

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

Design and Tips

Each bite size 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.

When speaking a blessing to someone in person, make eye contact and include the person's 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.

Power Edition: 21-Day Campaign

The Power Edition of Bite-Size Blessing is a 21-Day Campaign. This edition features a collection of blessings on topics related to four key areas: spiritual foundation, identity, sexuality and mental health.

These blessings are part of the secret to empowering teens and emerging young adults to excel in life.

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GROUP REFLECTION GUIDE FOR LEADERS

Coming together and sharing with each other in weekly group reflections is a great way to help young people stay engaged and to get the most from this experience with spoken blessings.

- Introduce your young people to the Bite-Size Blessing Power Edition and share the promo video with them if they have not seen it.
- Confirm that this experience is a 21-Day Campaign during which they will receive short daily words of empowerment via Instagram, Facebook and YouTube.
- Let your young people know that you will also be inviting them to come together weekly as a group for reflections on the blessings they received during the week.
- There are two ways to participate in the campaign:
 - In real time—by receiving each blessing on the actual day of release. For this option, it will be necessary to follow or subscribe to bite size blessing to receive the daily releases. [YouTube: bite-size blessing • IG: @bitesizeblessing • FB: Bite-Size Blessings]
 - Future calendar date— by scheduling your own campaign start date. In this case the collection of blessings has to be accessed from our YouTube "Power Edition" playlist

Group Reflection Ideas/Questions

IDENTIFY

(In the larger group)

- Ask the young people to share which of the past week's blessing was most meaningful, and explain why.
- Take turns reading aloud the Scripture verses related to each identified blessing.

EXPLORE

(In breakout groups explore these questions)

- How did these blessings make you feel?
- What do you think God is trying to say to you in these blessings and verses?
- How has your perspective changed by these blessings and verses?
- What steps will you take to live out the truths you discovered?

REINFORCE

(In the larger group)

- Ask one person from each breakout group to provide a summary of their group discussions.
- Speak over the group one or two of the blessings that were identified as being most meaningful.
- Pray for the group, asking the Holy Spirit to work in their hearts so that each blessing and the truth they discovered will be reflected in their lives.



THE POWER EDITION COLLECTION

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.”**

Father's Blessing

Today I am blessing you with divine power to receive the **Father's blessing.**

I bless your spirit to receive the blessings we are bringing to you over the next twenty-one days from the heart of your Heavenly Father. May each blessing strengthen your character, help you to discover who you really are, empower you to do well in all areas of life, and give you a secure sense of love, acceptance, belonging, honor, dignity, value, and much more. Above all, may each blessing unite your heart with the Father's heart in a bond of endless love.

*Ephesians 1:3; Ephesians 3:14-21; Jeremiah 31:3
Galatians 4:6-8; Psalm 62:11-12 TPT; Numbers 6:24-26 NLT*

Discover & Connect

Today I am blessing you with divine power to **discover and connect with your true Source.**

I bless you with heavenly wisdom to discover your Heavenly Father as the Source from which you came, and to have a life-transforming relationship with Him. Like a fish that is at its best in water, may you remain fully plugged into your Heavenly Father, knowing that He is the spiritual power Source for your life and every good thing you need to excel. I bless you with a heart in which this vital connection has first priority.

*Genesis 1:20-23, 26-28; John 14:6, 15:4-6; Ephesians 1:16-20 NLT
Matthew 6:33; Psalm 34:8; Numbers 6:24-26 NLT*

Words of Wisdom

Today I am blessing you with divine power to love **words of wisdom.**

I bless you to receive and cherish wise words such as these from your Heavenly Father: “Listen, and grow wise... Cling to wisdom—she will protect you. Love her—she will guard you. Getting wisdom is the most important thing you can do! And with your wisdom, develop common sense and good judgment... How much better to get wisdom than gold!” I bless you to diligently read, rehearse, and fill your heart with the Heavenly Father's words of wisdom that will increase your faith and reflect in what you say, think, and do.

Proverbs 4:2, 6-10 TLB, Proverbs 16:16 NKJV; Proverbs 4:23; Psalm 119:11; Romans 10:17; Mark 6:21-23; John 6:63; Numbers 6:24-26 NLT

Personal Identity

Today I am blessing you with divine power to celebrate your **personal identity.**

I bless you with courage to celebrate your one-of-a-kind personal identity, also with the power to live free from comparison, competition, approval-seeking, and confusion about who God made you to be. May you find joy in knowing that in the eyes of your Heavenly Father, you are His masterpiece; wonderfully designed to uniquely display Him to others. I bless you with great success in becoming uniquely you—the person God had in mind when He made you.

Genesis 1:27; Ephesians 2:10; Romans 9: 20-21; John 14:9; Numbers 6:24-26 NLT

Spiritual Identity

Today I am blessing you with divine power to be aware of your **spiritual identity.**

I bless you with increased awareness that the core of who you are is spiritual, because God is Spirit and He created you to reflect Him, as a mirror does. So, may you place high value on who you really are—a spiritual being with a soul in a body. I bless you with courage to use your body for the noble purpose of being a dwelling for God. I bless you to grow and be strengthened with great might from the inside out.

Genesis 1: 26-27; 1 Thessalonians 5:23; 2 Timothy 2:20-22; Romans 12:1-2; Joshua 1:9; Ephesians 3:16-17 NLT; Numbers 6:24-26 NLT

Perfect Love

Today I am blessing you with divine power to receive **perfect love.**

I bless you with a heart to know, believe and receive the perfect love of your Heavenly Father. May you understand that unlike what is displayed in media and elsewhere, the love of your Heavenly Father is unconditional, unchanging, and always seeks what is best for you. May you settle it in your heart that you are His beloved; created in love, by love and for love. I bless you to enjoy the Father's perfect love and acceptance, and in turn to love yourself and others as He intends.

*1 John 4:16; 1 Peter 2:9; Ephesians 1:6 KJV; Ephesians 3:17
Romans 8:38-39; Matthew 22:36-39; Numbers 6:24-26 NLT*

Chosen

Today I am blessing you with divine power to believe that you are **chosen.**

I bless you to embrace the truth that you exist because your Heavenly Father chose for you to be on the earth at this time. May you settle it once and for all that you are not here by accident. You are not a mistake. I bless you instead to believe with all your heart that God, your Heavenly Father, planned your arrival with purpose, care and love. May you cherish the joy of knowing that you were conceived in your mother's womb because God first chose you.

*1 Peter 2:9; John 15:16; Jeremiah 1:5; Ephesians 1:4
Colossians 3:12; Numbers 6:24-26 NLT*



You Belong

Today I am blessing you with divine power for a secure sense of **belonging**.

I bless you with the certainty of knowing that you belong to your Heavenly Father and that He calls you His very own special treasure. May you always believe this truth regardless of what your circumstances, your feelings or the actions of others may suggest. I bless you with a heart that appreciates and loves God as the good, good Father that He is. May you trust always in His unchanging promise that He will never leave you or forsake you.

*Isaiah 43:1; 1 John 3:1; 1 John 4:4 TPT; Psalm 100:5
Psalm 34:8; Hebrews 13:5; Numbers 6:24-26 NLT*

Good Enough

Today I am blessing you with divine power to believe that God says you are **good enough**.

I bless you with a mindset anchored in the truth that your value, worth and significance come from being created by God to represent Him in ways that only you can. With this blessing, may you overcome the snare of judging yourself by the standards of social media, the opinions of others, or your experiences. I bless you to understand that you are more than what you see, feel, have, or don't have.

*Genesis 1:26-27; James 1:5,17; Romans 12:1-2; 1 John 2:15-17
Matthew 6:25b; Numbers 6:24-26 NLT*

Self-Image

Today I am blessing you with divine power for a **healthy self-image**.

I bless you with the ability to develop thoughts and feelings about yourself that are grounded in truth. Above all, the truth that you share God's majestic image because you came from Him. I bless you with complete freedom from any beliefs and experiences that may have created wrong impressions about yourself. May the mental pictures you carry around be imprinted only with the words of your Heavenly Father—words such as loved, appreciated, chosen, royal, honorable, special, masterpiece, great, and valuable.

*Genesis 1: 26-28; Psalm 8:4-6; Ephesians 2:10; Jeremiah 31:3;
Ephesians 4:22-24; 1 Peter 2:9; 2 Corinthians 5:17; Colossians 3:10;
Isaiah 60:1; Numbers 6:24-26 NLT*

Wholeness

Today I am blessing you with divine power for **wholeness**.

I bless you to personally experience heaven's power working in your spirit, heart, and soul (your innermost being); setting you totally free from all unhealthy memories and thoughts. May your Heavenly Father supply whatever you need to complete your development in all areas, and heal any lingering hurts. I bless you to enjoy wholeness in your Heavenly Father's loving embrace.

*Philippians 2:13; John 8:36; Psalm 147:3; Jeremiah 30:17
Psalm 51:6; 1 Thessalonians 5:23; Numbers 6:24-26 NLT*

Purpose

Today I am blessing you with divine power to discover and fulfill the **purpose for your life**.

I bless you to know for sure that your Heavenly Father created you for a life of significance and for a purpose that only you can fulfill. May you discover the greatness within you, develop strength of character, and use your talents and gifts to fulfill your unique purpose. I bless you to advance steadily toward accomplishing the great exploits God had in mind when He created you, and to always remember that you have what it takes.

*Ephesians 2:10; Jeremiah 1:5; Daniel 11:32 NKJV
Philippians 4:13; Numbers 6:24-26 NLT*

Sexual Identity

YOUNG MEN: Today I am blessing you with divine power to preserve your **sexual identity**.

I bless you to understand deep in your heart that your **male** sexual identity is a gift from your Heavenly Father. On your journey into **manhood**, may you courageously embrace the changes in your body, knowing that they are part of God's design. As you grow, I bless you with an abundance of God's enabling power to protect your thoughts, feelings, emotions, relationships, and choices.

*Genesis 1:27, 31; 2:18-25; Psalm 139:14; 1 Thessalonians 4:3-5
1 Corinthians 6:13; Numbers 6:24-26 NLT*

YOUNG WOMEN: Today I am blessing you with divine power to preserve your **sexual identity**.

I bless you to understand deep in your heart that your **female** sexual identity is a gift from your Heavenly Father. On your journey into **womanhood**, may you courageously embrace the changes in your body, knowing that they are part of God's design. As you grow, I bless you with an abundance of God's enabling power to protect your thoughts, feelings, emotions, relationships, and choices.

*Genesis 1:27, 31; 2:18-25; Psalm 139:14; 1 Thessalonians 4:3-5
1 Corinthians 6:13; Numbers 6:24-26 NLT*

Honour

Today I am blessing you with divine power to **live a life of honour**.

I bless you with divine power to experience your sexuality in honorable ways rather than in the ways promoted by popular culture. May you be keenly aware that your Heavenly Father's intent is for you to honor Him with your body. I bless you with the strength to overcome the pressure to watch, listen to, think about, and engage in things that aren't pleasing to God. May you be wise in setting and sticking to boundaries that promote an honorable lifestyle.

*Romans 12:1-2; 1 Corinthians 6:18-20; 10:13; 1 Thessalonians 4:3-5
James 1:14-15; James 1:5-6; Ephesians 5:3-5; Numbers 6:24-26 NLT*



Perfect Timing

Today I am blessing you with divine power to **wait on God's perfect timing**.

I bless you with the gift of self-control to wait on your Heavenly Father's perfect timing instead of trying to satisfy your immediate desires. May you not allow the world around you to influence you. Instead, may you develop a trained mind to align your body with God's intent and purposes. I bless you with the assurance that you have what it takes to wait on God's perfect timing for marriage, knowing that His reward will be well worth the wait.

*Philippians 2:13, 4:8; Psalm 18:32; Matthew 26:41; Ephesians 6:10-11
1 John 5:4; Romans 8:37; Psalm 62:11-12 TPT; Numbers 6:24-26 NLT*

Overcoming Temptations

Today I am blessing you with divine power to **overcome temptations**.

I bless you with awareness that it is the power of God working in you that enables you to overcome temptations. May you not rely on your own strength to win, but learn instead to draw on God's power. May you fill your heart with words of wisdom from your Heavenly Father, and pray to strengthen your mind, where temptations begin. I bless you to be honest about your weaknesses and to be accountable to mentors for support.

*Philippians 2:13, 4:8; Psalm 18:32; Matthew 26:41; Ephesians 6:10-11
1 John 5:4; Romans 8:37; Psalm 62:11-12 TPT; Numbers 6:24-26 NLT*

Responsible Dating

Today I am blessing you with divine power for **responsible dating**.

I bless you with wisdom to diligently prepare and train yourself ahead of time for the responsibilities of dating. May you resist the pressure to be dating just because of what others are doing. I bless you to be so anchored in the perfect love of your Heavenly Father that you will not make the mistake of looking for love in the wrong places. May you be diligent in sticking to boundaries that honor God and enable you to respect each other.

Ephesians 6:1-3; Romans 12:1-2, 9-10; Ephesians 3:16-19; Numbers 6:24-26 NLT

Reset

Today I am blessing you with divine power to **reset your sexuality**.

I bless you with divine power to humbly acknowledge to your Heavenly Father when you engage in behaviors that are contrary to His intent. May you trust His heart of mercy for you, receive His forgiveness, and embrace His grace for a fresh start. I bless you with freedom from any associated guilt or shame. May you be wise in seeking the support of others to whom you can be accountable.

1 John 1:9; Proverbs 28:13; Psalm 103:12; James 1:5-6; Numbers 6:24-26 NLT

Sound Mental Health

Today I am blessing you with divine power for **sound mental health**.

I bless your mind and brain to develop and function according to God's design—stable, well-balanced, disciplined, peaceful, clear, and intelligent. I bless you with hope and divine strength to overcome the many challenges to your mental health. May you seek out and receive appropriate help when you need it. Above all, may you always speak to your Heavenly Father about the things that cause you to worry or be anxious, knowing that He loves you dearly and wants to give you His peace.

*1 Peter 5:7; 2 Timothy 1:7; Philippians 4:6-8; Romans 15:13
1 Corinthians 2:16; Numbers 6:24-26 NLT*

Resist

Today I am blessing you with divine power to **resist unhealthy dependencies**.

I bless you with heavenly wisdom to resist the abuse of substances and other addictive patterns of behaviour. May you recognize their damaging effects and receive divine help to resolve anything that could be a trigger. Above all, may you receive great grace and be so securely anchored in the love of your Heavenly Father that you have the strength to say "no" to temptations and harmful choices.

*Proverbs 16:25; 2 Timothy 2:26; John 8:36, John 10:10
Psalm 62:11-12 TPT; Titus 2:11-12; Numbers 6:24-26 NLT*

Healthy Emotions

Today I am blessing you with divine power for **healthy emotions**.

I bless you to courageously embrace your emotions as a gift from God that enables you to respond to the many variations of experiences in life. May you receive heaven's wisdom to handle your emotions in a way that honors God, yourself and others; neither denying them nor allowing them to rule you. I bless you with freedom when you feel stuck, and with deep healing for any injury from hurtful words or other circumstances.

*Galatians 5:22-23; Proverbs 16:32, 25:28; Romans 15:13; Joshua 1:9
John 8:36; Jeremiah 30:17; Numbers 6:24-26 NLT*

