

The Power of a Blessing

I cannot tell you how many clients are seen in my office simply because they never received a “blessing.” The parents of these now adult children made sure that their children’s bodies were inoculated against deadly diseases, but their parents forgot to inoculate their minds and hearts against “rejection.” In most of these cases, they met their child’s basic needs, but somehow they failed to communicate worth to them. “I love you” was rarely if ever heard, and criticisms lurked around every corner.

You cannot imagine the pain these adults still feel. In many cases, their parents are now deceased, and all hopes of hearing words of love, praise, encouragement, validation, or a blessing have died with them. The pain seems to magnify since the hope is gone too.

In many case, all that remains in this void is insecurity, anger, and resentment. These individual’s lives reek with pain. There is often an echo in their minds that repeats the words that were spoken over them. “You’ll never amount to anything.” “You are a lousy *fill in the blank*.” “I wish you were never born.” “Why can’t you be like...?” “You are not good enough to...” “Nobody will ever want you.”

Somehow as these words were spoken, something took place inside which was like a cattle brand. These words became implanted in their being. This implant acts as a mental fort that can subconsciously interfere with day-to-day success. This rooted implant gives life to the term “self-fulfilling prophecy.” Because they were spoken by parents, they have extra power and spiritual authority. After all, haven’t most of us been taught since birth that our parents are wise? If they don’t think that we measure up, then we haven’t got much of a chance.

I wish I could say that it was a rare occurrence to see these degraded individuals in my counseling office. Unfortunately, it occurs way too often, and it negatively impacts men and women alike. It seems that our Creator designed us with a need for this impartation of worth, especially from those of influence in our lives, and especially our parents. Marriage and family experts, Gary Smalley and John Trent, PhD., tell us that “No matter your age, the approval of your parents affects how you view yourself and your ability to pass that approval along to your children,

spouse and friends." Many people spend a lifetime looking for this acceptance the Bible calls "The Blessing."

Sadly, many adults do not realize the power of their words in their children's lives. Many want to be good parents. They do not always realize that they have left a "brand" on their child's being. Sometimes these "word curses" are spoken by accident. These words and attitudes merely appeared after a long tiring day or under the influence of alcohol, but they were still damaging. Somehow negativity seems to have a way of more profoundly impacting the memory and taking root. There is life and death in the power of the tongue.

To begin the healing process, I encourage you to "ask for a blessing" if possible. If your parents are deceased, you may want to ask another important person in your life to write and speak this into your life. It may not be the same, but it can have healing properties. Look for others who may appreciate a blessing from you, too. Smalley and Trent encourage us to incorporate meaningful touch, spoken word, expression of high value, description of a special future, and the application of a genuine commitment in our blessings.

We are all wired with the need to know that we are loved unconditionally and accepted just for being.... I encourage you as a parent, even the parent of an adult child, to write out a blessing for your loved ones. You may want to make a few extra copies or even have it framed. All of us can benefit from a blessing – even if we had a happy home life.