



“The Power Of A Blessing”

Psalm 128

Icebreaker:

What is something that has encouraged you in the past week.

The Study:

This idea of a "blessing" is common in the Old Testament but is less familiar today. A best-seller called *"The Blessing"* by Gary Smalley and John Trent explores what a rich concept it is, and how transformative it could be for a family or a community if it were practiced. In this study, we unpack 5 components of a biblical blessing Smalley and Trent identify.



5 Elements Of A Blessing

“A family blessing begins with *meaningful touching*. It continues with a *spoken message of high value*, a message that pictures a *special future* for the individual being blessed and one that is based on an *active commitment* to see the blessing come to pass.”

“The Blessing” by Gary Smalley & John Trent

1. Meaningful Touching

1. Read Mark 1:40-41 and 10:13-16. Why do you think touch was an important part in Jesus’ ministry to others?

2. Where is touch encouraged in the ministry of the church?

➤ 1 Timothy 1:4:14, 2 Timothy 1:6-7

➤ James 5:13-14

➤ 1 Corinthians 16:20

3. “Promiscuous men and women...have told researchers that their sexual activity is merely a way of satisfying the yearning to be touched and held.” ~ Smalley and Trent

Do you buy this?

4. How do we practice holy touching in a social distancing world?

2. A Spoken Message

5. Read Proverbs 12:18. Then read and discuss the following quote from the message:

Just when you think you’re doing okay as a parent because you’ve never torn your child apart with words, studies prove that the absence of positive affirmation can be just as damaging to a child’s heart. Silence can be just as destructive to a child’s heart as cussing them up one side and down the other. When we leave them to guess what we think of them, Satan or their own sinful hearts can easily fill in the blanks with hateful messages of self-loathing which may be complete and utter lies, but the child will believe it as truth, until you tell them otherwise.

6. Read Hebrews 3:13. Why do we need encouragement daily? Are we wimps?

7. Don't just wait for someone to encourage you. Why don't you be the source of encouragement for someone else? Write down five names of people right now whom you could encourage this week. How are you going to encourage them?

3. A Spoken Message...Of High Value

8. Read Mark 1:9-11. It's important for a child to hear from their parents, "My child I love you and I'm proud of you." Even Jesus needed to hear it! Why do you think this is?

9. Study after study demonstrates that the blessing of a father is especially critical to the healthy development of a child. The very last verse in the Old Testament strongly suggests that fatherlessness or "father-wounds" harms a culture. What do you think the reasons for this might be?

10. Read 1 Peter 2:9-10. Why is it important to know that the value God places upon us is because of his grace, and not our performance? (Another way to put it: Why is it important to tell your child you love them even when they do poorly?)

4. A Picture Of A Special Future

11. "Train up a child in the way he or she should go," the Bible says (Proverbs 22:6), not the way we would have them go. What's the difference? And what are some ways we can practice this with our kids and grandkids?

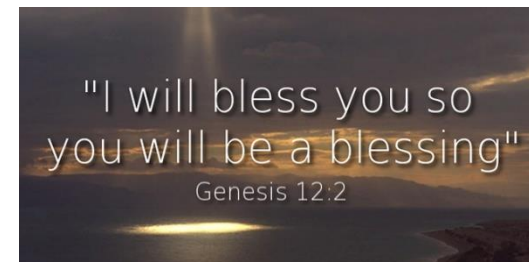
5. An Assurance Of Active Commitment

12. Read Luke 6:27-28. Based on everything we've covered in this study, what are some ways we could, in fact not in theory,...

- bless our enemies?

- bless our neighbors?

- bless our community?



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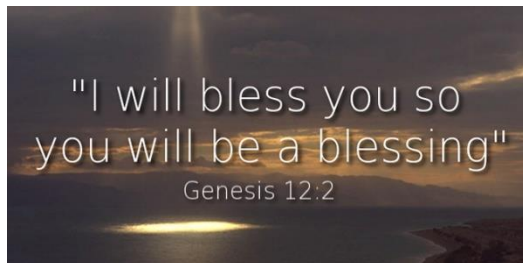
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