

Blessing Prayer



An effective prayer practice for many missionaries is the Blessing Prayer. This prayer practice is an exercise in authoritative blessing, and helps followers of Jesus begin to understand the weight we carry when we pray. Not only can we pray for people, we also have the authority to BLESS others—to stand in God’s presence as one of his chosen people and priests, and declare God’s favor in the lives of others.

Blessing prayer differs from intercession in that we are not speaking to God about a person; rather, we are speaking to the person (praying over them) and calling down the rule and presence of God over that person in Jesus’ name.

As you pray on mission, take authority in the name of Jesus.

Examples of Blessing Prayer:

- Today, by the authority that God has given me as a son/daughter of the King, I bless (name) with trust in God’s timing
- I bless (name) with a deep sense of calling and identity
- I bless (name) with health and life
- I bless (name) with restored relationships

BLESS 5 List

Choose 5 people to pray for.
5 min/day, 5 days/wk

DAY 1 **B**ody *health, protection, strength*

DAY 2 **L**abor *work, security, provision*

DAY 3 **E**motional *joy, peace, hope*

DAY 4 **S**ocial *love, relationships, family*

DAY 5 **S**piritual *salvation, revelation, grace*
