



Milestone 1: Blessing (Age 2)

**The practice of praying for and
blessing your child on a routine basis.**

What is the Blessing?

The blessing is praying over and speaking words of love, faith, acceptance, and commitment over your child. God is a God of blessing. The words “bless” or “blessing” are used throughout scripture. We receive blessing from God and we have the opportunity to give our blessing to others.

Everyone needs to receive the blessing of love and acceptance from their parents. A person can receive that blessing at any age, but it brings greater benefit in the life of the recipient when received early in life.

The blessing is not just a “one time event”. Our children need to hear our blessings over and over. It is good to start a routine of blessing before bedtimes or first thing in the morning. You can also give blessing spontaneously, when various moments take place.

Phrases you can use to start the blessing are:

“You are great, because...”

“I was so proud of you when I saw you...”

“God has given you the ability to...”

There are five basic elements of the blessing that, when combined, can have a tremendous impact.

B - BE COMMITTED

The blessing is not a fleeting moment or mere symbolic event. It includes an active, long-term commitment to the child’s well-being by accepting responsibility to help them become all that God intends.

L - LOVINGLY TOUCH

The power of a hug or placing your hand on your child while affirming him or her creates an important physical connection and communicates warmth, acceptance, and relational health.

E - EXPRESS VALUE

Just like we add value to someone's pocket by handing them a coin, we add to a child's life when we use words that attach high value to them as a person.

S - SEE POTENTIAL

No person can see a child's natural strengths and foresee possibilities for their future better than a parent. Giving the blessing includes picturing a special future and cheering them toward achieving their potential.

S - SAY IT

An effective blessing must be put into words, whether spoken, written, or both. Simply being present is not enough to fully communicate the blessing. Words of affirmation are necessary for the child to know that he or she is appreciated and accepted.

We encourage you to begin with praying a prayer of blessing over your child each night, as you lay them down (or anytime you are with them - morning, noon, or night). Get into the habit of simply praying a prayer like Numbers 6:24-26...

"May the LORD bless you and keep you; the LORD make his face to shine on you and be gracious to you; the LORD turn his face toward you and give you peace."

Next Steps in Your Faith @ Home Journey...

- Bless your child daily.
- Pray daily for your child.
- Consistently spend time in God's Word.
- Be active in the church and its ministries.
- Actively serve God and others.

Recommended Reading...

Bedtime Blessings (by John Trent)

The Blessing (by Gary Smalley and John Trent)

Praying the Scriptures for your children (by Jodie Berndt)