

Blessed to bless

Each New Year brings us an opportunity to pause, take a deep breath and look at life with fresh eyes. For some, it is a time of setting goals, for improved quality of life. For others, it is a time for taking care of things that fell by the wayside last year. But none of us truly know what challenges and opportunities we might face in 2021. So what if we declare 2021 to be a Year of Blessing and set the intention to be people

of blessing regardless of how the year unfolds?

Blessing others with our words and/or actions is a powerful form of prayer. We offer a prayer of blessing each time we express gratitude, affirm the gifts or goodness of someone, envision a hopeful future, extend support, or care or treat others with respect and kindness.

Blessings are rooted in reality and integrity. They go beyond polite responses or superficial gestures. They are born from a place of love and respect which recognizes and honors the goodness of others. Sometimes they are “God-glimpses” ... moments in which we recognize the face of God in someone else or wish to extend the touch of God to someone in need.

When we see one another as a gift, we are more likely to be attentive in our encounters and thus recognize the opportunity to be a person of blessing. At times, a prayer of blessing may be quite spontaneous and other times it is the fruit of extended consideration or planning.

We don't always recognize the true reach or impact of our words and actions. They have the potential to trigger a reaction of gratitude, affirmation and hope or sadness, regret and despair.

Choose to bless!

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