

## Blessing Your Children

Remember that the last thing that our Savior Jesus did before He ascended into heaven was bless His followers. See Luke 24:50-51. This was a blessing to extend throughout the **whole world**.

A blessing is a divine and life-giving action. God the Father is the source of all blessings. God blesses us *constantly*. He has given us so much. We often forget to bless Him—to publicly tell of God’s power and to thank God for His generosity. Tobit 4:19 reminds us: *At all times bless the Lord God, and ask him to make all your paths straight and to grant success to all your endeavors and plans.*

In sum, God desires fathers to bless their children **frequently**. God is all-powerful, and when one speaks in His name, His word goes out to its intended audience or circumstance. When fathers bless their children, they give their children **love, security, identity, and destiny**. The children feel loved and know that the parents desire their spiritual growth and eternal union with God. They feel secure—that God their Father and their parents will protect them in times of trouble. Finally, they develop a strong identity as a Catholic Christian male or female, as princes or princesses of the Lord. When they have difficulties in life, they will remember their root identity as being an adopted son or daughter of their loving God.

A good time to bless children is right before they go to bed. They will go to bed happy and probably wake up happy. You can give a short blessing before they leave the house for school or before an big event.

Be courageous and begin something new. You can bless your kids, even if you did not grow up with your father or mother blessing you.

### Some Practical Blessings for Your Children

To bless your children, ask God’s divine favor upon them and use outward signs and gestures. For example, as you pray, lay your hands on their heads or trace a cross on their foreheads with your right thumb after dipping it in holy water. Pick one of the following blessings. **If the biological father is not available, or he will not bless, the mother can give the blessing** by saying, “On behalf of his/her father, and through the intercession of St. Joseph, I bless this child with the following words:

A. St. Joseph, foster father of Jesus, and Blessed Virgin Mary, Mother of God, please fill \_\_\_\_\_ (child’s name) with the love that God gave you and into the places where love and healing of a father and mother is needed, in Jesus’ most holy name. Amen. (More on back.)

B. The Lord bless you and keep you! The Lord let His face shine upon you, and be gracious to you! The Lord look upon you kindly and give you peace! (See Numbers 6:24-26.)

C. Heavenly Father, inexhaustible source of life and author of all good, we bless You and we thank You for brightening our communion of love by Your gift of children. Grant that \_\_\_\_\_ will strive always to do what is right and good, and one day, by Your grace, reach Your Kingdom in heaven. We ask this through Christ our Lord, in union with the Holy Spirit. Amen.

## Blessing Your Home

May the Almighty and Merciful God the Father, God the Son, and God the Holy Spirit bless and protect us.

O most sweet Lord Jesus Christ, almighty King of heaven and earth, Son of David, Jesus of Nazareth, crucified for us: Son of the living God, have mercy on this house and guard those who dwell here.

May Your Divine blessing accompany them everywhere; may the Holy Spirit enlighten their minds and hearts, and may His power work through them in every place.

May He bless everything that is found in this house, those who enter and those who leave, and may His blessing of the Most Holy Trinity guard them from evil, so that no misfortune may come near them.

May the holy Name of Jesus with the nine choirs of angels be in this house, giving it His peace.

May the Most Holy Virgin cover it with her motherly mantle.

May the holy Archangels guard it.

May the holy Apostles be the dispensers of its wealth.

May the holy Evangelists confirm and strengthen it.

May Christ be the shield of this house.

May the three nails of Christ be its barrier.

May the crown of Christ be its shield.

Jesus, Mary, Joseph, and all of our patrons, and you holy Guardian Angels, obtain from the one God in three Persons, that He would guard this house from lightning, fire, hail, flood, attacks of evil men, scandal, unfaithfulness, heresy and every misfortune endangering the soul or body. To which may God the Father, God the Son and God the Holy Spirit help us.

**Response:** Amen. [Now sprinkle some holy water around the house.]