

Creating a Prayer of Blessing

Hi Parents. Thanks so much for checking out this resource to help you create a personal prayer blessing for your teen. It is my heart to help you bless your teen(s) in this area of sexual purity. Granted, it is not easy to talk to our children about sexuality and purity – and I know we often wish we could "get into their minds" to find out what they really believe – but we all know that is not possible. At the end of the day, each of us as parents have pointed our teen(s) toward God's truth – and now we are praying that each of them would catch God's vision for their lives and surrender to His way! To that end, at our Parent/Teen Youth Church on February 28, I want to help you express a prayer of blessing to your teen(s). Below are some thoughts to help you express this. Consider the things that make sense to you.

1. What is a prayer of blessing?

This idea of speaking God's blessing into the lives of others, especially our children is demonstrated many times in God's Word. See especially Abraham, Isaac, and Jacob to their children. John Trent and Gary Smalley have written a solid book outlining "the blessing" we should be speaking to our kids. For a good overview – and a challenging talk on this subject, check out this web address:

<http://www.lakepointe.org/Build/Parents.aspx> and click "listen" on "blessing@home."

2. What to communicate?

Trent and Smalley suggest 5 components that make up a blessing:

➤ **Be Committed**

- Affirm your teen and make sure they know you are behind them no matter what happens in the future.
- Communicate your desire to provide a safe, loving environment in your home to help them follow God's plan for purity.
- Regardless of your past, commit yourself to following God's plan for purity and your desire to model purity in your life.

➤ **Lovingly Touch**

- We will not be emphasizing this aspect per se at youth church. However, studies have shown that it is crucial for you to figure out appropriate ways to affirm your teens through touch. A timely hand on the shoulder, a side-squeeze, even play wrestling are important. You know the comfort level of your teen.

➤ **Express Value**

- Express a couple positive traits or strengths that you recognize in your teen – especially those traits that reflect a desire to embrace purity. For example: if your teen is able to speak their mind freely, then express how proud you are that you know they have the ability to stand up for God's ways. Or if your teen is loyal to his/her friends, then express your strong

belief that one day they will be a loyal husband or wife to their future spouse.

- Dads – your girl(s) need to know they are beautiful for who they are and that you are able to express high value to them as a person.

➤ **See Potential**

- Attach those positive traits to the future. This is "the blessing" part. Because your son/daughter is a loyal friend you know that one day they will be a loyal spouse. Because your son/daughter is a passionate person you know that they will stand up and declare God's passion for purity all the days of their life.
- This is the aspect of "the blessing" that is your prayer for your teen. You recognize their potential, and so daily you will go before God's throne of Grace and pray for your teen to walk in the path of the blessing. This is the area of faith and trust in God – and in your teen – to walk in God's way.

➤ **Say It**

- We are going to express these prayers of blessing at youth church. You will not be sharing it publicly, but presenting it to your teen(s) in a card or in a letter. You pick the way you want to communicate this.
- Connect this blessing to God's desire for sexual purity.
- Both parents should express this prayer of blessing. If you are a single parent, you know the relationship with the other parent and to what extent they will participate in this exercise. They do not need to be at the youth church to express their prayer of blessing.
- You might want to give your teen a purity ring as a tangible expression of this prayer of blessing. That is up to each family to decide if they want to do this. Most Christian bookstores are able to order purity rings. I have heard of some special wedding ceremonies where the bride and groom have removed their purity rings for their wedding rings.

Thanks for working through this material. It is my prayer as your pastor to see this important topic that impacts our teens to move from the youth ministry into your home. I pray that this will be a spiritual blessing in your home.

In Christ,

Rob Schweyer.