



The Blessing Book

Scriptures to pray for your

Children and others you love

Curtis Sergeant



This book is dedicated to Nathan and Megan. I am so proud to be your dad! You are both a blessing to me just through who you are. This book is also dedicated to Debie, a wonderful wife, a magnificent mom and a spectacular soul-mate. You are perfect for me!

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For starters, this book is for God. He is the One who deserves all blessing. "To him who is able to keep you from falling and to present you before his glorious presence without fault and with great joy-to the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen." Jude 24-25

The concept of blessing is powerful. This is especially true when the blessing comes from someone with authority. Sometimes it seems as if those of us in the West have forgotten about the power of blessing. At the very least it seems to be a lost art. One can go for a long time without hearing a blessing from someone in the day-to-day routines of life.

The Hebrew culture in which our Christian heritage is rooted is one in which blessings play a significant role. The Bible is also filled with blessings in both the Old and New Testaments. This is true from God's blessing of Abraham in Genesis 12 to the blessings of Revelation; front to back the Bible is a book of blessings.

In our home we have a tradition which has been a rich source of family intimacy and joy. It is the nightly ritual of blessing our children. For a period of usually about six months I will use the same blessing from Scripture to bless my children. Many times they bless me in return, which is also a treasured experience. I will lay my hands on them or hug them as I give the blessing. If I must travel, which I often do, I will bless them over the phone if the opportunity presents itself.

We have found that this habit sensitizes us to opportunities which arise in daily life to bless others. The memorized Scripture which builds up over the years is a rich source of material to use when these opportunities come up. Thus, the blessing spreads and touches others in such a way as to encourage them and brighten their lives.

The Scriptures on the following pages are ones used by our family. We began this practice when our children were old enough to understand and appreciate it. Obviously these blessings can be used to encourage and support anyone. I'd love to hear from you how you are able to touch lives through using these Scriptural blessings. Feel free to write me at obeygc2@gmail.com. The photos were taken by me. Enjoy!

Oh, and people often ask about the e-mail address. It stands for obeying the Great Commandment and the Great Commission. The Great Commandment is to love the Lord your God with all your heart, mind, soul and strength and to love your neighbor as yourself. The Great Commission is to go and make disciples of all nations, baptizing them in the name of the Father, the Son, and the Holy Spirit and teaching them to obey all that Christ commanded. These can be found in Matthew 22:37-39 and Matthew 28:19-20.

May God bless you!

Curtis Sergeant



I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge-that you may be filled to the measure of all the fullness of God.

Ephesians 3:16-19



May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13



The LORD bless you and keep you; the LORD make his face shine upon you and be gracious to you; the LORD turn his face toward you and give you peace.

Numbers 6:24-26



This is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless until the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ-to the glory and praise of God.

Philippians 1:9-11



I have not stopped giving thanks for you, remembering you in my prayers. I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and his incomparably great power for us who believe. That power is like the working of his mighty strength, which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms.

Ephesians 1:15-21



May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you. May he strengthen your hearts so that you will be blameless and holy in the presence of our God and Father when our Lord Jesus comes with all his holy ones.

1 Thes. 3:11-13



We have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding. And we pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and joyfully giving thanks to the Father, who has qualified you to share in the inheritance of the saints in the kingdom of light.

Colossians 1:9-13



Clothe yourselves with humility toward one another, because, "God opposes the proud but gives grace to the humble." Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.



May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.

2 Cor. 13:14



May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful and he will do it.

1 Thes. 5:23-24



Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go.

Joshua 1:7-9



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May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.

2 Thes. 2:16-17



May the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.

Hebrews 13:20-21



We constantly pray for you, that our God may count you worthy of his calling, and that by his power he may fulfill every good purpose of yours and every act prompted by your faith. We pray this so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.

2 Thes. 1:11-12



Just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the basic principles of this world rather than on Christ.

Colossians 2:6-8



Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure in heart, for they will see God.

Blessed are the peacemakers, for they will be called sons of God.

Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.

Matt. 5:3-10



The Lord is faithful, and he will strengthen and protect you from the evil one. We have confidence in the Lord that you are doing and will continue to do the things we command. May the Lord direct your hearts into God's love and Christ's perseverance. Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.

2 Thes. 3:3-5, 16

31 Biblical Virtues to pray for your kids (I've used this for years and love it!)

1. **Salvation.** "Lord, let salvation spring up within my children that they may obtain the salvation that is in Christ Jesus, with eternal glory" (Is. 45:8, 2 Tim. 2:10).
2. **Growth in grace.** "I pray that my children may grow in the grace and knowledge of our Lord and Savior Jesus Christ" (2 Pet. 3:18).
3. **Love.** "Grant, Lord, that my children may learn to live a life of love, through the Spirit who dwells in them" (Gal. 5:25, Eph. 5:2).
4. **Honesty and integrity.** "May integrity and honesty be their virtue and their protection" (Ps. 25:21).
5. **Self-control.** "Father, help my children not to be like many others around them, but let them be alert and self-controlled in all they do" (1 Thes. 5:6).
6. **Love for God's Word.** "May my children grow to find Your Word more precious than much pure gold and sweeter than honey from the comb" (Ps. 19:10).
7. **Justice.** "God, help my children to love justice as You do and act justly in all they do" (Ps. 11:7, Mic. 6:8).
8. **Mercy.** May my children always be merciful, just as their Father is merciful" (Lk. 6:36).
9. **Respect** (for self, others, authority). "Father, grant that my children may show proper respect to everyone, as Your Word commands" (1 Pet. 2:17).
10. **Biblical self-esteem.** "Help my children develop a strong self-esteem that is rooted in the realization that they are God's workmanship, created in Christ Jesus" (Eph. 2:10).
11. **Faithfulness.** "Let love and faithfulness never leave my children, but bind these twin virtues around their necks and write them on the tablet of their hearts" (Prov. 3:3).

12. **Courage.** "May my children always be strong and courageous in their character and in their actions" (Dt. 31:6).
13. **Purity.** "Create in them a pure heart, O God, and let that purity of heart be shown in their actions" (Ps. 51:10).
14. **Kindness.** "Lord, may my children always try to be kind to each other and to everyone else" (1 Thes. 5:15).
15. **Generosity.** "Grant that my children may be generous and willing to share, and so lay up treasure for themselves as a firm foundation for the coming age" (1 Tim. 6:18-19).
16. **Peace-loving.** "Father, let my children make every effort to do what leads to peace" (Rom. 14:19).
17. **Joy.** "May my children be filled with the joy given by the Holy Spirit" (1 Thes. 1:6).
18. **Perseverance.** "Lord, teach my children perseverance in all they do, and help them especially to run with perseverance the race marked out for them" (Heb. 12:1).
19. **Humility.** "God, please cultivate in my children the ability to show true humility toward all" (Titus 3:2).
20. **Compassion.** "Lord, please clothe my children with the virtue of compassion" (Col. 3:12).
21. **Responsibility.** "Grant that my children may learn responsibility, for each one should carry his own load" (Gal. 6:5).
22. **Contentment.** "Father, teach my children the secret of being content in any and every situation, through Him who gives them strength" (Phil. 4:12-13).
23. **Faith.** "I pray that faith will find root and grow in my children's hearts, and that by faith they may gain what has been promised to them" (Lk. 17:5-6, Heb. 11:1-40).

24. **A servant's heart.** "God, please help my children develop servant's hearts, that they may serve wholeheartedly, as if they were serving the Lord, not men" (Eph. 6:7).

25. **Hope.** "May the God of hope grant that my children may overflow with hope and hopefulness by the power of the Holy Spirit" (Rom. 15:13).

26. **Willingness and ability to work.** "Teach my children, Lord, to value work and to work at it with all their heart, as working for the Lord, not for men" (Col. 3:23).

27. **Passion for God.** "Lord, please instill in my children a soul that 'followeth hard after thee' (Ps. 63:8, KJV), one that clings passionately to you."

28. **Self-discipline.** "Father, I pray that my children may acquire a disciplined and prudent life, doing what is right and just and fair" (Prov. 1:3).

29. **Prayerfulness.** "Grant, Lord, that my children's lives may be marked by prayerfulness, that they may learn to pray in the Spirit on all occasions with all kinds of prayers and requests" (Eph. 6:18).

30. **Gratitude.** "Help my children to live lives that are always overflowing with thankfulness and always giving thanks to God the Father for everything in the name of our Lord Jesus Christ" (Eph. 5:20, Col. 2:7).

31. **A heart for missions.** "Lord, please help my children to develop a desire to see Your glory declared among the nations, Your marvelous deeds among all peoples" (Ps. 96:3).

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Prayer List of People to Pray for:

