

God Blesses Us

SBR 2020

a devotion by Sandra Brese Rice

*May the Lord bless you and take good care of you. May the Lord smile on you and be gracious to you.
May the Lord look on you with favor and give you peace.*

—Numbers 6:24-26 NIV

Consider reading Mark 10:13-16

Listen to The Blessing with Kari Jobe & Cody Carnes : <https://m.youtube.com/watch?v=Zp6aygmVzM4>

- **Have you ever had a cold?**
- **When you sneezed, what did people say to you?**
- **Did they say, “God bless you?”**

If we look in the history books, we can find many different thoughts on how and why the phrase *God bless you* started.

Some think *God bless you* was started by Pope Gregory during a time of sickness. They thought the sneeze actually started the disease, even if the sneeze came from dust or allergy.

Some think *God bless you* was said because people thought a person’s heart stopped or skipped a beat when they sneezed. They would say it so your heart would restart.

Some people thought evil spirits or bad things came out of the body when someone sneezed, so they filled the body up with good things by saying, *God bless you*.

Some people just think that saying *God bless you* is good luck.

- **When you hear *God bless you*, what do you think it means?**
- **Do you say *God bless you* or do you just say *Bless you*? Why?**

There was a time in the Bible when God gave Moses some words we could use to bless each other. The words are the Bible verse for today. (**Reread Bible verse above.**) They really are beautiful words; they show God’s love for us.

We can bless others we love any time and anywhere. We don’t have to wait to go to church or wait until someone sneezes. Some parents say this blessing with their children at bedtime. Some husbands and wives say it to each other as well. Some people say it to their friends after a meal, before they return home, or at the end of a meeting or visit. Some say it when someone is sick or sad or worried. We can use this blessing whenever we feel a person needs it. We can also say this to someone so they know we care about them.

- **Is there someone in your home you could bless by saying, “God bless you!”?**
- **Is there someone you could phone and give them this blessing?**
- **Is there someone you could make a card for that says, “God bless you!”?**

This might be a good habit to begin today. We can remember the people in our lives and we can witness to them through God’s blessing ... and may God bless you!

Reread the Bible verse as the closing prayer.

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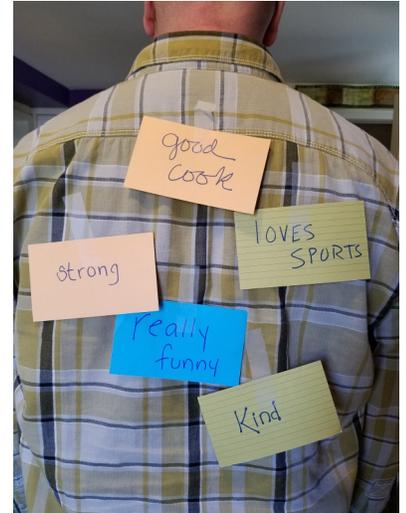
We can bless each other!

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The Blessing Game: materials needed: paper or index cards, tape, writing or drawing utensils

- Hand out paper—one for each person in the room
- Write something nice about each person in the room (or draw a talent they have)
- Once everyone is finished writing or drawing, tape the blessings on the person.
- Take a photo of each person so they can remember all of the blessings

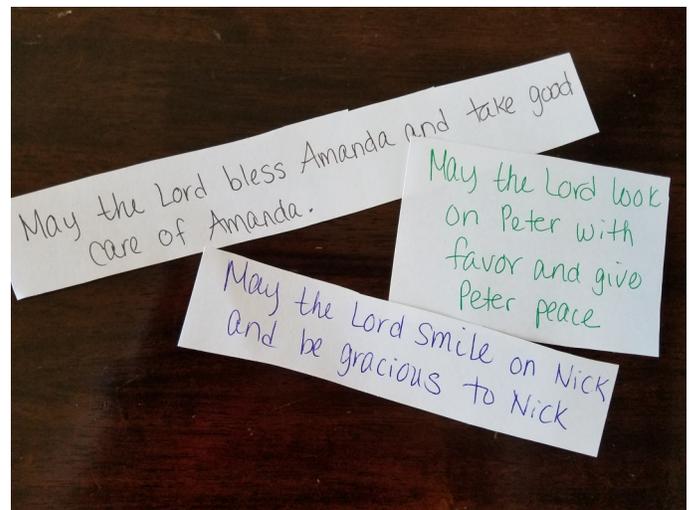


Bible Blessing Jar: materials needed: a jar for each person in the home, paper, drawing utensils

Write out some of your favorite Bible verses and insert the names of those in your group into the verses. Put it in their personal jar. Add to it regularly.

Dinner Table Blessings: materials needed: a jar, basket or bowl, paper or popsicle sticks, something to write with

- Write names down of people you love (or draw pictures of them)
- Put names in your container
- Each night at dinner, pull a name out of the container and pray for that person.
- Fill container at any time!



Music—Blessings!

Blessed Be Your Name (Newsboys LIVE) <https://m.youtube.com/watch?v=DLycgKxlgc0>

The Blessing with Kari Jobe & Cody Carnes <https://m.youtube.com/watch?v=Zp6aygmvmzM4>

Blessings by Laura Story <https://m.youtube.com/watch?v=Cd6J6Wgnv4M>

10,000 Reasons by Matt Redman https://m.youtube.com/watch?v=DXDGE_IRI0E