


Blessings From the Heart
A WOMAN'S LEGACY

Blessings



Session One

BLESSINGS FROM THE HEART

Session One: Blessings

It is time to get a couple things straight in our minds. Number one, the blessings of God are nothing to sneeze at and, number two, they aren't tied in any way to what is in our bank account. God tells us that they have everything to do with the relationships that we have (our relationship with Him, our relationship with our family, our relationships with our friends, etc...).

God gave us a book. It is called the Bible. It is his blessing letter to us. Aren't you glad that when God chose to speak to us he didn't send us an email? Or a text message? Or a fax? He wrote to us. When we study the scriptures, we see that God set the example by modeling all the components of The Blessing for us so that we may be a light for Him, attracting others to Him.

1. Meaningful touch – John 1:14 tells us that God came to earth as a man. While he was here he showed us his love by touching us. He touched the eyes of the blind and made them see. He touched the lepers and healed them. God communicated his love for us with meaningful touch.
2. Words of High Praise and Value – God tells us in his word that he created us in his likeness (Gen. 1:27) and he tells us in Romans 8:16-18 that we, as Christians, are to consider ourselves children of God. We are co-heirs with Christ through his suffering and we will share in his glory.
3. Picturing a Special Future – In the Bible, God tells us that he has a plan for our life (Jeremiah 29:11). At the end of that plan is a reward for those that love him. It is a very special future in a place called heaven. And His desire is that we dwell in his presence forever (John 14:2). And He has such hope for us that he put good things on this earth for us to do. Deeds that will benefit us and bring glory to Him, "For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do." (Eph. 2:10).
4. Active Commitment – As written in his love letter, God has displayed the ultimate act of Active Commitment. Even though we were sinners, He was committed to us enough to send His only son to earth to save us from our sins (John 3:16). And when Jesus' time on earth was through, He didn't leave us here alone. His spirit remains in us and continues to guide us as promised by Jesus in Matthew "...surely I am with you always, to the very end of the age.

If you want to be truly rich, practice the principals of The Blessing that we will be studying this session. As Christians, we separate ourselves from the rest of the world when we harness the power of The Blessing. So, as 1 Peter 3:9 instructs, repay evil with blessing so that you may experience the blessings of God in return.

BLESSINGS FROM THE HEART

Memory Verse

It is the **BLESSINGS** of the Lord that makes us _____ and He adds no sorrow to it.
Proverbs 10:22 (NAS)

The blessings of God have to do with the amount of money that you have (**True** or **False**)?

- A Biblical definition of Blessed is:
“The happy condition of those that _____ God, _____ God, _____ God, and _____ God.”

God's Promises on Blessings

Promise #1

The Sovereign Lord declares, “I will make a covenant of peace with them...I will send down showers in season; there will be showers of _____.”
Ezekiel 34:25

Promise #2

Praise be to the God and Father of the Lord Jesus Christ, who has BLESSED us in the heavenly realms with _____ spiritual BLESSING in Christ!
Ephesians 1:3

Promise #3

_____ is the man (woman) who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those that love him.
James 1:12

Promise #4

Surely, O Lord, you BLESS the righteous; you surround them with your favor as with a _____.
Psalms 5:12

Promise #5

Do not repay evil with evil or insult with insult, but with _____, because to this you were called so that you may inherit a BLESSING.
1 Peter 3:9

BLESSINGS FROM THE HEART

Promise #6

I have set before you life and death, BLESSINGS and curses. Now, _____
life, so that you and your children may live.

Deut 30:19

Promise #7

For there is no difference between Jew and Gentle- the same Lord is Lord of all
and _____ BLESSES all who call on him.

Romans 10:22

Promise #8 - Memory Verse

**It is the BLESSINGS of the Lord that makes us rich and he adds no
sorrow to it.**

Proverbs 10:22 (NAS)

- The Blessing is comprised of these four elements:
 - a. Meaningful _____
This is especially important with our children.
 - b. _____ of High Praise & Value
God called out from Heaven to proclaim that Jesus was His beloved Son, in Whom He was well pleased.
 - c. Picturing a Special _____
We should pour out our hopes and dreams for our children, and others, encouraging them in their talents.
 - d. Active _____
God gives us daily what we need to survive. We must also be dependable to our children, family, and friends, always keeping our word to them.
- Turn to page (page 11). Follow along with Greg and complete your blessing Quotient Quiz.
 - Mark one point in each box for each part of the blessing you received from each parent.
 - Total your score.

The purpose of the Blessing Quotient Quiz is to make us consider how we were raised. It also illustrates the variety of backgrounds we have as it relates to our relationships with our parents. Sometimes it is helpful in providing insight into who we are and how easily we bestow these same blessings on our families.

- God is a God of _____ and God is a God of _____.

BLESSINGS FROM THE HEART

Session One: Blessings Blessing Quotient Quiz

<p>The Four-Part Blessing</p> <p><i>It begins with</i> 1. Meaningful Touch</p> <p><i>It continues with</i> 2. Spoken Words of High Value</p> <p><i>It paints a</i> 3. Picture of a Special Future</p> <p><i>It's based on</i> 4. Active Commitment</p>	<p>The Ten Most Powerful Words In the English Language <i>(Use them with your spouse, children, business associates and friends and watch what God does in your life!)</i></p> <table style="width: 100%;"> <tr> <td>1. You</td> <td>6. New</td> </tr> <tr> <td>2. Easy</td> <td>7. Discovery</td> </tr> <tr> <td>3. Save</td> <td>8. Results</td> </tr> <tr> <td>4. Money</td> <td>9. Proven</td> </tr> <tr> <td>5. Love</td> <td>10. Guarantee</td> </tr> </table> <p style="text-align: right;"><small>*Research by Henry J. Taylor</small></p>	1. You	6. New	2. Easy	7. Discovery	3. Save	8. Results	4. Money	9. Proven	5. Love	10. Guarantee
1. You	6. New										
2. Easy	7. Discovery										
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Blessings	Mom	Dad
1. Meaningful Touch		
2. Spoken Words of High Value		
3. Picture of a Special Future		
4. Active Commitment		
Total:		

Grand Total:

BLESSINGS FROM THE HEART

Session One: Blessings
Community Group Activity

(Fill in your answers in your Community Group or when you have an opportunity.)

Discussion Questions:

1. What was your Blessing Quotient Quiz score? _____
- How many points did you receive from your Mom? _____
 - How many points did you receive from your Dad? _____

2. What part of the blessing is the most difficult for you to bestow upon those you love? Why do you think that is?

3. How do you think the Blessings from the Heart course will help you in your relationships with others?

4. Who is it in your life that really needs a special blessing today? Why did you choose them?

5. With that person in mind, begin drafting your Blessing Card or the “I am blessed because...” letter by using the sample sheet on the next page or using the “I am blessed because...” letter template on the page after.

BLESSINGS FROM THE HEART

Blank lined area for writing.



972-437-6575

800-527-4014

Blessings

It is the Blessings of the Lord that makes us Rich
Proverbs 10:22

Blank lined area for writing.

BLESSINGS FROM THE HEART

This is a template of how an "I am blessed because..." letter should be laid out. Write a rough draft using this template and then create your own using a word processor. Note: The font used in this letter is "Edwardian Script ITC" in bold font.

My Dear _____

On this day _____, *I want to give you a Blessing*

I am Blessed because

_____.

I am Blessed because

_____.

I am Blessed because

_____.

I am Blessed because

_____.

I am Blessed because

_____.

I am Blessed because

_____.

I am Blessed because

_____.

I am Blessed because

_____.

I am Blessed because

_____.

I am Blessed because

_____.

My life is Richer and has greater Joy because of You.

Your Name _____ Date _____

P.S. Add a post script in your own handwriting

BLESSINGS FROM THE HEART

Session One: Blessings Weekly Assignments

I. Writing Assignments:

Option #1

Write your blessing card or letter to someone in your life that needs a special blessing today! Bring your completed card/letter to the next session in a stamped and addressed envelope. We will place these into the Treasure Box and commit our efforts to the Lord and then they will be mailed.

Option #2

If you prefer, you may write an “I am blessed because...” letter.
(You can find an example of this special letter on page 101 located behind your “Sample Letters” tab. Also, there is a template provided on page 14 to help you get started.)

Mail this letter or present it in a beautiful frame. It is an excellent way to publically honor someone that is special to you. That person will be able to easily read your words of praise and blessing and will be able to display them for others to read as well.

II. Outside Study Assignment:

- **Memorize** this week’s verse, Proverbs 10:22, which says:
“It is the BLESSINGS of the Lord that makes us rich and he adds no sorrow to it.”
- **Watch** the Lost Art of Letter Writing and fill in the blanks located behind the red “Lost Art of Letter Writing” Tab. These five, 10 min teaching sessions will teach you how to refine and polish your words to be effective and to achieve maximum clarity.
- **Read** Max Lucado devotion #1 on page 115 entitled “God’s Plans”. On the following page, notice a letter Greg wrote his son Trevor based on this devotion. You might want to do something similar in the future.
- **Read** Chapters 1-3 from “The Blessing” and answer the questions on the next page.

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1. If you can, list 3 people from whom you feel you have received The Blessing.

2. If you are a parent, how can learning about the family blessing help you provide your child, or children, with a “protective tool”?

3. In the Old Testament, what was the symbolic meaning of touch? Provide some examples of meaningful touch.

4. How can important, meaningful touch bless us physically? How does it bless our relationships?

Optional Journaling Assignment:

If you purchased the optional leather prayer journal, you have the opportunity to record your experiences along the way. Use these notes to reflect on how God has answered your prayers and as a reference for future letters. As you progress through Blessings from the Heart, take the time to journal your thoughts, desires, hopes, dreams, feelings, and prayers.

- Reflect on you Blessing Quotient Quiz score.
 - Were you surprised when you added up your score?
 - Did you feel joy or pain?
 - How has The Blessing, which you received or did NOT receive, affected your life?

BLESSINGS FROM THE HEART

Session One: Blessings Promise Verse Summary

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Notes