



SERIES: MY LIFE WITH GOD

Give the Gift of Blessing

Life Reference: Psalm 103:1-5

Focus Verse:

“Blessed be the Lord, who daily loadeth us with benefits, even the God of our salvation. Selah” (Psalm 68:19).

God blesses His people with many blessings and benefits—too many to even begin to list. However, Psalm 103 provides a place for us to begin in acknowledging the abundance of good things that He puts into our lives.

- God **forgives** all our iniquities.
- God **heals** from all diseases.
- God **redeems** from destruction.
- God **crowns** with loving-kindness and tender mercies.
- God **satisfies** our mouth with good things and renews our youth.
- God **provides** justice for the oppressed.

The Sermon on the Mount (Matthew 5:1-13) gives what we call the Beatitudes. In these verses, Jesus pronounces blessings upon: the poor in spirit (humble), mourners, the meek, those who hunger after God, the merciful, the pure in heart, the peacemakers, and the persecuted.

- **We are to bless God.**

God’s Word tells us how the Lord blesses us, but how do we bless Him as instructed in Psalm 103:1?



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“Bless the LORD, O my soul: and all that is within me, bless his holy name.”

Our entire beings were made for God. We are His highest creation, and He made us so that we can enjoy a relationship with Him. We bless the Lord by fulfilling His purpose for us. We have a transformed mind, mouth, heart and spirit. We bless Him with our soul.

God blesses us with His presence and we in turn bless Him with our presence in:

- **Worship**—for who He is.
- **Praise**—for what He has done, is doing, and will do.
- **Service**—as we present our bodies a living sacrifice.

Life Reflection:

How do you feel God has personally blessed you?

In what ways do you bless the Lord?

We bless the Lord when we bless His kingdom (the church), His people, and His cause (reaching the lost).

According to James 3:5-10, the tongue can be used for either blessing or cursing. James admonishes us to choose our words wisely.

“Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be . . . Who is a wise man and endued with knowledge among you? Let him shew out of a good conversation his works with meekness of wisdom” (James 3:10, 13).

Luke 9:51-56 relates an instance when James and John felt it was appropriate to curse the Samaritans. Jesus and His disciples were passing through a Samaritan



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village, heading toward Jerusalem, and needed accommodations. When the people of the village refused to receive Him, James and John asked, "Lord, do you want us to call fire down from heaven and consume them, even as Elijah did?" They must have felt justified in suggesting this as it had been done before by the prophet of God.

Jesus rebuked them. "You do not know what manner of spirit you are of. For the Son of Man did not come to destroy men's lives but to save them" (Luke 9:55, 56).

The spirit of vengeance, judgment, hate, and "get even" must be put from us if we are to receive the full blessings of God.

The choice is ours—we can lift up with our words or we can destroy. Our tongue reveals what is in our heart and spirit. The wise person gives the gift of blessing.

Life Reflection:

Can you think of a time when you were deeply hurt by the words of someone else?

Was there an instance when words of blessing came at just the right time to help you through a difficult situation?

Do you frequently give words of blessing to others?

- **We are to bless our families.**

Great marriages and families are at the top of the list of importance to most people.



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One couple added spice and humor to their home with a number of refrigerator magnets which read:

- 😊 A messy kitchen is a happy kitchen and our kitchen is delirious.
- 😊 No husband has ever been shot while doing dishes.
- 😊 A husband is someone who takes out the trash and acts as if he just cleaned the whole house.
- 😊 A balanced diet is a cookie in each hand.
- 😊 A clean house is a sign of a misspent life.
- 😊 Help keep the kitchen clean, eat out.
- 😊 Caution—Housework done properly can kill you.

For our homes to be blessed takes more than a collection of cute refrigerator magnets. Many of the family problems experienced by this generation could be solved by giving blessing to one another. Parents and grandparents need to bless their children. The rite of blessing children as men prepared for death began after Abraham was chosen and blessed of God with an everlasting covenant.

In Old Testament times the firstborn received the birthright while other children received gifts and lesser blessings. A notable exception is when Jacob, the second born, received the blessing (or birthright) instead of Esau. Jacob desired to possess it, but Esau, the firstborn, despised his birthright. Years before he had traded it for food, choosing the temporal and immediate over the lasting and eternal. (Read Hebrews 12:16.)

In the spiritual kingdom each of us is first born—of the water and spirit—and has equal standing before God. We possess the birthright and have the full blessing with which to bless.

Spiritual traditions and rituals are important. Children should never leave the house without the blessings of their parents. We should take the face of our child in our hands, look them in the eyes, tell them how important and precious they are to us and God. Pronounce blessings on them in Jesus name.





Life Reflection:

Do you think that some children become rebellious because they do not feel blessed, loved, or valued?

- **We are to bless our enemies.**

“But I say to you, *love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you*” (Matthew 5:44, NKJV).

No longer are we to take an eye for an eye and a tooth for a tooth. Jesus calls us to a higher road, the road of blessing our enemies. Some feel cursed by a parent, sibling, spouse, child or others. Bless them so they can repent, change, and be converted. When we do good to those who hate us, we are being active, not passive. As we pray for those who intentionally hurt or persecute us, we are to pray blessings and mercy. (Read Romans 12:14.)

Life Reflection:

Can you honestly love your enemies and bless those who curse you?

We are called to bless, and as we bless others we receive blessings in return.



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“Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous; not returning evil for evil or reviling for reviling, but on the contrary blessings, knowing that you were called to this, that you may inherit a blessing” (I Peter 3:8, 9, NKJV).

- **We are to bless ourselves.**

Each of us is an original. God made us special. There is no one like us in this world. God loves me; He loves you. His love is not because of what we do, but for who we are.

Those who serve the Lord are a child of the King. Through this knowledge we can bless ourselves. Even those with little in the way of material goods or who feel unattractive can carry themselves with self-respect; they are of royal blood.

“So that he who blesses himself in the earth shall bless himself in the God of truth; And he who swears [declares] by the God of truth; Because the former troubles are forgotten, And because they are hidden from My eyes” (Isaiah 65:16, NKJV).

As we declare the blessings, former troubles are forgotten and they are hidden or covered by God.

Life Reflection:

Read I Chronicles 4:10, which contains the prayer of Jabez asking for God’s blessing on his life. Take a few moments to reflect on the words of this prayer and consider how you can make it a part of your daily life. You may wish to rewrite it in your own words, listing specific ways in which God can bless and help you.

God granted the request of Jabez. He is willing to do the same for each of us.



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Life Response:

Crowfoot was a native Indian whose tribe owned land that the Canadian government wanted to use for a railroad across the land. Crowfoot was very hesitant, as one might expect, but did agree to the use of his land. In return, the government promised him a lifetime pass on the railroad. He could travel as much as he wanted without charge.

Crowfoot wore the pass around his neck along with his beads and trinkets for the remainder of his life. He never removed it and he never used it. He simply wanted to know that he *could* use it if he wanted to. What a waste!

We have blessings all around us that we do not use. We often say to brother and sisters in Christ, "God bless you." This needs to take on new meaning. Look people in the eye and pronounce blessings on them distinctively in Jesus name.

Give the gift of blessing:

- Bless the Lord.
- Bless your family.
- Bless your enemies.
- Bless yourself.

My Prayer:

Dear Lord, help me to use my tongue for good and bless those who would do good or evil toward me. I praise you for what you have done for me, are doing for me and will do for me in the future. Help me to bless those around me who do not know the truth with understanding. Amen.

More Life with God References:

Numbers 6:24-27
Psalm 21:3-5
Psalm 146:5-8
III John 2

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