



BETWEEN 6:00 AM—9:00 AM: A STRANGE AND MYSTERIOUS POWER

When I was in Ensenada, Mexico two summers ago with our Valley Church team, I looked up to see Pastor Andy doing a hand-clap game with an eight-year-old kid on our team. This wasn't some preschool "Patty cake, patty cake, baker's man." No, this was a fast-paced, rhythmic routine demanding coordination and skill. I don't know if it was Little Miss Mary Mack, Sevens, Rockin' Robin or Tick-Tack-Toe. I also don't know how Andy learned to do it so fast and flawlessly. I do know he was an excellent youth pastor at one point in his ministry career. He and his wife Amy also raised a fine daughter.

Andy did more than just entertain this kid for twenty seconds of highly choreographed hand-slapping fun. He blessed her. No, he didn't put his hand on her head and mumble a long prayer like the Pope. What he did was more powerful. He stopped. He saw. He touched. He spoke. He made the girl feel special. Here was important Pastor Andy taking time to be her friend. I soon came to learn that Andy is an accomplished blessing. He leaves you feeling better about yourself in a way that pleases God and even imparts power. Let's start our day by blessing the source of all blessing.



Psa. 134:1-2 *Come, bless the LORD, all you servants of the LORD...Lift up your hands to the holy place and bless the LORD!*

If you need a spark, Google "10,000 Reasons (Bless the Lord)" or sing "Bless His Holy Name" (lyrics below).



"Bless His Holy Name"

Chorus

Bless the Lord oh my soul
And all that is within me
Bless His holy name

Verse

He has done great things
He has done great things
He has done great things
Bless His holy name

BETWEEN 9:00 AM—12:00 PM: MENTALLY BOWING OUR KNEES

ברכה

Berakah

Blessing

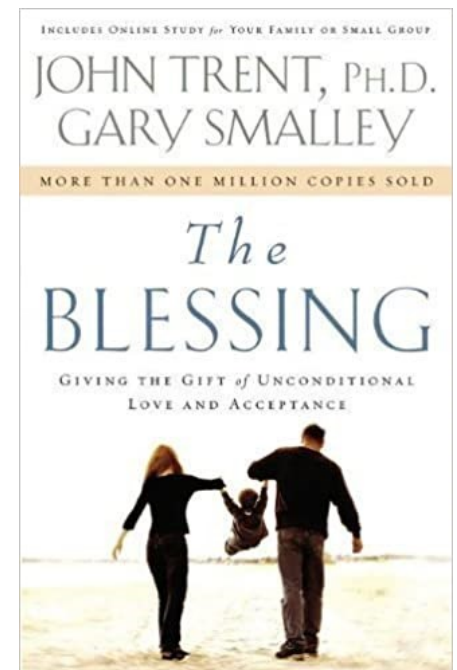
In Paul's Jewish world, the people of God would offer short prayers of thanks for God's many gifts at various points during the day. Each one is called a blessing, *berakah*. Interestingly, the word for "bless" is related to the word for "knee" or "kneel." So, when we bless God, we are lowering the knees of our hearts to thank our King for benefits big, small and too numerous to count. Let's be consistent blessers of God for all his gifts, like food, clothing, shelter, family, and church life. As the Apostle Paul writes, "*let there be thanksgiving*" (Eph. 5:4). Over the next three hours, fill in the blank space below with specific deliverances, abilities, benefactions, provisions and other favors that God has bestowed on your life.

BETWEEN 12:00 PM-3:00 PM: A CLASSIC TAKE ON BLESSING OTHERS

I know that many people have gained a vision for being an agent of blessing through this book to the right. People crave blessing more than food and drink. Think about the pain in the words of Esau as he sought an impossible blessing from his father, Isaac.

Gen. 27:38 Esau said to his father, "Have you but one blessing, my father? Bless me, even me also, O my father." And Esau lifted up his voice and wept.

This book makes the point that people are emotionally crippled without a blessing from their parents. Sadly, not everyone has parents who offer life-affirming words along with loving contact and long-term commitment. The authors argue that four key components of a blessing are: giving meaningful touches, speaking affirming messages, picturing special futures, and being actively committed. In your role as a parent or grandparent, how well are you doing in your privilege to be a blessing?



BETWEEN 3:00 PM—4:00 PM: Join the **AFTERNOON Joel Moment Prayer Gathering**. Go to [Zoom.com](https://zoom.us) and enter Meeting ID and Password.

BETWEEN 7:00 PM—8:00 PM: Join the **EVENING Joel Moment Prayer Gathering**. Go to [Zoom.com](https://zoom.us) and enter Meeting ID and Password.



3:00 PM Prayer Gathering

DAN COLE *[He'll share about his faith and thoughts about being a blessing to kids.]*

Mark 10:16 *And he took them in his arms and blessed them, laying his hands on them.*

7:00 PM Prayer Gathering

ANITA LEE *[She'll share about her faith and thoughts about being a blessing to kids.]*

Eph. 4:32 *Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.*



GROUP PRAYER PROMPT #1 (5 min.): **1Pet. 1:3** *Blessed be the God and Father of our Lord Jesus Christ!*

It's a special privilege to bless God and one that we share with the angels. Let's praise the Lord for spiritual benefits. As we've been learning in 1 Peter, we're born again. We have hope. We have an inheritance. We're guarded by great power. All we have to do is be loyal believers. Let's make God the receiver of praise for five minutes.

GROUP PRAYER PROMPT #2 (5 min.): Let's get concrete in our thanks, mentioning God's diverse earthly gifts — vitality, joy, health, long life, parents, children, homes, etc. He's the grantor and we are his grantees. Thank him for what you have.

GROUP PRAYER PROMPT #3 (5 min.): Blessings aren't magic but they're powerful and performative in a ways that we can't understand. Let's name the people out loud that we want God to favor in special ways. You might start your prayers for individuals with these words: "May God...[fill in the blank]."

GROUP PRAYER PROMPT #4 (5 min.): Blessings mean touching, affirming and spending time with your "blessee." (I'm not sure that's a real word but you get the idea.) Pray for those in your group that they'll be life-long blessers of their children, parents, friends and churchmates.

BETWEEN 8:00 PM-10:00 PM: INVOKE A BLESSING ON...YOURSELF. REALLY? SURE.

Invoke a blessing on yourself with this delightful little prayer: **1Chr. 4:10** *Jabez called upon the God of Israel, saying, "Oh that you would bless me and enlarge my border, and that your hand might be with me, and that you would keep me from harm so that it might not bring me pain!" And God granted what he asked.* Go ahead now. Ask God to bless you extravagantly.