

WEEK 3

# 100 days of Blessing Your Children

Days 15-21

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, aunties, 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 15: Your Future Husband

Husbands love your wives, as Christ loved the church and gave Himself up for her. – Ephesians 5:25

Blessed are all who fear the Lord, who walk in obedience to him. You will eat the fruit of your labour; blessings and prosperity will be yours. Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table. – Psalm 128:1,3

Above all, love each other deeply, because love covers over a multitude of sins. – 1 Peter 4:8

And a three-fold cord is not easily broken. – Ecclesiastes 4:12

## In the name of Jesus Christ...

I bless you with a husband who deeply loves Jesus with all his heart, mind, soul and strength. One who will pursue God's thoughts and obediently follow His ways as he listens to His voice for himself and for your family.

I bless you with a loving husband who will love you deeply all your life and consider you as one with his own flesh. One who is committed to keeping you safe, one who protects you, provides for you and shields your heart.

May he love you as Christ loves the church and may he be willing to lay down his life for you.

May God choose for you a man who will remain faithful to you and always see in you the beauty of the woman he married.

May he enjoy life with you as your partner and friend, cheering your successes, minimising your losses and encouraging you to pursue Jesus and His purposes for your life together, for all your days.

May he honour and treasure the promises and vows made to you.

May your husband choose you, respect you, care for you, laugh with you and be kind to you always.

One who will deeply love you, look to you, listen to you, honour you, champion you and value you above all others.

May he always choose to guard your marriage from harm and always be willing to reconcile your differences. May he be quick to say sorry and quick to offer forgiveness.

May he be intentional in his pursuit of you and gentle in his conversations with you.

May you both exercise humility and grace to move on quickly from misunderstandings.

May you both walk with Jesus all the days of your life, as 'a three fold cord that cannot be easily broken.'

May your times be filled with happiness, peace, unity, fruitfulness and laughter, all your days.

# Day 15: Your Future Wife

Husbands love your wives, as Christ loved the church and gave Himself up for her. – Ephesians 5:25

Blessed are all who fear the Lord, who walk in obedience to him. You will eat the fruit of your labour; blessings and prosperity will be yours. Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table. – Psalm 128:1,3

Above all, love each other deeply, because love covers over a multitude of sins. – 1 Peter 4:8

And a three-fold cord is not easily broken. – Ecclesiastes 4:12

## In the name of Jesus Christ...

I bless you with a wife who deeply loves Jesus with all her heart, mind, soul and strength. One who will pursue God's thoughts and obediently follow His ways as she listens to His voice for herself and for your family.

I bless you with a wife who will choose you daily and always.

One who will deeply love you, look to you, listen to you, honour you, champion you and value you above all others.

May God choose for you a wife who will remain faithful to you, for all your days. May she enjoy life with you as your partner and friend, cheering your successes, minimising your losses and encouraging you to pursue Jesus and His purposes for your life together, for as long as you live.

May she treasure and honour the vows and promises made to you.

May your wife be gentle in her conversations with you and always point you towards hope, as she reminds you of who you are in Christ and His promises and blessings for your family.

May she respect you, laugh with you, pray for you and be kind to you always. May your wife be humble, honest, forgiving and tender-hearted.

May your wife always choose to guard your marriage from harm and always be willing to reconcile your differences. May she be quick to say sorry and quick to offer forgiveness.

May you both exercise humility and grace to move on quickly from misunderstandings.

May you both walk with Jesus all the days of your life as 'a three-fold cord that cannot be easily broken.'

May your times be filled with happiness, peace, unity, fruitfulness and laughter, all your days.

# Day 16: Loyalty

Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! – Ephesians 4:9-10

## In the name of Jesus Christ...

I bless you to prize loyalty as a treasured possession.

I bless you to be known, marked, seen and noticed by the rest of the world, as one who is fiercely loyal to friends and family. One who chooses to defend and protect those you love.

I bless you to refuse to allow fear of public opinion, loss of popularity or reputation to come against your higher value of standing with and standing up for others.

I bless you to be faithful, honouring, intentional and true within your relationships with those around you, at home, at school and in every field of life you step into.

I bless your workplace and those spaces where you lead, serve and share. May you find favour from those in authority as they see your high value for loyalty, integrity and trust.

I bless you to remain loyal and faithful to God all the days of your life. Loving Him and keeping His commandments, even when it feels difficult or the world tries to pull you in a different direction.



# Day 17: Self-control Temperment

Better a patient person than a warrior, one with self-control than one who takes a city. - Proverbs 16:32

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.  
- James 1:19-20

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. - Galatians 5:22-23

A wrathful man stirs up discord, but one slow to anger calms strife - Proverbs 15:18

Do not be quickly provoked in your spirit, for anger resides in the lap of fools - Ecclesiastes 7:9

## In the name of Jesus Christ...

I bless you with a calm and peaceable spirit. I bless you to be self-controlled, gentle and slow to anger.

I bless your character to be one that is level-headed, even under pressure and one who exudes patience and understanding.

I bless you to guard your heart against anger and bitterness.

With your eyes fixed on Jesus and your heart set on loving others as He loves you, you will not have a judgemental, unkind or critical spirit.

I bless you with a firm control of your words, actions and behaviours.

They will be rooted in love, patience, forgiveness, kindness and empathy, all the days of your life.

I bless you with the intelligence to be self-aware and reflective, with a desire to exemplify the person God has created you to be in Christ Jesus.

May you be willing to accept criticism, correction or advice and may you always be open-minded and understanding of the views of others. May you disagree in love, rather than let differences bring strife and disunity.

I bless you to follow the example of Jesus as one who is gentle, peace-loving, patient, kind, just and forbearing others in love.

I bless you with a clear understanding that gentleness and meekness ('patient restraint') are part of your soul's armour.

You will not accept anger as your defence or your power. Rather you will always seek the ways of self-control, honour, peace, resolution and reconciliation

# Day 17: Self-control Temple

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 Tim 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 you to honour Him with your body as a temple of the Holy Spirit, all the days of your life.

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 19: Good Health

The LORD will take away from thee all sickness. - Deuteronomy 7:15

I will bring health and cure. - Jeremiah 33:6

For I will restore health to you and heal you of your wounds. -

Exodus 15:26

The tongue of the wise promotes health. - Proverbs 12:18

## In the name of Jesus Christ...

I bless you with good health all the days of your life. May you enjoy a healthy life in body, mind and soul.

I pray He will grant you many years of life, a sound mind, strength to your muscles, bones, heart, and lungs, a powerful immune system, and excellent agility.

I bless you with a strong and vigorous body that can easily do work, engage in exercise and has a strong resistance against illness.

I bless your body with wholeness, immunity and strength.

I bless you with an enthusiasm for life and a will to embrace an active lifestyle.

I bless you with a desire to be healthy and make wise choices around your nutrition.

God has given you systems within your body to protect it from harm.

I bless you with diligence to promote a strong immune system through healthy habits and avoiding unhealthy choices.

I bless your mind with self-control as you choose to refrain from drunkenness and indulging in foods that will impact the healthy condition of your body.

As you follow God's dietary guidelines, may He remove all sickness and make your body immune to disease.

If you do get ill, may you learn to claim the promises for healing and know that He is Jehovah Rafa. The One who is 'the Lord who heals.' I pray for your healing to come in His name.

# Day 20: Laughter/ Cheerful Disposition

"All the days of the oppressed are bad but a cheerful heart is a continual feast. – Prov 15:15

A cheerful heart is good medicine, but a crushed spirit dries up the bones." Prov 17:22

## In the name of Jesus Christ...

I bless you with a warm, inviting, cheerful personality. May He give you the ability to be quick-witted, spontaneous, fun-loving and full of laughter.

May you surround yourself with people who will make you laugh. May you carry a joyful spirit within your conversations and friendships, always refusing to remain melancholic or negative in your attitude and outlook on life.

Laughter is medicine for the soul. A cheerful disposition isn't just pleasant; it's beneficial for your health, a divine acknowledgment of laughter's value.

I bless you to hold firmly to the that 'the joy of the Lord is your strength.' This joy cannot be overcome. This joy is constant regardless of circumstances.

I bless you with a joy that is limitless, a sense of humour and lightness of spirit that may be carried into the many variants of life and the world around you -whether at work, play, learning, teaching others, alone or in company.

May you be the one who points others to setting their heart towards hope, positivity resilience and courage. All the while, allowing them to see value in the simple things of life and not allowing themselves to be unduly overwhelmed.

# Day 21: Leadership

Be shepherds of God's flock that is under your care, watching over them—not because you must, but because you are willing, as God wants you to be; not pursuing dishonest gain, but eager to serve; not lording it over those entrusted to you, but being examples to the flock. – 1 Peter 5:2-3

And Jesus called them to him and said to them, 'You know that those who are considered rulers of the Gentiles lord it over them, and their great ones exercise authority over them. But it shall not be so among you. But whoever would be great among you must be your servant, and whoever would be first among you must be slave of all. For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.' – Mark 29:42-45

## In the name of Jesus Christ...

I bless you to be a leader of people. In your everyday life, may you set an example for others of how to walk in love, kindness, humility and compassion.

May you be a leader who upholds godly principles, and refuses to waver from His truth, regardless of audience, position or circumstances.

May integrity be your treasured possession and highest value and may you hold firmly to truth and justice.

I bless you to lead with boldness and wisdom, as you fulfil your responsibilities, with the assurance of God's presence and faithfulness.

I bless you to overcome difficulties and uncertainties with strength, grace and perseverance.

I bless you to be one who does not delight in power or position, nor lord it over others. I bless your heart to be humble, unselfish and willing to serve.

I bless you to be one who builds others up, to release them into the fullness of who God has created them to be.

I bless you to be one who desires for others to win and succeed and one who champions that success from a sincere heart.

I bless you to choose service over entitlement as you lead.

I bless you to lead following Jesus' example, who being in very nature God, did not consider equality with God something to be grasped, but rather humbled Himself and became obedient – giving His life for others.