

## The Meal of Blessing

This past Sunday we talked about a meal of blessing. A weekly family meal with communion and where speak a godly blessing over each family member at the table. I believe it is one of the ways to remind the family, unless the Lord builds the house, they labour in vain who built it.

***Psalm 127:1 Unless the Lord builds the house, they labour in vain who build it; Unless the Lord guards the city, the watchman stays awake in vain.***”

As we look at the following Psalm, that when we allow the Lord to be an active part of our family, this is the picture that the Psalmist sees:

***Psalm 128:1-6*** “*Blessed is everyone who fears the Lord, who walks in His ways. 2 When you eat the labor of your hands, you shall be happy, and it shall be well with you. 3 Your wife shall be like a fruitful vine in the very heart of your house, your children like olive plants all around your table. 4 Behold, thus shall the man be blessed who fears the Lord. 5 The Lord bless you out of Zion, and may you see the good of Jerusalem all the days of your life. 6 Yes, may you see your children's children. Peace be upon Israel!*”

Look at vs.3 the psalmist paints a picture of a family around the table, that is happy, blessed and enjoying the fruit of their labour. A family who fears the Lord, parents who fear the Lord and passing that onto their children. Isn't that most people's hope of what a family should look like?

Maybe, you haven't experienced that? Maybe you started out that way but due to the business of life, it isn't even close to that anymore. You can reset things in your life. All you have to do, is make some small changes and before you know it you've created a new culture in your home, a family sitting around the table, having a meal together and enjoying it. So, let's talk about this family meal of blessing.

This meal will include a beautifully set table. The table will have a none lit candle. There will be at least one loaf of bread, and at every place setting there will be a glass of grape juice. There should be a special meal prepared to be served right after the family blessing time. Oh, and this is very important, ask everyone to turn off their cell phones and put them someplace out of sight.

### **Couple of things to note:**

- The outline of the Meal of Blessing is adapted from the weekly Jewish Shabbat Family Meal.
- The Meal of Blessing will look very similar to the Lord's supper that Paul talks about in **1Corinthians 11:17-34** or the meals that the first Christians shared together in **Acts 2:42**.
- Each component of the meal can become a teaching moment for you to instruct your children in the ways of the Lord.
- You can also invite the children to participate by reading the scriptures, or answer questions and of course at the end pray their own prayer of blessing over you as the parents.

### **Let's get started:**

#### **1. Dedicate this time to the Lord**

Here we honour the Lord and the blessing that He is to us. Therefore, the head of the household thanks the Lord for being present in their midst and dedicates this time to the Lord. The head of the household could then lead the family in the Lord's Prayer found in **Matthew6:8-13**.

#### **2. Lighting the Candle(s)**

The Eldest lady in the house usually lights the candle. The candle represents Jesus who has come as a light into your family. *(Or you could light a candle for each member of the family.)*

**The prayer by her:** *“Almighty God, we welcome your presence into our home. We thank you that You have set us apart this day to meet with You. By Your Word, you have sanctified and commanded us to be the light to our world, and above all we thank you for Jesus, our Messiah the light of the World.”*

- **Note:** It was through a woman that the light came into this world!

**John 8:12** *“Then Jesus spoke to them again, saying, “I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life.”*

**Ps 18:28** *“For You will light my lamp; The Lord my God will enlighten my darkness.”*

**1 John 1:5** *“This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all.”*

The next portion is generally led by the eldest male leader in the home, with the help of the children.

### **3. Eating the Bread**

Before eating the bread, the leader of the home would bless the bread and have children help him lift the bread up to heaven as he prayed over it.

**Note:** *Often times this bread was a tasty sweet bread, that was very much enjoyed by the family. The only exception was for certain times of the year when a feast season required the people to eat unleavened bread. The bread is usually covered with a white linen cloth.*

The bread represents Jesus’ Body that was broken for us so that we might be healed in all respects.

Jesus’ body was hidden in the ground for three days, and was then raised again fully healed and restored. *(Jesus’ body was hidden away in the earth, therefore the white cloth on the bread)*

**John 6:33-35a** *“The true bread of God is the one who comes down from heaven and gives life to the world.” 34a “Sir,” they said, “give us that bread every day.” 35 Jesus replied, “I am the bread of life. Whoever comes to me will never be hungry again...”*  
**(1 Cor. 11:24; Luke 22:19)**

**The head of the household lifts the bread to heaven and prays:**  
*“Blessed are you, Lord our God, king of the universe, who brings forth bread from the earth. We thank you, Lord Jesus, for your body that was given for us so that we are made whole.”*

After the declaration, the Leader passes the bread around and everyone takes a piece of bread and eats it.

#### **4. Drinking the Juice**

The juice represents the blood of Jesus that was shed for the forgiveness of all our sins.

*Lev 17:11 “For the life of the flesh is in the blood, and I have given it to you upon the altar to make atonement for your souls; for it is the blood that makes atonement for the soul.” (Heb.9:22-10:18;1 Cor.11:25; Luke 22:20)*

**The head of the household lifts the cup to heaven and prays:**

*“Blessed are you, Lord our God, king of the universe, who brings forth the fruit from the vine (Jesus was crushed (Is.53:10)). We thank you, Lord Jesus, for Your blood of the new covenant which was poured out for the removal of all sin and that we might be saved from the wrath to come.”*

Everyone may now drink from the juice in their own cup

#### **5. Blessing & Honouring the Family members**

This next portion may take a bit of time, depending on the age of your children. It is best to take some time before hand and craft the prayers of blessing to individualize each person’s giftings, calling, identity, name, etc. so that everyone senses the genuineness of God’s heart and your heart towards them.

##### **a. Blessing the Children**

The head of the household blesses the children first.

*A blessing of a child could look like this: Blessed are you of the Lord my child, for you have been called by the Lord and blessed by the Lord. The Lord God has blessed you to be our child, a child who brings us much love and joy. We are so proud of you. May the Lord fill you with His desires. May the Lord be with you in the pursuit of His purposes and plans for your life. My child the Lord has blessed you with all the right gifts and talents so that you lack no good thing. My child you are a blessing and a treasure to us. My child the favour of the Lord is upon you. May the Lord’s full will be accomplished in your life. May the spirit of wisdom and understanding, the spirit of counsel and power, the spirit of the*

*knowledge and the fear of the Lord be upon you. May the grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be upon you both now and forever more. Amen*

**b. The husband blesses his wife**

*'What a rare find is a capable wife! Her worth is far beyond that of rubies. Her husband puts his confidence in her and lacks no good thing. She is good to him all the days of her life. She gives generously, her hands are stretched out to those in need her husband is prominent in the gates, as he sits among the elders of the land, and she looks to the future cheerfully. Her mouth is full of wisdom, her tongue with kindly teachings. She oversees the activities of her household and never eats the bread of idleness. Her children declare her happy. Her husband praises her, "Many women have done well, but you surpass them all." It is for her fear of the Lord that a woman is to be praised. In finding you I have found happiness and I have found the favour of the Lord.'*

**c. The wife blesses her husband**

*Praise the Lord! Blessed is the man who fears the Lord, who delights greatly in his commandments. His descendants will be mighty on the earth; the generation of the upright will be blessed. Wealth and riches will be in his house, and his righteousness endures forever. Unto the upright there arises light in the darkness; he is gracious, and full of compassion, and righteous. A good man deals graciously and lends; he will guide his affairs with discretion. Surely, he will never be shaken; the righteous will be in everlasting remembrance. He will not be afraid of evil tidings; his heart is steadfast, trusting in the Lord. His heart is established; he will not be afraid. He has dispersed abroad, he has given to the poor, his horn will be exalted with honour. In you I have found love and happiness and the richness of God's blessings.*

**d. The children bless their parents**

**e. If others are present, take time to bless them also**

## 6. The Final blessing before the family meal

The head of the household speaks a final blessing over the family like this blessing out of **Numbers 6:23-25** *“The Lord bless you and keep you, The Lord make His face to shine upon you and be gracious to you; the Lord lift up His countenance upon you and give you peace.”*

## 7. The Family Meal

At this time the family eats the meal that has been prepared for them to enjoy. You may want to keep the meal in the oven until such time as the blessing of the family has been completed.

When planning for the main meal, you may want to consider making this meal a special meal, a weekly meal that the family looks forward to weekly. This may require some extra work if you work full time. Therefore, some planning in advance may be needed to make this happen, but the blessing of it will be enjoyed by all. In some homes the bread used is homemade.

## 8. The Family Fun Time

A thought: You could make this evening after supper a family fun night. Of course, this would happen after everyone helps with cleaning the table and doing the dishes. Another suggestion, you could finish the night by having a special family dessert, just before the children go to bed.

### **A couple of extra things to note on the Meal of Blessing:**

If you are single, you could invite a couple of friends to partake with you in the Meal of Blessing. If you are a single mom, you are the head of the household and if you are a single dad, if you have a daughter, ask your eldest daughter to light the candle.

I believe by partaking in this Meal of Blessing, honouring and blessing the Lord, honouring and blessing your spouse and children you'll begin to see a difference in your home as Psalm 128 declares.

**Psalm 128:3-4** *“Your wife shall be like a fruitful vine in the very heart of your house, your children like olive plants all around your table. 4 Behold, thus shall the man be blessed who fears the Lord.”*

**Now it's your turn:**

Which night of the week would work best for the Meal of Blessing?

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In writing a blessing for your children or spouse what scriptures, picture or thoughts comes to mind? *(Ask the Lord if you need help)*

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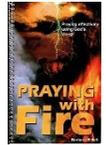
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You may also use Barb Billett's book 'Praying with Fire' as a guide to script the blessings for your family members. You may order a book at [www.prayerworks.ca](http://www.prayerworks.ca)



**Q. Have you made a commitment to the Lord Jesus Christ?**

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*Acts 2:21 "And it shall come to pass that whoever calls on the name of the Lord Shall be saved."*

If you would like to someone to pray with you, please email [info@onelifechurch.ca](mailto:info@onelifechurch.ca) and someone will contact you.

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