

WEEK 6

100 days of Blessing Your Children

Days 36-42

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 36: Victory

I know your deeds. See, I have placed before you an open door that no one can shut. - Revelation 3:8

A man's gift makes room for him and brings him before great men. - Proverbs 18:16

And my God will meet all your needs according to the riches of his glory in Christ Jesus. - Philippians 4:19

But thanks be to God! He gives us the victory through our Lord Jesus Christ. - 1 Corinthians 15:57

Draw near to God and He will draw near to you. - James 4: 8

But you will receive power when the Holy Spirit comes on you; and you will be my witnesses. Acts 1:8

In the name of Jesus Christ...

I bless you to remain persistent in prayer, all the days of your life. May you align yourself with God's promises and invite His divine favour into every area of your life with Him. I bless you to live victoriously, in the knowledge that you can overcome every challenge and trial, because Jesus has already sealed your victory.

I bless you to experience breakthrough, as He open doors that no one can shut, leading you always into purpose, joy and abundance.

I bless you to hold firmly to His word and truth, as you seek His wisdom, intervention and guidance all your days.

I bless you to know financial breakthrough, as He provides for all your needs, according to His riches in Glory.

I bless the works of your hands, may His favour to rest upon you and surround you like a shield. May you remain in peace, as He opens up to you the storehouses of His bounty.

I bless you to know and experience spiritual breakthrough, as you draw close to Jesus and run the race of faith with perseverance, all the days of your life. May you to remain in the power of Holy Spirit as He equips and enables you to be His effective witness - leading others to Jesus and the fullness of life and salvation found in Him.

Day 37: Emotional Health & 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 Tim 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 brokenhearted 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 38: Meekness

Blessed are the meek, for they shall inherit the earth. – Matthew 5:5

Take my yoke upon you and learn of me; for I am meek and lowly in heart: and you shall find rest for your souls. – Matthew 11:29

But let it be the hidden person of the heart, with the imperishable quality of a gentle and quiet spirit, which is precious in the sight of God. – 1 Peter 3:4

In the name of Jesus Christ...

I bless your mind, heart and soul to cherish and overflow meekness, all the days of your life.

May He grant you grace to imitate His meekness and humility within your thoughts, words and every work of your hands.

May you hold meekness as a virtue that allows you to acknowledge your imperfections, celebrate your strengths, and navigate your life with grace and gratitude.

I bless you with a gentle and quiet spirit, one that soothes and uplifts those around you. May you know this is precious in the sight of God. I bless you to realise meekness is your calling, as well as your strength-through which you reflect His heart to the world.

I bless you to choose humility and submission throughout all your days. In a culture that reveres the bold and assertive, may you embrace meekness as a transformative and powerful force that comes from a place of divine strength.

May you follow the example of Jesus - who is the essence of meekness ; choosing servanthood over entitlement, giving over receiving , and willingness to sacrifice for the sake of others.

I bless you to live within your divine inheritance. When we inherit something, we don't work for it, but receive it as a gift. Walking in meekness will lead to deep contentment and joy for your soul.

Day 39: Mercy

Blessed are the merciful, for they will be shown mercy. – Matt 5:7

Finally, all of you, have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind. – 1 Peter 3:8

Light dawns in the darkness for the upright; he is gracious, merciful, and righteous. – Psalm 112:4

In the name of Jesus Christ...

I bless you to walk in grace, mercy and righteousness, all the days of your life.

The essence of mercy and compassion lies in our ability to see beyond ourselves, embracing the joys and sorrows of others.

I bless your eyes to see beyond differences, and to recognise the needs and distress of others; I bless your heart to show pity and empathy always; and I bless your will to make every effort to support and offer help.

I bless you to choose forgiveness and extend mercy to those who have hurt your heart, whether deliberately or unintentionally, knowing that it is not only His will for us to show godly mercy towards others, but also that we become equal beneficiaries, when our heart is flooded with mercy and forgiveness.

I bless you to be one who intercedes for others- One who stands in the gap. One who spends hours praying on the behalf of others. I bless you to be faithful, persistent, unselfish and empathetic in your prayers for others, all the days of your life.

I bless you be compassionate and merciful towards yourself. I bless you with His truth and wisdom that transcends all fear, doubt, regret and insecurities.

May His glory be reflected in every act of kindness and grace you bestow upon yourself.

May you never cease to remember your worth in His eyes, throughout all your days.

Day 40: The Places of Your Feet

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 41: Gratitude

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. - 1 Thessalonians 5:16-18

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. - Philippians 4v 6-7

I will give thanks to you, Lord, with all my heart;
I will tell of all your wonderful deeds. - Psalm 9:1

In the name of Jesus Christ...

I bless your mind, heart and soul to both hold and activate gratitude, all the days of your life. May you always be aware of the innumerable gifts God has placed into your hands.

May you cultivate a thankful heart, shifting your focus from what you lack towards the abundance of what you have received.

I bless your eyes to see the small blessings all around you in your everyday. May you pause to release your praise and thanksgiving to God for His provision, love and faithfulness.

“Give thanks in all circumstances; for this is God's will for you in Christ Jesus.”

I bless you to prioritise gratitude as a vital part of your life in Him, reminding you of God's goodness and helping you to align your heart with His will.

I bless you to practise gratitude when your heart and mind are anxious or upset, in the knowledge that thankfulness is your antidote, leading you into to peace for your mind and soul. “Do not worry about anything ... in everything - give thanks, and the peace of God will guard your heart and mind in Christ Jesus.”

When challenges and trials arise, I bless your mind to remember that there is always something to be thankful for. May you focus on His presence and favour and find strength, renewed hope and fullness of joy.

I bless you to prize gratitude within your heart and will, a daily habit that transforms your character and draws you closer to Himself. May your thankfulness be a testimony to His faithfulness and love, all the days of your life.

Day 42: Integrity

The integrity of the upright guides them, but the unfaithful are destroyed by their duplicity. – Proverbs 11:3

Blessed are the pure in heart, for they shall see God. – Matthew 5:8

Because of my integrity you uphold me and set me in your presence forever. – Psalm 41:12

In the name of Jesus Christ...

I bless you to treasure, guard and protect the gift of integrity, all the days of your life. May Holy Spirit grant you the strength to resolve to always do what is right, even when it may be difficult or unpopular. I bless you to be a person of truth and honour, one who faithfully stands by your word and follows through on your promises and commitments.

I bless you with His strength to resist temptation and to make choices that honour Him and reflect His character in all that you do.

May you be known for your high value of honesty and may integrity be a source of inspiration and encouragement to those around you. I bless you to remember that your words and actions carry weight and influence, always.

May Holy Spirit enable you to stay true to your convictions and to always act in a way that is consistent with His word and will for your life.

I bless you to walk in integrity, righteousness, and uprightness within your relationships and dealings with others. “Those who walk blamelessly and do what is right, who speak truth from their heart, and do not slander or harm their neighbour, are the ones who will dwell in God’s presence.”

I bless you to live your life before an audience of ONE. A life that is true, accountable and transparent.

I bless you to choose integrity over indifference; moral courage over popular opinion; and humility over reputation, all the days of your life. These will be the signs of your commitment to living a life that is pleasing to Him. May they be a testament to the transforming power of your Father God working within your heart and life, always.