

# FAMILY BLESSING RITUAL



## SUPPLIES NEEDED :

- ▶ NONE

## INSTRUCTIONS :

1. CHOOSE A TIME WHEN ALL FAMILY MEMBERS ARE PRESENT AND DISTRACTIONS ARE LIMITED. DINNERTIME OR BEDTIME WORK WELL.
2. IN THIS PRACTICE, EACH FAMILY MEMBER GETS A FEW MINUTES IN THE SPOTLIGHT WHILE THE REST OF THE FAMILY MEMBERS TAKE TURNS BLESSING THEM.
3. BLESSINGS ARE AFFIRMATIONS OF WHAT IS TRUE AND GOOD ABOUT THE PERSON - *NOT* ABOUT THEIR ABILITIES OR ACHIEVEMENTS. FOCUS ON CHARACTER TRAITS, FRUITS OF THE SPIRIT, AND QUALITIES THAT ARE UNIQUE TO EACH ONE.
4. HELP YOUNG CHILDREN PARTICIPATE BY ASKING, "WHAT DO YOU LOVE MOST ABOUT DADDY?" OVER TIME, THEY WILL UNDERSTAND THE DIFFERENCE BETWEEN A BLESSING AND A COMPLEMENT.
5. CLOSE THE TIME BY THANKING GOD FOR GIVING YOU TO ONE ANOTHER IN THE FORM OF FAMILY.