



THE
BLESSING
CHALLENGE

HOW TO GIVE
THE BLESSING



3 Easy Steps to Give The Blessing

3 SIMPLE STEPS

1. PICK ONE PERSON

Pick one person who really needs your blessing. We recommend starting with your own family, then picking one other person who needs it too.

2. CHOOSE ONE CHARACTER TRAIT

Choose one character trait that you see in that person. Something that makes them special and unique. Something that God can use in them, and use to bless others.

3. GIVE YOUR BLESSING

Take a few minutes to write out your blessing. Then pick a special time to give it! We even have a list of character traits, our Blessing Builder tool, and sample Blessings to help you.

Character Traits

Here are some ideas of character traits to help you.

- Kind
- Smart
- Joyful
- Selfless
- Strong
- Steady
- Faithful
- Determined
- Resilient
- Persistent
- Bold
- Purposeful
- Decision Maker
- Leader
- Adventurous
- Visionary
- Motivator
- Energetic
- Good With Words
- Promoter
- Enjoys Challenges
- Creative
- Good With People
- Optimistic
- Loyal
- A Good Friend
- Honest
- Adaptable
- Sympathetic
- Thoughtful
- Nurturing
- Sensitive
- Thoughtful
- Nurturing
- Analytical
- Precise

Sample Blessing

[First Name], I want you to know that I love you, and I believe that God has given you incredible strengths and abilities. I see how the Lord has gifted you with [character trait].

I also know that God has an incredible, special future, ahead for you. Just like He says in His word (Jeremiah 29:11). You were created to, and are going to, make a difference in the world. Jesus has created you with [Character Trait] to help you. And to use you to build up others as well. [Give an example of how you've seen it used - or how it could be used if you can.]

Finally, I want you to know that just like the Lord will "never leave you nor forsake you" (Hebrews 13:5), that I will be here for you too. I know there will be good times and tough times ahead. But you have my genuine commitment that as God gives me strength and life, I will be there for you. You are not alone. I will always choose to love, encourage, bless, and be there for you.

I want you to know, that today, and forever, YOU, my precious (son/daughter), have my love, and my Blessing.



Write Out Your Blessing

Take a few minutes to write out your Blessing below. If you need more help, use your Blessing Builder tool or check out our book [The Blessing](#). Don't forget to use code: BLESSING10 to get 10% off at checkout on any of our blessing products. We pray that this is a powerful experience for you, and for those you love.

YOUR BLESSING:



HELPFUL RESOURCES

GOING DEEPER

SMALL GROUP STUDY

A perfect next step our small group study pairs the book, with powerful video teaching. Making it a great way to go deeper and ensure that everyone in your congregation gets The Blessing. [Click here to learn more.](#)

LIVE BOOK CLUB

Join one our LIVE book clubs, where Dr. Trent and Kari Trent Stageberg walk you through the Blessing LIVE on zoom. You'll get to connect with us, ask questions, and gain resources and incites you won't find anywhere else. [Click here to learn more.](#)

COACHING

We offer 1:1 coaching, AND train Blessing Coaches. Imagine having someone in your church dedicated to helping others process and live out The Blessing. With our Blessing Coaches - you can! Coaches receive powerful training and ongoing support. It's an incredible way to help those you serve. [Click to learn more](#), or get a Blessing Coach in your church today.

RESOURCES



BLESSING COINS

A powerful way to share the Blessing is by giving someone you love a Blessing coin. Each coin has the 5 Elements and Deut 30:19. [Click here to buy.](#)



BLESSING BOOKS

Get a copy of "The Blessing" or the NEW abridgment, "The Power Of The Blessing" so you and your family can go deeper and learn more practical ways to make the Blessing apart of your home. [Click here to order.](#)



PODCAST

Check out our podcast to learn more about The Blessing, and how to make it a lifestyle in your home and relationships. [Click here to learn more.](#)



HELPFUL RESOURCES

GOING DEEPER

SMALL GROUP STUDY

A perfect next step our small group study pairs the book, with powerful video teaching. Making it a great way to go deeper and ensure that everyone in your congregation gets The Blessing. [Click here to learn more.](#)

TRAINING & EVENTS

We offer training and events for your staff, church, parents, marriage, men's and women's ministries and more. We have both in person and virtual options designed to fit your needs and your budget. [Click here to learn more.](#)

COACHING

We offer 1:1 coaching, AND train Blessing Coaches. Imagine having someone in your church dedicated to helping others process and live out The Blessing. With our Blessing Coaches - you can! Coaches receive powerful training and ongoing support. It's an incredible way to help those you serve. [Click to learn more](#), or get a Blessing Coach in your church today.

RESOURCES



BLESSING COINS

A powerful way to send the Blessing home with your church. Each coin has the 5 Elements and Deut 30:19. [Click here to buy.](#) Group discounts available.



BLESSING BOOKS

Have copies of "The Blessing" or the NEW abridgment, "The Power Of The Blessing" so your team and congregation can go deeper and take the Blessing home. [Click here to order.](#) Group discounts available.



PODCAST

Check out our podcast to learn more about The Blessing, and how to make it a lifestyle in your home and relationships. [Click here to learn more.](#)