

# Blessing:

## Declaring or wishing God's favor and goodness upon others



The God of the Universe has blessed us so much! Life and often an abundant life. Love, friends, family, material comforts - we have so much to be thankful for. Yet, how often do we look at what we don't have or what others - like our spouse - aren't doing for us. James wrote that out of the same mouth, coming blessing and cursing - we bless God but turn around and curse people (James 3:9-10); specifically that can be our spouse or children. Too often husbands or wives tear down the character of their spouse or children. They allow their feelings to rule and they say very hurtful things that often cut another to their very soul. As James wrote, brothers and sisters, this should not be so!

Part of loving our spouse (or for that matter, anyone) means that we want God's favor or goodness for them. We want good things for them, but do we treat them like we want good things for them? When they don't agree or see things our way, do we still pray for God's goodness? Or do we argue, and in fact cajole, demand, or pressure our spouse to do what we want them to do? Peter wrote that Christians are to repay evil or insult with blessing (1Peter 3:9). Even if our spouse says something the wrong way or is mean, do we bless? Or do rise to the occasion and match their meanness? Friends, this should not be so!

Jesus bought us with a price - with His life. His command is that we are to love others with that same kind of love. It means that we are to declare or wish God's favor and goodness upon them, no matter what. Try it; seek to bless you spouse, even when they don't deserve a blessing. See if it doesn't improve your marriage.

**Helpful Resources:** *Fortified Marriages Resource page:* [www.fortifiedmarriages.com](http://www.fortifiedmarriages.com)

The *Fortified Marriages Manual and Workbook* is a great tool to help couples develop healthy communication and connect with each other.

**Website to check out:** [www.theblessing.com](http://www.theblessing.com)

**Book to check out:** *The Blessing: Giving the Gift of Unconditional Love and Acceptance*  
by Dr. John Trent & Dr. Gary Smalley