

Blessed Words and Actions

How many times have you used the word "blessed" in the last few days? God has promised to bless his people, to give them good things, and to lift them up in times of trouble.

One definition of blessing when God endows someone with a particular cherished thing or attribute. Think, dear reader, how this has happened to you, or it can happen through you to someone else.

Jesus spoke a lot about blessings. He added the divine meaning, which lifts us above all human circumstances, as we see it in the scripture below.

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Blessed are those who mourn,
for they will be comforted.

Blessed are the meek,
for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness,
for they will be filled.

Blessed are the merciful,
for they will be shown mercy.

Blessed are the pure in heart,
for they will see God.

Blessed are the peacemakers,
for they will be called children of God.

Blessed are those who are persecuted because of righteousness,
for theirs is the kingdom of heaven.

"Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you." Matthew 5:3-12

Think about how one or more of these blessings is happening in your life, and look to heaven for them to be a part of what we do and say. This is the journey of the Christian, until we reach the final blessing of heaven.

Think about the blessings you have. Name them, as the old hymn says, one by one. You will see yourself feeling better, becoming more thankful, more reflective. And you will think about bigger things than you.

"I'm blessed and I thank God for every day for everything that happens for me." ~ Lil Wayne

When we think of blessings like family and faith, they become a part of our thoughts. Maybe they can become a daily habit for you, which will be an added blessing from God.

"I am blessed to have so many great things in my life - family, friends and God. All will be in my thoughts daily." ~ Lil' Kim

We may go through tough times in life. It is surprising to discover that even the tough times can become blessings, and that thinking about them will add blessings as well. All of what happens to us is necessary, and becomes a part of what makes us who we are. "I don't regret what I've been through. I've had ups and downs, super highs and some really low lows. I've been so blessed that I could never say, 'I wish this didn't happen.' It's part of who I am. There's nothing in my life that's so ugh." ~Jennifer Lopez

Have you such a faith that you cannot be broken? It takes a lifetime to find it, but it is indeed a blessing from God. Perhaps it will take looking at ourselves like a tree or a reed blowing in the wind. We have such strength from God that we will bend, but never break. "Blessed are the hearts that can bend; they shall never be broken." ~ Albert Camus

Sometimes switching roles, or changing how we think, can bless us. Are you a leader or a follower? A teacher or a student? A man or a woman? A child or an adult. Listen to what Erin Gruwell says about that.

"I have learned that, although I am a good teacher, I am a much better student, and I was blessed to learn valuable lessons from my students on a daily basis. They taught me the importance of teaching to a student - and not to a test." ~ Erin Gruwell

Even entertainers like Elvis Presley can give us perspectives on blessing. He began singing in church, and recorded many gospel and faith albums. Here is a blessing from him.

"Until we meet again, may God bless you as he has blessed me." ~ Elvis Presley

So in the meantime, be a blessing to someone. Today. Every day. As God uses the unique person that we are to bless others, we can be blessed as well. It is a cycle of blessing, from God to us to others to God again.

I hope and pray you can see the blessing of blessing today, and incorporate it into your life, so that it can be more than you ever dreamed it could be. "Blessed is the

influence of one true, loving human soul on another." ~ George Eliot