

Even a few intentional words spoken regularly to someone as a blessing has the power to fill them with a sense of love, dignity, significance, value and much more.

It takes less than a minute to speak a bite size blessing, but the immediate and future benefits far exceed the time invested.

The beautiful thing about speaking blessings of love and empowerment to others is that you can't help but be blessed yourself.

Bite Size Blessing Design & Tips

Each blessing has three parts—the introduction, the core and the end. The beginning is the same except for the subject reference, and the end portion is also identical. Supporting Scripture references are provided.

Make eye contact with the person and include their name in the blessing. If you and the person are in different locations, it is perfectly fine to speak the blessing over the telephone. Words have power even when spoken into the atmosphere, so it is also possible to send a blessing to someone in faith via the airwaves.

School Day Edition

The School Day Blessing edition is a collection of 21 bite size blessings for a variety of topics that will empower children to be well, stay well, and do well.

When spoken at the start of the school day, these blessings have the power to elevate a child's thoughts, feelings, emotions, learning and overall wellbeing for the entire day. Whether children are involved in classroom, distance learning, or homeschooling, School Day Blessings will help to make each day worry-free and productive.

If you're accustomed to praying for your children, grandchildren or students, please don't stop. I encourage you to add School Day Blessing to your spiritual tool belt. Your spoken blessing will positively influence children on their journey of learning, especially during difficult times.

To get started:

1. Introduce children to School Day Blessings by explaining that as part of their morning routine on school days, you will be speaking a short blessing to them which will help them to stay safe and do well throughout the day.
2. Choose a new topic each day or stick with the same one for a few days.
3. Make eye contact while speaking the blessing.

4. Parents, if you have more than one child, bless each one separately whenever possible, and put the child's name in the blessing. Be generous with your affection by prefacing the child's name with adjectives such as, "dear, precious, and beloved." An embrace or gentle touch while speaking the blessing will also add extra meaning to the child's blessing experience.

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Seal each blessing by closing with **"And now, may the LORD bless you and protect you. May He smile on you and be gracious to you, show you favor and give you peace. You are blessed in the Name of the LORD."**

Character

Today _____ I am blessing your **character**.
I bless you with good character qualities that will be seen in your behavior, actions and attitudes. May you recognize and use each challenge as an opportunity to develop your character. I bless you with the strength of character that you need to accomplish many good things in life. *Psalm 25:21; 2 Peter 1:3-8; Philippians 4:8; Numbers 6:24-26 NLT*

Courage

Today _____ I am blessing you with **courage**.
I bless you to be brave and full of courage when you feel afraid or need to resist negative influences. I bless you with the courage that comes from knowing for sure that your Heavenly Father goes with you wherever you go. He promises never to leave you or forsake you. I bless you to be strong and courageous. *Joshua 1:9; Numbers 6:24-26 NLT*

Creative Ability

Today _____ I am blessing your **creative ability**.
I bless the gift of creativity you received from your Creator and Heavenly Father. May He inspire your imagination with ideas to identify and develop your creativity. I bless you with the joy of learning how to create and the confidence to express your unique abilities. May heaven's beauty shine through all that you do. *Genesis 1:26-27; 2 Chronicles 2:12-14; Psalm 90:17; Numbers 6:24-26 NLT*

Friendships

Today _____ I am blessing your **friendships**.
I bless the relationship you share with friends. May you choose your friends wisely and enjoy being together. I bless you to be an example of a true friend of good character, and to know the joy of others being the same to you. May you and your friends always encourage each other to make wise choices. *Psalm 1:1; Proverbs 13:20; 1 Timothy 4:12; 1 Corinthians 15:33; Numbers 6:24-26 NLT*

Gift of Forgiveness

Today _____ I am blessing you with the **gift of forgiveness**.
I bless you with God's strength to give the gift of forgiveness to anyone who is unkind to you, and to also receive the same forgiveness when you need it. I bless you with freedom from all lingering hurtful feelings. May you receive healing as Jesus lovingly cares for you and restores you with His joy and peace. *Matthew 6:12; Ephesians 4:32; Psalm 23:3; Numbers 6:24-26 NLT*

Guarded by God's Presence

Today _____ I am blessing you to be **guarded by God's presence**.
I bless you with God's constant watchful presence that is with you wherever you go. May you know that He is always at your side to shelter you safely, protecting you from all danger day and night. I bless you to believe in your heart that you are guarded by God Himself who keeps you safe when you leave home and when you return. *Psalm 121:1-8 TPT; Numbers 6:24-26 NLT*

Help with Schoolwork

Today _____ I am blessing you to receive **help with your schoolwork**.
I bless you with humility and courage to ask for help with your schoolwork when you need it instead of being discouraged. May you have the patience to keep trying, knowing that you have what it takes to succeed. I bless you to believe in your heart the promise of God which says: "I hold you by your right hand—Don't be afraid I am here to help you." *Matthew 7:7; Galatians 6:9; Isaiah 41:13 NLT; Numbers 6:24-26 NLT*

Learning Ability

Today _____ I am blessing your **learning ability**.
I bless you with a brilliant mind, clear thinking, a teachable spirit, good memory and strong learning ability. May you have insight and understanding to excel in your work. May you pay close attention to the teaching you receive, open your heart to instruction, and hold on to all that is wholesome. I bless you with joy on your journey of learning. *2 Timothy 2:7 AMPC; Proverbs 23:12 TPT; Proverbs 4:13; John 15:11; Numbers 6:24-26 NLT*

Loved and Accepted

Today _____ I am blessing your sense of being **loved and accepted**.
I bless you with a heart that knows, believes and receives the love that your Heavenly Father, your family, and others have for you. May you never struggle with feelings of insecurity. Instead, may you know and be confident that you are accepted and loved for who you are. *1 John 4:16; 1 Peter 2:9; Ephesians 1:6 KJV; Numbers 6:24-26 NLT*

Peace

Today _____ I am blessing you with **peace**.
I bless you with peace as a special gift from heaven, especially at times when you feel afraid. May you be surrounded by perfect peace as you focus on these comforting words from Jesus: "I give you my peace, so don't allow your heart to be troubled or worried about anything." *Isaiah 26:3; 54:13; John 14:27; Numbers 6:24-26 NLT*

Personal Identity

Today _____ I am blessing your **personal identity**.
I bless you to embrace your one-of-a-kind identity so that you live free from comparisons and confusion about who God made you to be. May you see yourself as a precious masterpiece of your Heavenly Father and find joy in discovering how special you are to Him. *Genesis 1:27; Ephesians 2:10; Romans 9: 20-21; Numbers 6:24-26 NLT*

Purpose

Today _____ I am blessing the **purpose for your life.**

I bless you to know for sure that your Creator designed you for a purpose that only you can fulfill. May you have great joy in knowing that even before you were born, your Heavenly Father chose you for a life of significance. May He empower you to discover and complete the good works for which you are created. *Ephesians 2:10; Jeremiah 1:5; Numbers 6:24-26 NLT*

Pleasant Words

Today _____ I am blessing you to speak **pleasant words.**

I bless you with wisdom to speak pleasant words, being mindful that your words have power to either encourage or hurt others. May your heart be filled with good thoughts so that hurtful words do not come from your mouth. May your pleasant words create a pleasant world around you. *Proverbs 18:21, 4:23; Psalm 51:10; Luke 6:45; Ephesians 4:29 TPT; Numbers 6:24-26 NLT*

Relationships

Today _____ I am blessing your **relationships.**

I bless you to have good relationships with everyone in the family, with your teachers, and other leaders in your life. May you honor, respect, and value these relationships, knowing that they are training you to be your best. Above all, may you have a joyful relationship with Jesus who loves you dearly. *Ephesians 6:1-3; Proverbs 19:20; Proverbs 17:17; 1 Corinthians 15:33; Numbers 6:24-26 NLT*

Safety & Protection

Today _____ I am blessing you with **safety and protection.**

I bless you to follow the instructions provided for your safety. Above all, I bless you to experience the many ways and means by which your Heavenly Father keeps you safe from harm. May you know for sure that He is your protection from sickness, viruses, accident and injury. May His strength and love comfort you always. So, do not be afraid for God is with you. *Proverbs 1:8, 16:20; Psalm 91: 2-4 NLT; Numbers 6:24-26 NLT*

Sound Mind

Today _____ I am blessing you with **a sound mind.**

I bless your mind to function according to God's design—stable, well-balanced, disciplined, peaceful, clear, and intelligent. May you have strength to resist unhealthy thoughts, and focus instead on what is pleasant. May you always speak to your Heavenly Father about the things that cause you to worry, because He loves you dearly and wants to give you His peace. *1 Peter 5:7; 2 Timothy 1:7; 1 Peter 5:7; Philippians 4:6-8; Numbers 6:24-26 NLT*

Talents & Gifts

Today _____ I am blessing your **talents and gifts.**

I bless you with the joy of knowing that your Heavenly Father has given you special talents and gifts. May we your family and your teachers help you to discover and develop them, and provide all the support you need. May you be bold and courageous as you improve your skills each day. *Matthew 25:14-15; James 1:17; Ephesians 4:7; Proverbs 22:29; Numbers 6:24-26 NLT*

Teachers

Today _____ I am blessing **your teachers.**

I bless and honor your teachers for their hard work. May they be good role models, and be respected by everyone. I bless them with an abundance of strength, wisdom, understanding, and creativity for each day. May they be protected from sickness, viruses, accidents and injury, and experience heaven's best in all areas of life. *Titus 2:7-8; Ephesians 6:10; Psalm 91:11; 5:12; Numbers 6:24-26 NLT*

Watchful Angels

Today _____ I am blessing you with **watchful angels.**

I bless you with your own watchful angels sent from heaven to take care of your needs. May they defend, and rescue you from all harm and danger. May you never be afraid knowing that they are with you wherever you go. *Matthew 18:10; Psalm 34:7; Psalm 91: 11-12; Hebrews 1:4; Numbers 6:24-26 NLT*

Willingness to work

Today _____ I am blessing your **willingness to work.**

I bless you with dedication and discipline to put your heart and soul into every activity you do. May you cheerfully complete whatever tasks are set before you, knowing that you have what it takes to do your work well. I bless you with strong motivation and a spirit of excellence for good success. *Colossians 3:23 TPT; Philippians 4:13; Ecclesiastes 9:10a; Daniel 5:12 NKJV; Numbers 6:24-26 NLT*

Wisdom

Today _____ I am blessing you with **wisdom.**

I bless you with an abundance of wisdom as a special gift from heaven. May wisdom fill your heart and thoughts, always guiding you to make good choices. I bless you with increasing treasures of wisdom for all of your days. Above all, may you be wise in giving God first place in your heart, knowing that He will provide everything you need. *James 1:5, 17; Luke 2:52; Proverbs 2:6-12; 4:6-8; 28:26; Matthew 6:33*