



LAUNCHING WITH PURPOSE M I L E S T O N E

The written blessing is a lasting memory you can give your son or daughter. The blessing he or she receives from you can literally empower your son or daughter to move forward in becoming an adult and embrace all that God has for him or her. Many children leave home without ever receiving or perceiving a blessing from their mom, dad or both. This would be a great opportunity to express your love and dreams for your son or daughter.

The Five Elements of the Blessing

1. Meaningful and appropriate touch
2. A spoken message
3. Attaching high value to the one being blessed
4. Picturing a special future for him or her
5. An active commitment to fulfill the blessing

Blessing Example

Place your hand on your child's shoulder or head. Meaningful touch was an essential element in bestowing the blessing in Old Testament homes.

Think of one or two things you value and appreciate about your child and tell them what they are. Articulate why you love this about your child and include a favorite memory to back it up. Be sure to also include how they specifically bless your life so your child can understand how their life positively impacts yours.

Once you've told your child why they're special, focus your attention on the Milestone of High School Graduation, and the challenges that lie ahead. Acknowledge their fear, but provide encouragement and hope. Help your child "see beyond" the obstacle in their path and remind them of their "special future".

Share how you and the Lord are committed to this child – no matter what. This fifth element of the Blessing provides assurance that you'll always love your child through both the good times and bad and reaffirms your commitment to their success.

Finish your blessing by reading a meaningful passage of scripture over your child, and praying for them. There may be a passage that is especially meaningful to you or your child, which would be perfect for the occasion of the blessing. One suggested verse of blessing is 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 lift up his countenance upon you and give you peace.”

Additional resource:

- www.focusonthefamily.com/parenting/spiritual-growth-for-kids/blessing-your-child/blessing-your-children