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SESSION 1



Major Life Questions

Answers you need at every Stage of Life

Blessed be the God and Father of our Lord Jesus Christ who has blessed us with every spiritual blessing in the heavenly places in Christ.

EPHESIANS 1:3 NASB

How do we know if we have been sufficiently blessed?
The Major Life Questions help you determine the divine deposit needed in your life at each stage of development in order to reach the destiny God has designed for you.

Goal #1

To understand what Blessing is and the POWER it has for our lives today.

Goal #2

To Identify and Recover some of the missed blessings in my own life.

Goal #3

To Learn How to Bless others.

7 Times when we Need Blessing:

1. Conception
2. Pregnancy
3. Birth
4. Early Childhood
5. Teen Years
6. Adulthood
7. Senior Years

–Adapted from *The Ancient Paths*, pg.69
(See Additional Resources)

Q. Isn't it all "under the blood?"

A. Sometimes it's only "under the cork." (Craig Hill)

Q. Can't we just forget what lies behind?

A. We can forget what lies behind, (the event) but we can't ignore what lies beneath (the pain).

"Esau said to his father 'Do you have only one blessing'? Bless me too, my father! Then Esau wept aloud."

Genesis 27:38 NIV

- ❖ You cannot give what you haven't received – make it your goal to recover YOUR missed blessings before attempting to bless others.
- ❖ "Everyone is looking for Significance and Security." –Larry Crabb
- ❖ Each of the seven stages of Blessing are 'border crossings' in life – at every stage we must answer certain life questions in order to successfully transition to the next phase of our journey.

Major Life Questions

- *Am I welcome in this world?*
- *Where is there a safe place for me in this world?*
- *Will my needs be met in this world?*
- *Who can I trust in this world?*
- *Do I have what it takes to make it in this world?*
- *What am I called to do in this world?*
- *Who will share my journey in this world?*
- *Am I still needed in this world?*

- ❖ The Major Life Questions arise at the corresponding stages of blessing and stay with us until they are answered – unanswered questions can 'drain' our emotional energy.
- ❖ Major Life Questions are not answered in a moment or through a single event but through a variety of means over a period of time.
- ❖ Sometimes when we have a significant change in our life we need to go back and re-affirm the answers to one or more of the Major Life Questions.

MY NOTES

GOING DEEPER

Which of the Major Life Questions (up to your current stage of life) have not yet been answered for you?

Which of the Major Life Questions have been answered well in your life? How were they answered for you and by whom?

Esau knew he needed his father's blessing – how important is blessing in families today?



The walls of a city:

Proverbs 25:28

– broken walls of self-control.

Nehemiah 1:3

– remnant in distress without walls.

Psalms 80:12

– fruit stolen when hedges broken.

Three Behavior Patterns without Blessing:

1. Agreement – accept rejection.
2. Aggression – return rejection.
3. Compensation – eliminate rejection.

How Does Blessing Work?

Words say it.

Deeds show it.

Ceremonies seal it.

“Blessing and Honor and Glory and Power be to Him who sits on the throne.”

Rev 5:13 NKJV

Five Elements of a Blessing:

- Meaningful Touch.
- Spoken Message.
- Attaching a High Value.
- Picturing a Special Future.
- An Active Commitment.

–Smalley & Trent, *The Blessing*, pg.27
(See Additional Resources)

- ❖ We cannot change the *events* of the past, but we can change the *effects* those events have had upon us.
- ❖ Each of us follows a ‘life script’, behaving according to what we believe about ourselves, others and God.
- ❖ Some blessings are rewards for obedience. The blessings we refer to are *gifts* from God – spiritual resources that become essential affirmations for your identity and destiny.
- ❖ Blessing builds a protective wall of truth around us keeping out the lies of the enemy so that we can live productive and peaceful lives.
- ❖ When blessing is missing, we work to get the blessing rather than fulfil our destiny.
- ❖ God designed you to be blessed. And if you were *designed* to be blessed, you *deserve* to be blessed – at every stage of life!
- ❖ Blessing is the ‘divine delivery vehicle’ that delivers Heaven’s resources into your life.
- ❖ People to whom you grant a ‘security pass’ to your heart also have the ability to deliver a blessing to the ‘door of your life.’
- ❖ Blessing is not merely a heartfelt wish – it is impartation from Heaven.
- ❖ Blessing and Honor go together – give one and you receive the other.

MY NOTES

GOING DEEPER

Read Proverbs 25:28 and Nehemiah 1:3 How well was the 'wall of blessing' built around your life as you were growing up?

What is the difference between the blessing given in Genesis 1:28 and the blessings promised in Deut. 28 and Matt. 5?

Read Ephesians 1:3. If you could ask for any spiritual blessing to be delivered from Heaven's warehouse into your life, what would it be?

Read Rev. 5:13. Who will one day declare 'blessing and honor' around the throne of God?

Can you describe one occasion when you received a blessing from someone? How did it affect you?



We Bless You

We bless your journey to wholeness

May you believe and receive every blessing God has promised for your life.

We bless your personal relationships

May your family and friendships be free from the pain of past events.

We bless your relationship with God

May you be free from all misconceptions and false traditions about the nature of God.

May you learn to let Him love you as a kind, wise and benevolent Father.

May you be filled with His Holy Spirit and become a faithful follower of Jesus Christ.

We bless your spiritual disciplines

May you become passionately devoted to the pursuit of God's purposes for your life.

Additional Resources

The Family Blessing, by Rolf Garborg
White Stone Books, Lakeland Florida, USA.
www.whitestonebooks.com

The Ancient Paths, by Craig Hill
Family Foundations Publishing, Littleton Colorado, USA.
www.familyfoundations.com

Moods, by Dr. Grant Mullen
This and other resources available at:
www.drgrantmullen.com

The Blessing, by Gary Smalley & John Trent
Pocket Books, New York , N.Y., USA
www.SimonSays.com

The Name Book, by Dorothy Astoria,
1997 Bethany House Publishers.

Getting to Know Each Other

Group Discussion Questions

Q. How many houses did you live in when you were growing up, before you left your parents' (or guardians') home?

Q. Which was your favorite house and why? Or where was your favorite place in one of those homes?

Q. What's one humorous or memorable moment from your favourite house?

Q. Select one or two of the following which describes your home when growing up:

- Little House on the Prairie (very loving)
- School House (educational – always challenged to learn)
- Fun-House (lots of laughs)
- Farm House (all work and no play)
- House of Prayer (very religious)
- Doll House (looked good, but there was a lot of pretending)
- Haunted House (pretty scary place at times)
- House of the Rising Sun (deep dark secrets...)
- Other _____

Describe it: _____

How To Craft a Blessing for Someone You Know

A Blessing has the ability to convey God's favor upon a person when it is crafted with understanding and received with an open heart. Whether spoken or written, the purpose is to recognize and verbalize the noteworthy characteristics of the person, and to articulate what you see God may desire to do in their life and through their life in the future.

To help you get started try following these steps:

- >> Prayerfully choose a scripture that conveys a positive message suitable to the person you wish to bless.
- >> Write a sentence or two describing something noteworthy that you have observed about this person's actions or character.
- >> Record words that describe this person's value in your eyes and in the sight of God.
- >> Add any good thing that you perceive God to be doing in their life right now.
- >> Describe the ways in which you believe this person can be used by God to encourage and bless others in the future.
- >> If appropriate, state how you are willing to assist this person to achieve the future you have pictured for them.
- >> **OPTIONAL:** Find the meaning of this person's name and incorporate that into the blessing.

A Blessing for

Prayerfully choose someone whom you can bless this week:

Name _____

Connect

Delivering the blessing in person is ideal. However, sending a written version to the person can also provide a meaningful connection.

How and when I plan to deliver this blessing:

Communicate

Record here what you intend to say – see “How to Craft a Blessing for Someone You Know”

A scripture verse:

My Blessing:

Someone I know

Communicate ...continued

Commit

If appropriate, indicate how you intend to help this person achieve the desired future you have pictured for them

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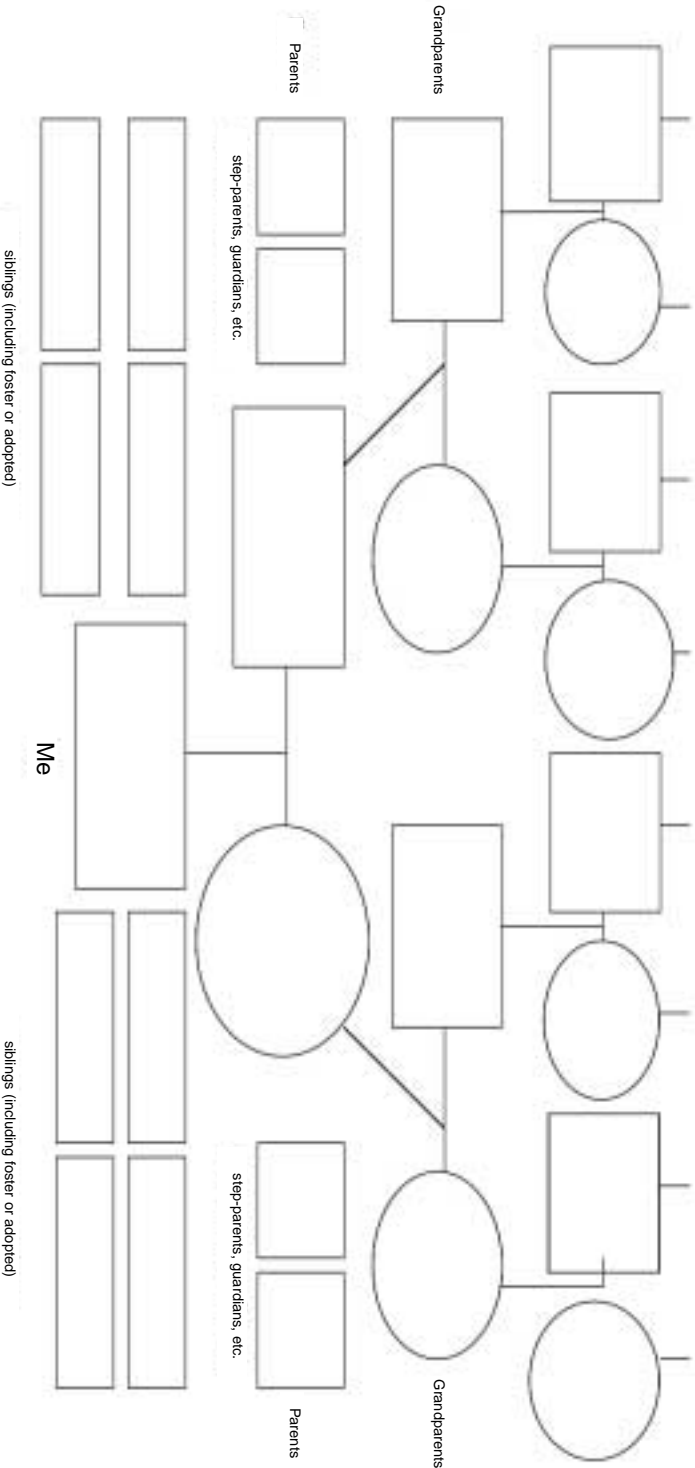
Communicate ...continued

Commit

If appropriate, indicate how you intend to help this person achieve the desired future you have pictured for them

Family Tree Chart

Family Tree/Generational Chart
 enter information below each name on the chart



Father's side to the left

Mother's side to the right

Generational Blessings

List anything positive you know about your family's Spiritual Heritage:

Even if you can't trace your family line back through the generations, God knows the prayers that have been prayed and the promises that have been made to bring blessing to your family line.

Generational Blessings Prayer

Read Exodus 20:6 and Psalm 105: 8.

“On the basis of the revealed Word of God which I believe, I now pray this prayer...”

“In the name of Jesus I reach back in faith and call forward my spiritual heritage in Jesus Christ purchased by His blood on the cross. I receive into my life every provision that the Father God intended for me and my family line. I receive the full measure of God's purpose for my generation and my descendants. I call for every spiritual blessing from past generations that has not yet been fully released, to be transferred into my life. I ask You Lord to reveal and release the full spiritual power that is available to me on this basis. In the Name of Jesus, Amen.”

Learning to Receive Truth from Jesus

A Prayer of David from Psalm 139:23-24

“Search me O God and know my heart; try me and know my anxious thoughts; And see if there be any hurtful way in me And lead me in the way everlasting”

Let us ask, like King David, for the Holy Spirit to bring to the surface any “hurtful” ways (the Hebrew word literally means “way of pain”).

We will NOT try to do the searching ourselves – rather we seek to let God’s Holy Spirit do the searching and then learn to listen to what God reveals to our minds and hearts. This is a discipline that does not always come easily at first, *but it’s worth the effort to practice!*

12 Quick Steps for “learning to listen”

Sometimes a lie is occupying the place in our hearts that God has reserved for blessing. By following this process, we are simply trusting God’s Holy Spirit to impress us with the truth in order to displace the lie – in this way our minds can be renewed allowing our hearts to truly experience the love of God.

- 1 Find someone you trust to pray and walk with you through this process.
- 2 Cleanse your heart through sincere repentance – Psalm 66:18.
- 3 Take authority over all spiritual influence that is not of God.
- 4 Understand that Jesus WAS there during every event of your life.
- 5 Ask the Lord to bring to your mind the memory of any event in your life that may have allowed a lie to enter your mind.
- 6 Picture and/or remember the event.
- 7 Identify any negative feelings associated with the event.
- 8 Identify the lie associated with these feelings.
- 9 Break your mental agreement with the lie e.g. “I not longer accept that lie as being true.”
- 10 Ask the Lord Jesus to show you what HE thought and felt about the event or situation.
- 11 Write down the first thought (or picture) that comes into your mind.
- 12 Share this thought with the person you trust to help you discern whether what you have ‘heard’ in your mind is from God.