

lift up his countenance upon you and give you peace.” As children grow, this practice can continue in other rhythms, such as before they leave for school. Over time, this blessing can become part of their lives as well. What begins as a blessing spoken over them often becomes a blessing they carry forward to others.

..... FAITH PATH PLAN

Child’s Name: _____

How will you be intentional about your child’s spiritual growth in the coming year?

- ☐ Pray daily *for* and *with* my child.
- ☐ Consistently spend time in God’s Word with my child.
- ☐ “Bless” my child every day.
- ☐ Attend church regularly with my family and ensure my family is connecting. This builds a faith community for connections later when you will need help.
- ☐ Other _____

The next step on the Faith Path is Family Time recommended to ages three to five. As you bless your child, there will never be a time when they cannot remember hearing God’s words and ways from you. This will remove all awkwardness when you begin to have Formal Family Time.

ADDITIONAL READING RECOMMENDATIONS

- The Blessing* by Gary Smalley and John Trent
- Bedtime Blessings* by John Trent
- I’d Choose You* by John Trent
- The Power of a Parent’s Blessing: See Your Children Prosper and Fulfill Their Destinies in Christ* Paperback by Craig Hill
- Grace-Based Parenting: Set Your Family Free* by Tim Kimmel
- The Lifegiving Home: Creating a Place of Belonging and Becoming* by Sally Clarkson
- 5 Love Languages of a Child: The Secret to Loving Children Effectively* by Gary Chapman



BLESSING

RECOMMENDED FOR AGES 3+

WHAT IS “THE BLESSING”?

It is called “the blessing” rather than “a blessing” because of its unique power and significance. This is not just any general act of kindness or expression of favor; it refers to a specific, intentional act that carries profound meaning. “The blessing” has the power to impart identity, value, and purpose into a child’s life, making it far more impactful than just “a blessing,” which could refer to any ordinary or random act of goodwill.

In other words, “the blessing” is a deliberate, life-giving event that involves commitment and affirmation, setting it apart from other forms of blessings.

In Scripture, “the blessing” is a powerful act through which love, acceptance, and commitment are communicated. The Hebrew root for “blessing” refers to adding value, much like weighing coins to determine their worth. In the Bible, the words bless or blessing are used almost 700 times, showing that God is a God of blessing (Genesis 12:2–3, Psalm 67:1–2). As recipients of God’s blessing, there is both the privilege and responsibility to pass it on to others, especially to children.

The blessing is not a symbolic gesture but a long term, ongoing, intentional investment in a child’s life. It helps children grow into who God created them to be. The blessing consists of five key elements:

B — BE COMMITTED

The blessing requires a long-term commitment to a child’s spiritual, emotional, and physical well-being. Parents are called to take responsibility for helping their children grow into all God intends for them. As Deuteronomy 6:6–7 says, “And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.” Parents are to commit to being a constant, godly presence in their child’s life. This commitment means standing by them, guiding them, and helping them fulfill God’s purpose for their life. This may begin at child dedication, but it cannot end there. Parenting is not defined



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by isolated events; rather, it is the continuous building of a relationship through emotional connection, intentional investment, and ongoing cycles of learning and applying. It is a long-term process that involves nurturing, teaching, and growing alongside a child over time. Commitment requires consistency.

L — LOVINGLY TOUCH

The power of a gentle touch, whether a hug, a hand on the shoulder, or a simple pat on the back, helps convey acceptance, care, and warmth. Jesus modeled this in His ministry when He “took [the children] in his arms and blessed them, laying his hands on them” (Mark 10:16). He understood the power of appropriate touch to convey value and worth. Parents are encouraged to offer physical affection, such as a hug or a hand on the shoulder, regularly to demonstrate love and connection. Since every child is different, parents should take time to understand what types of physical affection their child is most comfortable with and use those gestures to affirm their value and strengthen connection.

E — EXPRESS VALUE

Words are powerful tools, or destructive weapons, that add value to a child’s life. Proverbs 18:21 reminds that “death and life are in the power of the tongue.” Speaking words of encouragement, affirmation, and love builds a child’s self-worth and helps them see themselves through God’s eyes. Parents are to remind their children of God’s Words while making eye contact. What could be a greater blessing than using one’s voice to affirm God’s promises and perspective over children? It is a blessing for all. Parents are encouraged to make a habit of expressing specific words of value, such as “I love the way God made you” or “You are a gift from God.”

S — SEE POTENTIAL

Parents are often the ones who see their children’s unique strengths and gifts. Blessing a child involves pursuing and recognizing their God-given potential and encouraging them to live out that purpose. This concept comes from Proverbs 22:6, “Train up a child in the way he should go; even when he is old he will not depart from it.” Each child has a specific bend or natural way they are designed by God, and it is the parent’s role to nurture and guide them in alignment with their God-given traits. Each child is unique, and their individuality requires shaping them according to God’s purpose, not personal preference. Parents are encouraged to share hope for their child’s future by saying things like, “I believe God has great plans for you” or “God has gifted you in amazing ways.”

S — SAY IT

The blessing must be spoken. A silent presence is not enough. As Proverbs

16:24 says, “Gracious words are like a honeycomb, sweetness to the soul and health to the body.” Whether spoken aloud or written in a letter, words of affirmation are essential for a child to understand their value and the love expressed toward them. Parents are encouraged to plan intentional time to verbalize love, encouragement, and prayers over their child. Speaking words of affirmation regularly should become a vital part of daily life.

On the Go Blessings: Whether driving to school, celebrating a success, or tucking a child into bed, parents can take opportunities to bless them with words of affirmation. Some examples include: “I’m so proud of how you handled that situation.” “God has given you an incredible ability to...” “I believe God is going to use you to...”

Bedtime Blessing Prayer: Consider adopting Numbers 6:24–26 to conclude a nightly prayer over a child: “The LORD bless you and keep you; the LORD make his face to shine upon you and be gracious to you; the LORD lift up his countenance upon you and give you peace.” This prayer of blessing, combined with a loving touch such as a hand on the shoulder, reassures a child of God’s presence and a parent’s love.

WHO NEEDS THE BLESSING?

Every child needs to experience unconditional love and acceptance from their parents. Those who do not receive this blessing often spend their lives trying to fill that void. Genesis 27 illustrates this through the story of Jacob and Esau. Esau, who did not receive the blessing intended for him, lived with resentment and pain. Children who experience the blessing are given a strong foundation for life and faith.

WHO CAN GIVE THE BLESSING?

While anyone can give a blessing, parents have the most significant opportunity to impart it to their children. Ephesians 6:4 reminds, “Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.” The parental blessing has the deepest impact, setting the stage for a child’s sense of worth and direction.

WHEN SHOULD YOU GIVE IT?

The blessing can be given in both formal and informal moments. It can be incorporated into special occasions like birthdays, graduations, or milestones connected to the Faith Path. Additionally, informal, spontaneous moments such as a drive to school, bedtime, or family devotions are excellent opportunities to speak life into a child’s heart.

One of the most meaningful times for many families is at bedtime. Even before children can speak or remember, parents can go to them, lay hands on them, and recite Numbers 6:24–26: “The LORD bless you and keep you; the LORD make his face to shine upon you and be gracious to you; the LORD