



THE  
BLESSING  
CHALLENGE

SAMPLE BLESSINGS



## HOW THIS GUIDE WORKS

### USE THESE TO

## Help You Write Your Blessing

Each of these blessings incorporates The Five Elements of The Blessing\*:

- Appropriate Meaningful Touch,
- Spoken Words,
- Attaching High Value,
- Picturing a Special Future, and
- Active Genuine Commitment.

Use these as a guide - but make sure that you customize your blessing for YOUR child.

If you have more than one kid, make sure you bless EACH child. And we also encourage you to bless your spouse, parents, siblings, grandparents, friends, and others you love as well.

*\*The 5 Elements of The Blessing are from the award-winning, best-selling book, "The Blessing" by Dr. John Trent, Gary Smalley, and Kari Trent Stageberg*

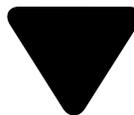


### Just Make Sure

This is not about perfection - any words are better than no words!

Don't make the mistake of staying silent. Share your blessing.

[GET THE BOOK FOR  
FOR MORE EXAMPLES](#)



### You've Got This!

If there is anything you need help or support with, please contact Kari at [ktrent@strongfamilies.com](mailto:ktrent@strongfamilies.com)



## Sample Blessing 1

### A BLESSING FOR ENCOURAGEMENT & CONFIDENCE

This blessing is perfect for when your child needs a boost of confidence, whether they're facing a challenge or just need a reminder of their worth.

#### **APPROPRIATE MEANINGFUL TOUCH**

Place a hand on their shoulder or give them a hug.

#### **BLESSING**

"(FIRST NAME), I want you to know how incredibly proud I am of you. You are such a hard worker, and your kind heart makes everyone around you feel special.

God gave you so many amazing gifts—your creativity, your laughter, and your strength. I can already see you using these gifts to do great things in the future.

No matter what challenges you face, I will always be here to support you and cheer you on. And the Lord will be there too. I know that you can do anything you set your mind to, and I will be with you every step of the way."



## Sample Blessing 2

### A BLESSING FOR WHEN THEY ARE STRUGGLING OR FEELING DOWN

This blessing offers comfort and reassurance, reminding your child that they are loved unconditionally, even when they're going through tough times.

#### APPROPRIATE MEANINGFUL TOUCH

Hold their hand or sit beside them with your arm around them.

#### BLESSING

"(First Name), I know things have been tough lately, but I want you to remember how loved you are—by me, by your family, and by God. You are so strong and brave, even when things don't go the way you want. I see the way you keep going, and that makes you so special.

God has amazing plans for your life, and I know that these hard times are just a small part of your journey. I believe in you and know that you're going to come out stronger.

I will always be here to walk with you, no matter what. And God will too. You are never alone."



## Sample Blessing 3

### A BLESSING FOR CELEBRATING SUCCESSES AND MILESTONES

This blessing is great for celebrating a special accomplishment or milestone, whether it's a school achievement, a birthday, or just recognizing growth in their life.

#### **APPROPRIATE MEANINGFUL TOUCH**

Give them a high-five, hug, or gentle pat on the back.

#### **BLESSING**

"(First Name), wow, look at what you've accomplished! I am so proud of everything you've done, and I want you to know how much I admire your hard work and determination. You are truly special—your bright smile, your caring heart, and your strong spirit are gifts from God.

I can see that you're growing into the amazing person God created you to be. I know that your future is full of incredible opportunities, and I can't wait to see what you do next.

I'll always be here, cheering you on and supporting you in everything you pursue. And the Lord will be there too."



## 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.](#)