

## Welcome to Sunday School!

Today is our **BLESSINGS 101** lesson.

### WHAT IS A BLESSING?:

Blessings are found throughout the Bible.  
But ...What is a Blessing?

Sometimes, like The Lord's Blessing (the scripture shown at right) - a blessing is a saying from God to give hope and peace and reassurance.

And in the New Testament – parents brought their children to Jesus for his blessing. They asked Jesus to lay his hands on them because they wanted their children to know God and feel God's protection and favor.

And God guides us on how to live happy lives through blessings: **Blessed are the peacemakers, for they will be called children of God.**

Giving a blessing like we do with our blessing balm at Sunday School is a way of showing that **God loves you.** When we offer blessings we are reminding that person that they matter and are precious in God's eyes.

Sometimes **we say a blessing before we eat** as a way to thank God for providing for us and to be grateful for the food on our table and not take it for granted.

We look at things in our lives that we are so grateful for – our families and friends and pets and clothes and food and our homes and even the experiences we have as blessings. And we thank God for those **gifts in our lives.**

Sometimes, change itself is a blessing and opens our eyes to new opportunities and we learn new things that help us grow.

We even say **"God Bless You" after someone sneezes,** superstition says we say that to keep them well and to shield against evil.

A blessing can be verb when we bless one another or feel blessed by God. Or it can be a noun when it is a reminder of God's love and of those specific things we are so thankful for in our lives - gifts from God.

It's hard to come up with just one definition but basically a blessing is a wish or prayer for God's goodness in your life and something that reminds us of God's love and care and can be very simple or super amazing.

Blessings help us remember that no matter how much change happens in our life, God's love is always with us.

**Be blessed and be a blessing!**

### SCRIPTURE:

May the Lord  
Bless you and  
keep you.  
May the Lord  
make his face  
shine upon you  
And be gracious  
unto you.  
May the Lord  
lift up his  
countenance  
upon you  
And give you  
peace  
NOW AND  
FOREVER  
MORE. Amen  
–Numbers 6:24-26

### ACTIVITIES:

#### Family Discussion:

1. What blessings do you have in your life?
2. How can you be a blessing to others?
3. Read the scripture and discuss what it means to you. Can you memorize it?

#### Create a Blessing:

Write your own blessing for someone who could use a blessing in their life by filling in the blanks:

May God bless you  
and give you

and \_\_\_\_\_.

### PRAYER:

Dear God,  
Thank you for BLESSINGS.  
Taking the time to look at the blessings in my life helps me grow closer to you. I am so thankful for my family and friends and all of the ways you provide happiness and goodness in my life.

Let's pray the Lord's Prayer together:

**Our Creator,  
who art in heaven, hallowed be Thy name.  
Thy kingdom come, Thy will be done on earth  
as it is in heaven. Give us this day our daily bread  
and forgive us our trespasses as we forgive those  
who trespass against us. Lead us not  
into temptation but deliver us from evil.  
For Thine is the kingdom and the  
power and the glory forever.  
Amen**