

Intentional Faith Path Plan

Child's Name: _____

How will you be intentional this next year?

- Pray daily for and with my child.
- Consistently spend time in God's Word.
- Bless my child daily.
- Attend church regularly.
- _____

The next step on the Faith Path is *Family Time* at age four. We offer a free *Family Time* kit to guide you through this next step. Request the *FamilyTime* kit at lezah.maitland@fbcallen.org

Recommended Resources

The Blessing by Gary Smalley and John Trent
Bedtime Blessings by John Trent
I'd Choose You by John Trent

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FAITH
PATH

Blessing

Affirm Your Child's Value

Every child needs to experience something the scriptures call “the blessing.” This guide can help you begin the process by imparting the kind of blessing only a parent can give.

WHAT IS THE BLESSING? The blessing is a powerful tool with which we communicate acceptance and genuine commitment. The word comes from the ancient practice of weighing coins on a scale to determine value. Blessing someone “adds value” to his or her life. We see in scripture the word bless or blessing used almost seven hundred times. The Bible also gives us great evidence that our God is a God of blessing. We receive that blessing from our Heavenly Father and have the wonderful opportunity to pass it on. There are five basic elements of the blessing that, combined, have 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 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: Parents best see a child’s natural strengths and foresee possibilities for their future. Giving the blessing includes picturing a special future and cheering them toward achieving their potential.

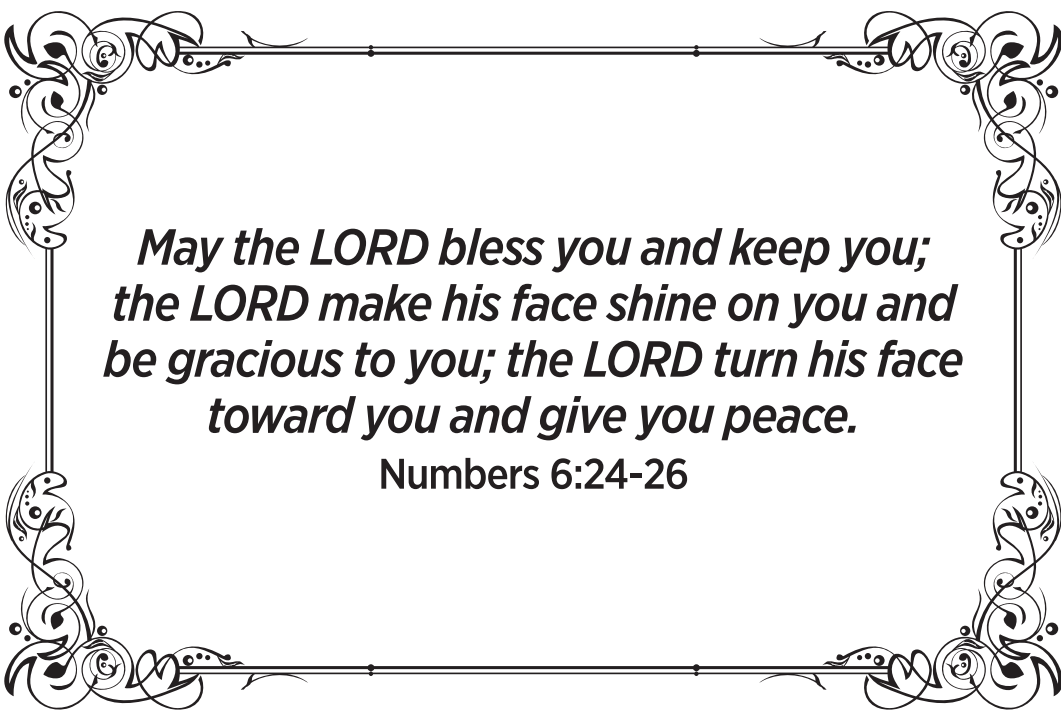
S – SAY IT: An effective blessing must be put into words whether spoken, written or both. Simply being present is not enough to communicate the blessing. Words of affirmation are necessary for the child to know he or she is appreciated and accepted.

WHO NEEDS THE BLESSING? Everyone needs to experience unconditional love and acceptance from their parents. Those who didn’t receive it can spend later years trying to fill the void missed at home. Those who did receive the blessing have a tremendous advantage in life. An example of this dynamic is recorded in Genesis chapter 28 in the story of Jacob’s two sons.

WHO CAN GIVE THE BLESSING? Anyone can give the blessing, but the most important and powerful blessing should come from parents.

WHEN SHOULD YOU GIVE IT? You can take advantage of special occasions and scheduled events to give the blessing in an intentional manner as well as capture informal, more spontaneous moments. You might want to start a nightly routine of blessing before bedtime or as you drop your child off at school or daycare.

- **On the Go Blessings:** Speak words of blessing to your child while driving to school, tucking into bed, celebrating an accomplishment or good effort, or writing a note to place in their lunch. You can also frame the card included with this kit and use a dry erase marker to fill in the *You Are Great Because* phrase or create your own using any of the following.
 - *I was so proud of you when I saw you...*
 - *I think God is going to use you in the future to...*
 - *God has gifted you with a unique ability to...*
- **Bedtime Blessing Prayer:** Select a special scripture to pray over your child each evening such as Numbers 6:24-26 as quoted on the card included with this kit. Consider framing the verse to keep beside your child’s bed. Lay your hand gently on your child’s arm or shoulder while praying to reassure him/her with loving touch.



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

Numbers 6:24-26



You are great because...

Young Children

Fat Cat

Bedtime Blessing Activity

Best Use

As a bedtime prayer activity with younger children

Nutritional Value

Affirms the unique value of your child

Advance Preparation

Place this recipe card on your young child's bed stand to use when tucking them in at night.

Serve It Up

Follow the simple instructions on the reverse side for a great experience.

Fat Cat Bedtime Blessing

1. As you tuck your child into bed, explain that you want to play a game where you create word pairs that rhyme – like “fat cat” or “funny bunny.”
2. To play, one person thinks of a word or pair and gives clues to the other so they can guess what it is. For example, the clue for “funny bunny” might be “laughable rabbit.” For “fat cat” you might say “chubby kitty.”
3. Here are a few ideas to help you get started:
 - Rude Dude
 - Old Cold
 - Tan Man
 - Dragon Wagon
 - Snake Cake
 - Ant’s Pants
4. Now share this rhyme about your child: [CHILD’S NAME] is an “enjoyable boy” or a “jewel daughter.”
5. Let the child attempt to guess. Then tell him or her to listen for it in the following bedtime prayer that you pray while laying one hand on the child:
 - *Dear Father in heaven – Thank you for all the fun You give us. And thank you for a [“fun son” or “pearl girl”] like [CHILD’S NAME] to share it with! Amen.*

Find more ideas in Dr. John Trent’s book *Bedtime Blessings* available from *StrongFamilies.com*

Special Occasion

Blessing Notes

Best Use

To encourage a spouse, child, grandchild or parent.

Nutritional Value

Affirms the value of family members in a tangible manner.

Advance Preparation

- Purchase a supply of blank note cards
- Decide who you intend to bless
- Protect 15-20 minutes on your schedule this week to review the blessing note suggestions and samples on the reverse side
- Choose a creative way to deliver the notes, such as...
 - ▣ **To A Wife:** Place in her favorite shoes
 - ▣ **To A Husband:** Place on the car dash board
 - ▣ **To A Young Child:** Put in his or her lunch
 - ▣ **To A Teen:** Hide it in his or her back pack and send a text message inviting them to look for it
 - ▣ **To A Grandchild:** An email saying an important snail mail note is on the way
 - ▣ **To A Parent:** Snail mail

Writing A Blessing Note To...

A Wife: Let her know how much you cherish her feminine traits - including her nurturing spirit, her beauty, and the ways she gives of herself. Sample language...

I just wanted to let you know that I appreciate the way you bring beauty into my life and the life of our children. Thank you for (insert something she did this past week.) You are lovely inside and out, and it is a joy (and thrill) to be married to you.

A Husband: Tell him that you respect him and admire his masculine qualities – including his hard work, his character, and the ways he gives of himself. Sample language...

You are a good man who tries to do the right thing in every situation, and I want you to know how much I admire you for that. (Give a specific example from the past week.) I am proud to call you my husband.

A Child/Grandchild: Cheer them on as they move toward their God-given potential. Suggested language...

- **A Young Child:** *You are a special young boy/girl, and I prayed for you today – asking God to bless your life.*
- **A Teen:** *I believe God is going to use you in great ways in the future because I see so much potential in you now.*

A Parent: Express gratitude for the sacrifices they made for you and “connect the dots” to what you are doing now as the return on their investment. Suggested language...

It has been ten years (twenty? thirty?) since I graduated from high school. I thought it was time to thank you for giving me such a strong foundation in life. I feel I am doing well at work (in marriage, with my kids, etc.) because of your example!