

Pass the Blessing

Receive a blessing – and share one with someone else.

What is a blessing? “God has blessed us by providing for us, he has created all things and knows that they are good. He has given us resources and in his Son he has intervened to show us the Way back to him. He has given us many blessings and we in return praise and bless him for his gifts. That is, we thank him, and anything we bless is acknowledged as a gift from God and, as it were, offered back to him through its right use, and in the spirit of the gospel towards the building up of creating to the great glory of God.” (from Celtic Blessing and Prayers: Making All Things Sacred” by Brendan O’Malley)

Supplies

Craft sticks

Pens and/or Markers

Jar (or some kind of container)

Instructions

Ask people to write a blessing on a craft stick

Put the finished sticks in a jar

Let people take one of the sticks to receive a blessing & write their own blessing for someone else on a blank stick.

Put the jar filled with blessing and the instruction card on a common table and invite people to receive and share. Always make sure you have many extra blessings in the jar, just in case someone doesn't have the time or energy to share one they will still be able to receive.

As a Sunday School class or youth group class, you go over what blessings are – why we say them and what it means to be blessed (more information can be found in the above noted book). They could make up enough for the entire congregation. On the flip side they could write “blessings from the Sunday School class.”

Some blessings

May the Lord bless you and watch over you.

Peace be with you.

Be swift to love, make haste to be kind

Grow with love in God

God protect you and keep you

May God give you his peace

Like grace dripping off the trees, your love pours on us

May the spirit fill you

May God shield you

May the road be smooth before you

May God's face shine upon you

May the blessing of light be upon you

Pass the Blessing

Write a short prayer,
blessing or quote on a
popsicle stick. Put yours
In the jar & pick out
another.