing to our loved ones. A great starting point is to fully understand the many promises of which we are heirs through faith in Jesus Christ.

If you are a parent, carer, grandparent, you have spiritual authority over your household and power to speak blessing into the lives of your children and grandchildren. Your words of blessing are energised by the power of God when you speak them.

Over the next 100 days it is our prayer that we join together as parents, carers, grandparents, aunts, uncles and mother and father figures in our community to daily bless our children.

"One generation will commend your works to the next and shall declare your mighty acts." (Psalm 145:4)

Let us bless you as you begin...

May the Lord bless you and keep you. May the Lord make His face to shine upon you, and may He be gracious to you. May the Lord turn His countenance upon you and give peace. As you pray, may you know that God, the faithful One, shows loving-kindness and keeps His promises from one generation to the next. Let all these blessings that you speak by faith in the name of Jesus, rest on the heads of your precious and dearly loved children and grandchildren, both today and for the rest of their lives

In His Name we pray,
Amen

Day 60: Holiness

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? - 1 Corinthians 6:19

For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honour, not in the passion of lust like the Gentiles who do not know God. 1 Thessalonians 4:3-45

So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart. - 2 Timothy 2:22

For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, and brotherly affection with love. - 2 Peter 1:5-8

In the name of Jesus Christ...

I bless your mind, body and soul to pursue Holiness, all the days of your life. May you follow the example of Jesus and the call on your life to 'Be Holy as I am Holy.'

I bless you to honour Him with your body as a temple of the Holy Spirit, always. I bless you to exercise self-control in your pursuit of godliness, in body, mind and spirit.

I bless your eyes as the windows of your mind and soul. May you make a covenant with your eyes in early days; a choice to look away, a choice to disengage and a choice to avoid those things that displease God's heart and His greatest intentions and purposes for your life with Him.

May you choose to refrain from those things that turn your thoughts and attention towards sin and away from Christ-likeness.

I bless you with an irrepressible desire to despise those things that God despises: a prideful spirit, a lying tongue, bitterness, anger, rage and sexual immorality.

I bless you to honour your marriage. I pray for your pursuit of purity in body, mind and heart as you wait for the one God has intended for you to share life with.

I bless you to treasure your purity as a precious gift from God.

I bless your mind and soul with a reverential fear of God and the ability to highly respect Him. You will be happy and find great delight in following His instructions that will bring you freedom!

Circumstances will never shake you from your foundation as you keep close to Jesus and remain faithful to obeying His ways.

I bless you to use your mind, body, soul and strength to glorify God. Your soul will praise Him as you fill it with His word and promises for your entire life, for your family and for future generations that will stem from you.

Day 71: Giving

The world of the generous gets larger and larger; the world of the stingy gets smaller and smaller. – Proverbs 11:24 MSG

Whoever is kind to the poor lends to the LORD, and he will reward them for what they have done. – Proverbs 19:17

The generous will themselves be blessed..." (Proverbs 22:9

They are always generous and lend freely; their children will be a blessing. – Psalm 37:26

You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God. – 2 Corinthians 9:11

In the name of Jesus Christ...

I bless you to wholeheartedly pursue generosity in all areas of your life, in the knowledge that you serve the most generous God. May He stir within you an excitement about living your life with generosity leading the way.

I bless you to be one who does not hold on too tightly to what's in your hands. May you be one who gives freely, invests relationally and empathises with the needs of others.

I bless you to live by what we know – God is Jehovah, our provider. I bless you to be a conduit of the generous heart of your Heavenly Father, allowing His blessing for others to flow through you.

I bless you to be generous with your time, your gifts, your finances and the works of your hands. May you live in the overflow of His goodness and always allow others to know and experience His kindness towards them.

May the eyes of your heart be open and may you be willing to pause long enough to see those in need of the hope, peace, provision, healing and salvation that Jesus brings.

I bless you to follow the example of Jesus all the days of your life - choosing generosity, humility and servanthood as your response. May you refuse to hold to any image of success, wealth or power. Instead, may others see cultivated in your character: gratitude, contentment and benevolence.

I bless your heart to give, sacrifice and empower others, not under compulsion but in joy and faith, all the days of your life.

Day 72: Rhythms

There is a time for everything, and a season for every activity under the heavens. - Ecclesiastes 3:1

Teach us to number our days, that we may gain a heart of wisdom. - Psalm 90:12

Now listen, you who say, "Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money."

Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, "If it is the Lord's will, we will live and do this or that." - James 4:13-15

In the name of Jesus Christ...

I thank God for the precious gift of time and bless you to value it all your days.

I bless you to honour God with the time that He has placed in your hands.

I bless your lifetime with Jesus. As you love Him, serve Him, worship Him and follow Him. I pray for your heart and soul to yearn for His presence, welcoming Holy Spirit into your everyday.

May you have a holy passion for His word. I bless you as you read, I bless you with wisdom and understanding. May you diligently set aside time to know and memorise the truths, promises and blessings that He has spoken over your life.

May you know Jesus as your greatest treasure and delight in holding Him in first place, all the days of your life.

I bless your times with family and friends. May you prioritise your loved ones, always. May you be fully present, attentive and intentional

I bless you to protect your gift of time. May you have wisdom and boldness to say no to lesser things, in order that you may direct your attention towards the greater things.

I bless you to balance your time in life and work. May you determine healthy rhythms that ensure rest for your mind, body and soul.

In times of waiting, I bless you with patience and assurance of His sovereignty and perfection. I bless you to “be renewed as you wait upon the Lord.”

In times of doubt and confusion, I bless you with faith and remembrance of His supremacy and attention to every detail of your life. I bless you to “be sure of what you hope for and certain of what you do not see.”

In times of struggle and pain, I bless you with healing, comfort and peace. I declare over you His strength that is made perfect in every weakness.

In times of uncontainable joy and celebration, I bless you to know His smile and His song as the Father rejoices over you, always.

Day 73: Resilience

Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. - John 14:7

For God gave us a spirit not of fear but of power and love and self-control. - 2 Timothy 1:7

When the righteous cry for help, the Lord hears and delivers them out of all their troubles. The Lord is near to the broken-hearted and saves the crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all. He keeps all his bones; not one of them is broken. - Psalm 34:17-20

In the name of Jesus Christ...

I bless your spirit, mind and body to be sound, healthy and resilient, all the days of your life.

I bless you with peace that surpasses all understanding, to guard your heart and mind in Christ Jesus. I bless you with supernatural strength to overcome the emotional triggers that disrupt your peace. May He fortify your mind and spirit so that you can respond to provocations with grace and resilience, not out of hurt or habit.

In moments of chaos and stress, may you experience the nearness of His presence, that brings calm to any storm. I bless you to rely on Holy Spirit's strength to navigate all your days with tranquility and assurance. May His presence be a constant source of stillness in your life, calming your thoughts and emotions in every circumstance.

I bless you to know His healing, when your spirit and emotions are wounded, upset or in distress. May you bring before Him every hurt that has lingered in your heart, asking for His healing touch and restoration as He mends the broken places and soothe the areas of pain.

In times of sadness or anxiety, I bless you to allow Him to resurrect your joy and enable you to move forward in freedom and strength. May His love heal you completely, making you whole and renewed in His sight.

I bless you to know and realise a balanced perspective on life. May He enable you to see situations from His viewpoint, which brings clarity, wisdom and understanding.

I bless your will to align with His truths, preventing extremes in emotions and reactions. May Holy Spirit empower you to maintain a steady course, rooted in His principles, that you might live a life of moderation and balance, reflecting His grace in all you do.

I bless you to prioritise rest as a daily rhythm for your happiness and renewal.

I bless your life with relationships that are supportive and edifying. May you be surrounded by individuals who are a source of encouragement and counsel and energise your emotional and spiritual growth.

I bless your mind and soul to grow in emotional health and maturity as you walk with Jesus. May He teach you to process your emotions in healthy ways that promote personal development and spiritual depth. May your experiences—both joyous and painful—shape you into a more compassionate, understanding, and resilient person. Helping you to learn from each experience and grow in emotional intelligence and empathy.

May Holy Spirit lead you in paths of healing and wholeness, transforming your vulnerabilities into victories, all the days of your life.

Day 74: Your Ways

Thy word is a lamp unto my feet, and a light unto my path. – Psalm 119:105

He makes my feet like hinds' feet and sets me upon my high places.
– Psalm 18:33

Watch the path of your feet. And all your ways will be established.
– Proverbs 4:26

The law of his God is in his heart; His steps do not slip. – Psalm 37:31

In the name of Jesus Christ...

I bless every place you set your feet. I bless your ordinary, everyday life to be a place where extraordinary things happen, because you carry the presence of Jesus. May you be one who changes the atmosphere of rooms when you step in. Bringing life, hope, laughter, peace and encouragement.

I bless your feet to always follow the direction Jesus is leading you into. In times and places where you cannot sense His invitation or approval, may you be sensitive enough to His spirit to feel uncomfortable and without peace in yours, and may your discernment guide you to avoid, leave or move on.

I bless you to walk in step with your Heavenly Father. May you not trail your feet behind Him, nor run ahead of Him. Rather may you delight in aligning your heart, mind and soul with Himself, as He leads you on the path of righteousness and abundance.

I bless your spirit to be adventurous and inquisitive about the world around you. May you travel and explore and may your heart get caught up in the beauty and wonder of His creation.

I bless you to enjoy and admire other countries and cultures. May you take joy in learning the ways and lifestyles of others and be inspired by strangers! I bless your eyes to see His glory all around you, in the faces of every person that He has created.

I bless your feet with favour as He sets you upon high places-Those spacious lands filled with blessing and opportunity. May you refuse to shrink back from positions or spaces where you can hold influence. I bless you to know that you are chosen and anointed for the calling that He has placed on your life. No scheme of the enemy nor power of man can ever stand against you, all the days of your life.

Day 75: Grace/ His Comfort

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. – 2 Corinthians 1:3-4

Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. – Psalm 23:4

Blessed are those who mourn, for they shall be comforted. – Matthew 5v4

I lift up my eyes to the mountains— where does my help come from? My help comes from the LORD, the Maker of heaven and earth. – Psalm 121:1-2

In the name of Jesus Christ...

In the name of Jesus Christ, I bless you to know the comfort, help and embrace of your Father, all the days of your life.

I bless you in times of sorrow and loss to know the nearness of Holy Spirit, who is your comfort, hope, solace and strength. I bless you to surrender your times of hurt and pain before your Heavenly Father, for even the deepest sorrow will not define you. May you always know that abundant joy comes in the morning.

In times of change and transition, I bless you to know His sovereignty and peace. May you experience His grace carrying you, within the uncertain or in-between. I bless you to trust the ‘Revealer of mysteries,’ to make those things yet unseen, come to into the light, in His perfect time.

I bless your heart and mind in moments of hardship and pain. May He grant you grace to see beyond your struggle and catch a glimpse of hope ahead.

I bless you to know Jesus as Redeemer. The one who redeems all things. Repairing and restoring what feels broken and without hope. I bless you in times of loneliness, to know the comfort and loving embrace of the Father. May you rest underneath His everlasting arms and rise in His strength.

I bless you to be one who brings comfort to others. In times of great pain, loss or upset, may you be sensitive, empathetic and moved with compassion to provide a warm embrace, a meal, or a place to listen and share. May you always lead others to know and encounter the imperishable hope that is Jesus, all the days of your life.

Day 76: Champion of Others

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. - Hebrews 10:24-25

"Therefore encourage one another and build each other up. -
1 Thessalonians 5:11

May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had. -
Romans 15:5

In the name of Jesus Christ...

I bless you to be a champion of others, all the days of your life.

I bless you to pursue His gift of encouragement. May you deposit courage as a beautiful gift, deep within the hearts of those around you. May you see those in your world who feel worthless or weary, those who have no place, find the encouragement that you have found in Jesus Christ.

I bless your voice as one that carries authority and weight behind your words, so that when you speak life, others who have been broken or bruised in spirit will be renewed and restored.

I bless you to be one who lifts the heads of others, an upholder of arms, a champion and one who speaks words of celebration, kindness, strength and empowerment.

I bless you to encourage your own soul.

May you consistently tell your mind to pay attention, and your soul to line up with His words and thoughts about you. When you live and walk in His encouragement, you begin to do so much more with the things entrusted into your hands.

I bless you to speak words of kindness and strength over yourself.
Declaring His promises and greatest blessings for your life!
I bless you in the name of Jesus, to refuse to allow discouragement to
divert your course or cause deep wounds in your heart.
You will not be overwhelmed or torn down by the harsh or
unmerited words of others.