

Blessing Your Spirit - Part 3



21 Days Blessing Your Spirit in the Names of God

Day 1 - I bless you in the name of Jehovah-Jireh, your Provider.

Spirit, I bless you with knowing that God made provision for a Redeemer, and His name is Jesus. He is the worthy Lamb of God. I bless you with deep consciousness of sin and knowing God has provided an acceptable sacrifice. I bless you with brokenness over your own sinfulness and simultaneously running to the arms of your forgiving Father who has declared you unconditionally loved and accepted. I bless you with brokenness over the sinfulness of others but not with condemnation and judgment.

Day 2 - I bless you in the name of Jehovah-Rapha, your Healer.

Spirit, God has given boundaries designed to keep you healthy in spirit, soul, and body, if you obey. I bless you with a profound and holy reverence for His boundaries. I bless you with avoiding the influences that would cripple you and make you small and the diseases of spirit and soul and body that will keep you from fulfilling your birthright. I bless you with a willing heart to stay within His boundaries while you relentlessly come against the boundaries of the culture around you in order to bring God to them in a new way.

Day 3 - I bless you in the name of Jehovah-Rapha, your Healer.

Spirit, the name Jehovah-Rapha refers to health brought on by following the principles God gave Israel, not to healing for the sick. I bless you with preventive health by getting clean and staying clean. I bless you with being healthy, alive, and alert by His healing presence. I bless you with cleansing in your soul from every generational soul wound and stronghold of lies. I bless you with a washing away of all defilements of mind, will, and emotion. I bless you with health in every organ and system and cell of your body.

Day 4 - I bless you in the name of Jehovah-Nissi, your Banner.

Moses was leading his unprepared people into battle when they were attacked by the Amalekites. As he lifted his hands to the Lord, Jehovah-Nissi warred on behalf of Israel. Spirit, I bless you with knowing when to war and when to lift your hands to your Father. I bless you with having the courage to not depend on your inadequate skillset, but instead to lift your hands to God and ask Jehovah-Nissi to war for you. Where you are inexperienced against any enemy, Jehovah-Nissi has the experience of the ages.

Day 5 - I bless you in the name of Jehovah-Nissi, your Banner.

Spirit, you have a strong and available heavenly Father who does not tolerate spiritual predators who try to take advantage of you. I bless you with His protection against being victimised and exploited by spiritual strongmen. I bless you with freedom in your spirit from unusual or persistent opposition and harassment. I bless you with the Lord your Banner

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encamping around you to protect you physically at all times. I bless you with the victory of the Lord as you lift up your hands to God. I bless you with knowing His banner of love over you.

Day 6 - I bless you in the name of Jehovah-Shalom, your Peace.

Spirit, I bless you with peace that comes from being in the centre of the will of the covenant-keeping God. I bless you with knowing the peace of Jehovah-Shalom in the middle of the turmoil of a culture that has rejected Him. I bless you with peace when you have to stand alone against your culture. I bless you with knowledge of God so great that peace flows from you to those around you who do not yet know Him. I bless you with being so sure of God that you can go into battle without a sword as Gideon did. I bless you so you can walk in the peace of God.

Day 7 - I bless you in the name of Jehovah-Shalom, your Peace.

Spirit, I bless you with your Father's peace, saturating you even in the most distressing circumstances. I bless you with clearly experiencing the presence of the Holy Spirit of peace in trouble. I bless you with feeling the peace of the presence of Christ in you. I bless you with the understanding that problems in your life are no evidence that your Father is not present to you. I bless you with knowing that He has not abandoned you to your enemies. I bless you with peace and calm in spite of terrible inconvenience or devouring earthly loss.

Day 8 - I bless you in the name of Jehovah-Rohe, our Shepherd.

Spirit, I bless you with knowing the reassuring voice of your Shepherd and having the settled assurance you have everything you need from His hand. I bless you with the Holy Spirit's guidance along right paths. You can walk unafraid because your Shepherd is close by you, even through dark valleys. I bless you with a feast of your Father's presence in the presence of your enemies. I bless you with a cup that overflows with blessings from His hand. I bless you with experiencing His goodness and unfailing love all the days of your life.

Day 9 - I bless you in the name of Jehovah-Tsidkenu, your Righteousness.

I bless you with knowing the principles of God's Word. I bless you with new and different ways to weave His righteous principles together into your life. I bless you with no day of your life being wasted. I bless you with people and circumstances that God brings into your life and your experiences contributing to the goal of your being an incarnation of the Lord your righteousness. I bless you with not just the absence of sin but living from Christ's righteousness and skill and wisdom of being life-giving from God's principles.

Day 10 - I bless you in the name of Jehovah-Tsidkenu, your Righteousness.

Spirit, I bless you with an uncompromising lifestyle based on what Jesus would do, because He is living in you to do your Father's good and perfect will. I bless you with life-giving righteousness, wisdom, and justice in dealing with everybody. I bless you with doing the right thing from your inner motivation to please your Father. I bless you with a heart that fights for and shepherds others, particularly your family. I bless you with looking past their outward behavior and going for their hearts to heal and restore, to affirm and validate.

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Day 11 - I bless you in the name of Jehovah-Shammah, God who is there.

Spirit, I bless you with knowing deeply that you were made for your Father, not the other way around. I bless you with the highest pursuit that mankind can attain to experiencing the presence of God. I bless you with pursuing the nearness and favour of your Father more than the comforts of life. I bless you with a heart that says that your Father's presence is indispensable to your life and fulfilment and joy and peace, I bless you with faithfully being available to Him. I bless you also with knowing that your Father is there for you at all times.

Day 12- I bless you in the name of Jehovah-M'Kaddesh, the One who makes you holy.

Spirit, I bless you with knowing your holy Father. I bless you with knowing how His holiness is counted to your credit in the death of Jesus on the cross. I bless you with freedom from your own perfectionism and the perfectionism of others, because through your Father's eyes He sees you as perfect in His perfect and beloved Son. I bless you with joy in God's holiness. I bless you with celebrating the beauty of His holiness and the glory of your Holy One who accepts you completely and calls forth the best in you.

Day 13 - I bless you in the name of Yahweh, self-existent God.

Spirit, I bless you with knowing the truth of the nature of Yahweh, the immensity of His love for you. I bless you with experiencing the all- sufficiency of God, not just knowing it with your mind. I bless you with seeing His provision as He goes before you, as He makes a way for you, as He brings resources and gifts into your life in many different ways. I bless you with having the eyes of your spirit open to recognize the gifts that Yahweh gives to you through different means and different people at different times.

Day 14 - I bless you in the name of the faithful God.

Spirit, I bless you with experiencing God's faithfulness in your relationships. I bless you with knowing His faithfulness in financial and material provision. I bless you with not just being comfortable but seeing provision come from the hand of God. I bless you with seeing His faithfulness in giving you insight, understanding, verses, and experiences just before you need to share them with someone else. I bless you with having the joy of imparting your life message of faithfulness to the next generation and the generation after.

Day 15 - I bless you in the name of the God of gods.

Spirit, I bless you to be a reflection, a manifestation, a light on earth revealing the facets of the nature of God who is above all other gods. I bless you, child of the God of gods, to understand and incarnate God who knows no partiality. I bless you as you walk among men and women of power that they would defer to that which is not visible in you in the natural. I bless you with unsaved men and women who do not know God who made you deferring to the power of God manifested in you because they cannot resist His testimony in you.

Day 16 - I bless you in the name of El Shaddai, all-sufficient God.

Spirit, the skills God has given you from His own character are more than enough for you to bring life to many individuals, and your battle in life will be the temptation to stay with those things you do exceptionally well, where you are celebrated, loved, and affirmed. You will not be celebrated for the larger task that God has called you into. I bless you with finishing your

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life with the power of El Shaddai flowing to you and through you. I bless you with experiencing the victory of El Shaddai enabling you to heal what the world has said cannot be healed.

Day 17- I bless you in the name of the Lord of hosts.

From time to time, God raises up individual men and women who know the Lord of hosts, who know their God, who stand alone in their relationship with God. Spirit, I bless you with deepening knowledge of the Lord of hosts. I bless you with that handcrafted experience that only God can design. You must be so confident, so certain of your relationship with the Lord of hosts that you can stand, one person connected with the Lord of hosts, and speak judgment on His behalf against His enemies in a such a way as to make a public spectacle of the enemy.

Day 18 - I bless you in the name of your Abba Father.

Spirit, I bless you with knowing the security and joy of the Father's relationship with you. I bless you with experiencing deeply the joy on His face when you turn to Him. I bless you with a profound sense of safety that can only come in knowing your heavenly Father's heart, not just His strength. I bless you with seeing your Father in many ways. I bless you with seeing Abba Father and having intimacy, safety, joy, and security with Him in the church, out of it, at work, in your home, in times of pain and times of joy.

Day 19 - I bless you in the name of the Ancient of Days.

You serve the Ancient of Days who will sit on the throne, and He will decree justice. His justice is not just to defeat the enemy but to give the enemy's treasures to the saints to rule over. Spirit, look at the Ancient of Days, who transcends those short seasons when He allows the enemy to act as if he is in control. You are the apple of the eye of the Ancient of Days. He cares for you. He is grooming you for triumph, not just survival. I bless you with lifting your eyes high against every work of the enemy that has come in and will come into your life.

Day 20 - I bless you in the name of the God of your spirit.

The Lord who stretched out the heavens and laid the foundation of the earth forms the spirit of man. Spirit, He stirs you up and moves you. I bless you with uniting yourself with the Lord Jesus, being one with Him in spirit and being a life-giving spirit to all you meet. I bless you with being able to distinguish your spirit from your soul, the thoughts of your spirit from the attitudes of your soul. I bless you with being able to relate to others spirit to spirit. I bless you with responding to situations from the depths of your spirit, not your soul. The grace of the Lord Jesus Christ be with your spirit.

Day 21 - I bless you in the name of the Father of our spirits.

Spirit, the very essence of who you are was placed deep within you before your heavenly Father laid the foundations of the earth. Within you, you carry His DNA. I bless you with a lifetime and lifestyle of discovering the very character and nature of your Father and Christ in you, the hope of glory. I bless you with renewal in His Spirit. I bless you with no deceit. I bless your total commitment to the God of truth. I bless you with yearning for Him in the night and longing for Him in the morning. I bless you with becoming strong in spirit, filled with wisdom and the grace of God. The Lord be with your spirit.

How To Bless Yourself And Others

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Be intentional.

Start with yourself so that you can bless others from a full cup. Pray one blessing a day several times during the day. Begin each time of blessing by saying something like, "Spirit, come to the front to receive God's best." The soul will be listening, but these blessings are intended to build up your spirit to connect more easily with God's Spirit and receive identity and legitimacy and direction from Him.

As you pray these one a day for others, you might begin with "Beloved one (or use their name), I call your spirit to the front to hear God's blessing for you today."

When you have prayed through these daily spirit blessings, you will want to experience the fuller blessings in Blessing Your Spirit. There is more. You have been blessed to be a blessing. Refresh and build up the spirits of others.

Be excited to grow your spirit so you can live from it as you practice this daily!

Be blessed this day!

Shalom

This resource is taken from a little booklet *"Daily Spirit Blessings - With the Blessings of Your Father and the Names of God"* by Arthur Burke & Sylvia Gunter. It is a brief excerpt from the 180- page book "Blessing Your Spirit".

Thank you for reading. If this resource has helped you, please share it with others.

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