

## **What is a Blessing?**

“A blessing is the projection of good into the life of another.”

Dallas Willard

From the very beginning we read that, “God *blessed* them and said to them, ‘Be fruitful and increase in number, fill the earth and subdue it...’  
Genesis 1:28

In the New Testament, before Jesus ascended back to heaven we are told in Luke 24:50-53 that Jesus lead the disciples out to Bethany and “lifted up his hands and blessed [the disciples]...”

We are created for blessing and desperately long for it (read Jacobs story in Genesis 25-50). As Fathers, we have an opportunity to bless our children in a profound way that can help shape the rest of their lives. As Jon Tyson says, “Working *from* a place of blessing leads to a completely different life than working *for* a blessing.”

There is no magic formula to write a blessing, just be intentional with what you want to share with your child. This is an opportunity to call out in them Godly traits, speak Scripture over them, and impart goodness and love into their life. You can look up these Scriptures for examples— Numbers 6:24-26, Psalm 67:1, Ephesians 3:16, 2 Thessalonians 3:16.