

## SPEAKING WORDS OF BLESSING TO OUR KIDS

August 17, 2024

2 Corinthians 3:18: “And we all, with unveiled faces, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.”

Years ago, when my youngest girls were little, their dad and I attended a family class at our church called “Bedtime Blessings.” This class reminded us of the importance of speaking God’s words over our children. We were encouraged to choose a passage of Scripture and speak it over our little ones as part of their bedtime routine.



Before having our daughters, their dad and I had led worship at a weekend church conference where the keynote presenters spoke on “The Power of Blessing,” so this spiritual habit was already deep-seated in our hearts. Little did either of us know how foundational this parental practice would become for our girls.

We chose the Aaronic blessing found in Numbers 6:22-27 to speak over our girls:

*The Lord said to Moses, “Tell Aaron and his sons, ‘This is how you are to bless the Israelites. Say to them: ““The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.” “So they will put my name on the Israelites, and I will bless them.”*

Our young family then experienced a painful season of separation and later divorce. However, those ancient words from Numbers held fast in each of our hearts. Only later would I realize how deep these promises of God went, as both their dad and I would continue to speak them as each of us took turns having the girls during our weeks of co-parenting.

As the girls grew, they continued to ask to “be blessed” each night when they transitioned from one home to the other and even before significant events such as a mid-term, test, or tryout at school.

When the girls had sleepovers with their cousins or friends, the blessing would be spoken over each of them. I would trust the Holy Spirit would move in each of their hearts.

Recently, speaking that blessing prompted reconciliation between my teen and me. After a before-bed disagreement, neither of us was in a place to speak the blessing or receive it. However, not being blessed was also not an option. With the attitude that only a 16-year-old girl can conjure up, my daughter opened her once-slammed door and spat the words, “Well, aren’t you going to bless me?” Of course, how could I not? That night, I spoke those ancient words not once but twice. Once before, we made peace, and once after.

It was then that I realized that as we speak words of blessing over others, we claim those blessings for ourselves. Just as we have to remind our children who and whose they are, as we bless others, we too are reminded of our identity in Christ. We are chosen, we are redeemed, we are loved.

**Bible blessings to pray over your children:**

[Philippians 1:9-11](#) “And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of

God.”

**[2 Thessalonians 3:16](#)** “May the Lord of peace himself give you peace at all times and in every way.”

**[Romans 15:13](#)** “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.”

**[Philippians 4:7](#)** “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

**[Joshua 1:9](#)** “Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”

Words do indeed have power, and God’s Word has transformative power. In speaking words of blessing over others, we claim God’s life-giving power of love, peace, and grace over them. At the same time, we invite the Holy Spirit to do his life-changing and transformative work in us.

Want to do a deep dive? Check out Family Fire's article [Why Our Words Matter](#)

---

*written by Holly Sperling*

<https://kidscorner.net/parent-blog/speaking-words-of-blessing-to-our-kids>  
Printed on March 29, 2025

