

# TOOL: Introduction to Speak Blessing

Speak blessing • Daily



One of the spiritual habits embodied in Jesus is the loving act of blessing others. In our culture, to bless someone might be the response to a sneeze or the southern platitude of “Well, bless your heart” – but, that is not what we are considering here. Again and again, Jesus shows us the ministry of speaking a true blessing over others. Mark’s Gospel reads, “And Jesus took them in his arms and blessed them, laying his hands on them” (Mark 16:10). In these verses, Jesus shows us the power of giving others a sincere blessing – a good word originated in the love of God.

But this practice didn’t begin with Jesus. In Genesis 12, God displayed his ultimate plan to bless this world.

*The Lord had said to Abram, “Go from your country, your people and your father’s household to the land I will show you. I will make you into a great nation, and I will bless you; I will make your name great, and you will be a blessing. I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you.” Genesis 12:1-3*

God’s master plan was to choose and transform one individual so that through this person, others would experience the blessing from God.

Since the time of Abraham, God has not stopped his purposes – that we might be blessed to be a blessing. Though we might bless others with our gifts, sacrifices, or acts of mercy, God also uses our words. There is power in speaking a blessing. “Gracious words are like a honeycomb, sweetness to the soul and health to the body” (Pro. 16:24).

In this toolbox, we will explore how we can continue in the practice of speaking blessing to others. We will do this through five simple habits with those in your spheres of influence: friends, relatives, acquaintances, neighbors, and colleagues. As we seek to authentically BLESS others daily, we believe God will use each of us to bless our world with Christ!

The five habits are:

1. **B**egin with listening
2. **L**ook to give affirmations
3. **E**at with intention
4. **S**hare the love that is unspoken
5. **S**peak against the lie

### **Pause and consider**

Let's begin with taking an account of our lives. Consider the following questions and journal your thoughts. You might also want to share your responses with your Praxis Group.

1. Consider the Genesis account by reading Genesis 1-2. How do you see the power of words on display?
2. Our lives are often marked by hearing the right word at the right time. Can you recall a word spoken or written that has made a profound difference in your life? (An encouragement, a challenge, a message, a sermon, a letter, a phone call, a conversation with a friend.)
3. One of the primary vocations of the Christian is to be a blessing-giver. Why is that concept so foreign to us?
4. In our day and age, we often think of sharing the Gospel by giving food, gifts, or money. It could be said that we are more comfortable expressing our faith by acts of mercy rather than speaking our words to others. We don't want to be pushy, assuming, or step on toes. Yet, the timidity of speaking blessing might hold us back from our calling in this world- to speak blessing. What are the barriers you experience in vocalizing your faith to others?

### **What's next?**

Dive into the tools provided! For each practice, you'll find a series of tools to help you explore and go deeper. Each tool will unpack a specific method or practical way to engage with that habit.

Within each tool you'll find three sections: (1) an introduction to the tool, (2) instructions on how to practice utilizing the tool, (3) a few questions to debrief your experience with your Praxis Group.

We encourage you to practice using a tool for at least one week before you debrief your experience. Remember, practicing isn't the same as accomplishing or perfecting! Practicing can be messy, imperfect, and a learning experience!