

Blessing Your Spirit

by Sylvia Gunter and Arthur Burk

(Published by The Father's Business, 2005)

Day 1 Identity and Legitimacy

_____(fill in the name)_____, I call your spirit to attention in the name of Jesus of Nazareth. Listen with your spirit to God's Word for you. Psalm 139: 13-16, "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be."

_____, your Father made you special. You are a very special person, created and crafted and designed by God your Father. Before the foundation of the world, your Father planned for you. You are no accident. You did not have to exist, but your Father willed you into existence. He chose the day and the time you would start your life. He chose your parents and wove you together in your mother's womb. He planned your birth order and put you in your family. He chose every one of your 23 pairs of chromosomes, He chose every one of your more than 10,000 genes. He chose every part of your spiritual heritage. He reached back into your father's bloodline and your mother's bloodline, and from generations past, your heavenly Father chose different parts of your heritage. Some parts are not so beautiful, and some parts are gorgeous. Yet, your Father wove it all together and gave you everything you need in the package of your life to be an overcomer, a victor, to take the negative parts of your heritage and triumph over them, to walk in the beauty of all that God has placed within you.

Your Father made you beautiful and beloved. I bless you, _____, because you are fearfully and wonderfully made. God invested an incredible amount of effort and concentration in designing you. You are unique, one of a kind. There is nobody else like you. God has thought extensively about you. Every detail of your body, every organ, and every cell is the result of God's thoughts. Every facet of your personality is the result of His kind intention. You are beautiful, and you are beloved. God has blessed you with His love.

God smiled on the day He created you. He had been waiting for millennia for the particular point in time with you were conceived. He had great joy in His heart when His plans actually came together. He nurtures your spirit; He watches over you.

Your world needs you. You bring something to your family that no other person has. They need the gifts you bring. Your family would not be complete without you. Others in your circle need the deposit that God has placed in your life.

_____, your Father wrote your days in His book. He has already read the final chapters, although we have not had that privilege. Your life is not a random thing. He is looking forward to the chapters of the story He has already written. He designed your spiritual heritage. Your generational blessings go back a thousand generations. There is a spiritual treasure chest of generational blessings with your name on it. Those are being released to you incrementally over the course of your life at the appointed appropriate time. All this is God's master plan. God has foreseen your pain. He promises that because of His love, His power, and His blessing upon you, He causes pain and negative things to be transformed into good things before the end of the story of your life. We don't know everything about who you are going to be or what you are going to do, but you are loved, you are a blessing to your family and you are a life-giver in the world. You are special, and we celebrate God's miraculous design of who you are. I bless you in the name of Jesus of Nazareth.

Respond with your spirit...

Write your thoughts, etc.