

Information from: ***The Blessing***, by John Trent, Ph.D. and Gary Smalley

We all want to have acceptance—to feel like we measure up and that we are valuable to someone. We yearn for approval, intimacy, and affection in our relationships. For most people, the quest for approval begins with our parents, and what happens in this relationship can affect how we view ourselves as well as our future relationships. *We desperately want approval—we want “the blessing.”*

What is “*the blessing*”?

- The knowledge that someone in this world loves and accepts us unconditionally
- *The blessing* incorporates five basic parts:
 - Meaningful touch—we need to **feel** that we are loved through the act of touch
 - A spoken message—we need to **hear** that we are valuable from someone else
 - Attaching high value—we need to **know** that we are valuable to someone else
 - Picturing a special future—we need to **see** that we have a special future
 - An active commitment—we need to be able to **trust** that *the blessing* will come

How do I receive *the blessing*?

The fact of the matter is that we have to receive *the blessing* from others. Ideally, we would have all received the fullness of *the blessing* from our family. Sadly, this is not always the case. However, we still have hope to receive *the blessing* from other individuals and bodies of believers who exhibit the five elements of *the blessing* in how they live and interact with others. God has equipped and empowered people to communicate His love to others and to impart *the blessing* in your life.

How to pass the *blessing* on to others:

Just as we receive *the blessing* from others, we have the challenge to bless others. We are all surrounded with people—with family, friends, acquaintances, and complete strangers—and we can pass *the blessing* on to them. We can do this by being *the blessing*. We can communicate acceptance, love, and approval for people through: giving *meaningful touch* (hugs, pats on the back, or even handshakes), *speaking a message of high value* (saying, “I value ___ about you”) and a *special future* (communicating that God has a plan for their life), and by showing them that you are *committed* to seeing this *blessing* come to pass (investing time and effort into your relationship with them).

Come hear more about *The Blessing* from John Trent at these events!

Relationships Week Schedule

Tuesday, October 24th—Chapel @ 10:30 am

“Exploring the Blessing”—Walker Student Center—2nd floor lounge @ 9pm
(additional chapel credit available)

Thursday, October 26th—Chapel @ 10:30 am