

# Introduction

It seems that God wants everyone at The River Food Pantry to be blessed ... over and over and again. Yes, it was the first day of October 2019 when it seemed like God was asking me to bless everyone at The River - staff, volunteers and clients alike. He also clearly said that I was to use the 40 Blessings that I had written several years ago as the basis for these blessings. Since He didn't ask me to write completely new blessings, there must be something special about those blessings I wrote years ago.

When God asks me to do something, I try to do it immediately, so within hours I had plans on how to go about blessing everyone at The River. My plan was to go through each of the 40 blessings one by one and adjust it to be for everyone at The River. Initially I was going to adapt each one twice - one worded for women (using words like she, her, daughter) and then another version for men (using words like he, him, son). I came up with 6 possibilities for how to use these blessings (*none of which were the primary means God had in mind ... but keep reading!*)

I like making websites and a website is an easy way to make something available to lots of people at no cost! So, within hours I had created two websites, 40 Blessings for Him and 40 Blessings for Her. I also created a website to be sort of a hub or starting place that would link to the appropriate website and initially that website was 40 Blessings for Everyone. I created these websites with Wordpress using their FREE forever plan so that there would not be any cost to keeping them up or for using them. But these website each had the word "wordpress" in the URL for the domain:

[40BlessingsForHer.wordpress.com](http://40BlessingsForHer.wordpress.com)

[40BlessingsForHim.wordpress.com](http://40BlessingsForHim.wordpress.com)

[40BlessingsForEveryone.wordpress.com](http://40BlessingsForEveryone.wordpress.com)

I thought it would be nice to have a website for the blessings that looked like a real website (ie, without the "wordpress" in the URL). I checked and it was amazing to find the perfect website domain was available for the usual \$18 per year:

[40Blessings.com](http://40Blessings.com)

So, I purchased that domain to make it easy to find the blessings. I had all this accomplished within a day! I started it on Tuesday October 1, 2019 and by the next day I was ready to chat with Rhonda and Becca when I came for my normal Wednesday volunteering (Charles was unavailable that day). Becca even thought about personalizing a blessing with a person's name and said that it could be done with a fillable PDF.

At that point I was looking at 6 options for blessing everyone at The River:

1. Print each of the 40 blessings on a single sheet of paper. Each person who comes to the River may choose a blessing to take home with them. (no cost to the client)
2. Each blessing could be reformatted as a PDF with fillable fields where the name of a person could be inserted and printed or emailed to them. (no cost to the client)
3. We could mount & laminate each blessing at Staples for about \$8 each.
4. The generic 40 Blessings eBooks could be available via website. (no cost)
5. A hardcover book could be made by Grimm Book Bindery for about \$30 if we print all the pages for the book.
6. Each week The River could post one of the blessings on their website for everyone who comes in that week. (no cost to the client)

However, two days later (Friday morning October 4) I had a morning breakfast with Justin Markofski. We get together for breakfast once every couple months. When I told him about the latest project that God had given me he said, *"Why don't you read the blessing aloud while you are at the microphone praying the mealtime blessing?"* Interesting how that wasn't on my list of 6 options, but I didn't add it to my list at that point.

Later that day I went to The River to set up my Bibles Table, since it was the First Friday of the month and brought the blessings I had already updated for The River with me. Charles stopped by as I was getting my table ready and I told him about the blessings God wanted for everyone at The River. And he said to me, *"Why don't you read the blessing while you are praying the mealtime blessing?"*

Ah ha! That was it! God wanted everyone at The River to be blessed so it should have been obvious that I include that blessing while praying the mealtime blessing! The six options that I had come up with were all nice, but they were all secondary to having the blessing prayed aloud at the microphone over everyone at The River! And my original 6 options also seemed to focus mostly on the clients ... but God wants the staff and volunteers to be blessed as well, maybe even more so!

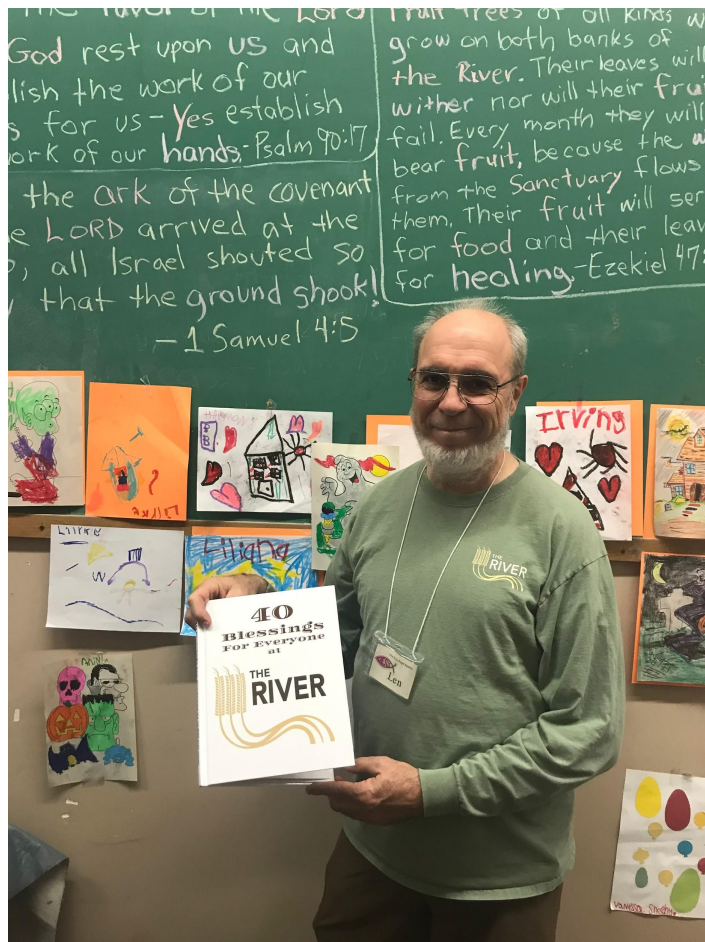


This is a good example of how we need each other. I had heard God asking me to bless everyone at The River, but I was stuck at merely writing the blessings. It took two others (saying the same thing on the same day) to point out what I should be doing with the blessings once I had written them! I like how God orchestrates things... And God's timing was obvious for this as well.

He asked me to write the blessings for everyone at The River just a few days before my trip to Boston to visit my brother. I was able to finish writing all the blessings during my Amtrak train ride (nearly 30 hours).

The 40 blessings were originally written as a daily blessing for Lindsey Stirling from February 26 through April 6, 2015. At God's prompting, they were adapted from October 1 through October 10, 2019 to bless everyone at The River Food Pantry.

A decade ago God had asked me to create a huge mural for The River. See the photo on the previous page. The bottom of this page has a link to the event summary.



**Note:** each blessing as well as the eBook of these 40 blessings are available online:

[40Blessings.com](http://40Blessings.com)

More information about The River Food Pantry is on their website:

[RiverFoodPantry.org](http://RiverFoodPantry.org)

The River was also the main hub during the 7 years that I coordinated handwriting the entire Bible. Over 7 years, 300 people in Madison wrote the entire Bible by hand. It was leather bound by Grimm Book Bindery in Madison as a six volume set. The final volume was completed at Noon on Good Friday of 2018. Read about it on the website:

[HandwrittenBible.com](http://HandwrittenBible.com)

The original 40 blessings for Lindsey Stirling are on her website:

[ADaughterOfGod.com/40-days/set-3-blessings/](http://ADaughterOfGod.com/40-days/set-3-blessings/)

The brief story of the huge mural painted by everyone at The River is here:

[AcceptedNotRejected.com/2009/10/01/huge-community-mural-for-the-river-food-pantry/](http://AcceptedNotRejected.com/2009/10/01/huge-community-mural-for-the-river-food-pantry/)

**Second Edition Note:** When the COVID-19 pandemic struck, hot meals at The River were cancelled and the blessing could no longer be read over the microphone. The River CEO (Charles) suggested adapting the blessing to these troubling times, which I did, and you have the expanded blessings here in this book ⇒ > Blessings to everyone reading this... Len Lindsay



## Blessing 1: Grace and Peace

**I bless you this day and pray that God's grace and peace will be with you.**

Heavenly Father, what a wonderful day to bless my friends at The River. Thank You for the bright sunshine. Thank You for the fresh air. Thank You for all those I meet today, all created in Your image. And thank You for the first blessing taken directly from Your Scriptures (1 Thessalonians 1:1 NLT):

This letter is from Paul, Silas, and Timothy.  
We are writing to the church in Thessalonica, to you who belong to God the Father and the Lord Jesus Christ.  
**May God give you grace and peace.**

Lord, what a joy to be sitting with You today. It is especially joyful since this day marks the start of praying blessings over Your sons and daughters whom You love. Today I pray that grace and peace be yours my friends, staff, volunteers and clients alike. I pray that His peace would be granted to you from God your Father and Jesus Christ. And together we can give the glory to the Lord. All the glory is His. I bless you in the name of Christ Jesus, King of kings. Amen.

**ESV:**

Paul, Silvanus, and Timothy,  
To the church of the Thessalonians in God the Father and the Lord Jesus Christ:  
**Grace to you and peace.**

**KJV:**

Paul, and Silvanus, and Timotheus, unto the church of the Thessalonians which is in God the Father and in the Lord Jesus Christ: **Grace be unto you, and peace,** from God our Father, and the Lord Jesus Christ.





## Blessing 2:

### Comfort, Strength and Encouragement

May the Lord comfort your heart, encourage and strengthen you to do and say what is good.

Heavenly Father, good evening. Thank you for the many many wonderful aspects of your creation. Thank you for the seasons here in Wisconsin, with the trees changing color now, but soon after snow will be falling! Thank You for creating snow which is beautiful even though it is a bit cold. Thank You for the snowflakes which each are different and unique and yet are symmetrical and typically six sided as seen by the photos of snowflakes taken by W. A. Bentley aka Snowflake Bentley. Thank You for the bright sunlight which glitters on the winter snow. And thank You for the blessing for Your sons and daughters at The River today (2 Thessalonians 2:16-17 GNT):

May our Lord Jesus Christ himself and God our Father, who loved us and in his grace gave us unfailing courage and a firm hope, **encourage you and strengthen you** to always **do and say what is good**.

Lord, I would like to bless everyone at The River - staff, volunteer or client alike - with the blessing that Paul gave to the Thessalonians. My friends, this blessing reminds you that God the Father and Jesus Christ love you. And because They love you They have given you everlasting consolation, unfailing courage and a firm hope. They are always there to comfort your heart and strengthen you so that you can always do and say what is good. And today I pray all these blessings over you as we give glory to the Lord. All the glory is His. I pray this all in the name of Christ Jesus, King of kings. Amen.

ESV:

Now may our Lord Jesus Christ himself, and God our Father, who loved us and gave us eternal comfort and good hope through grace, comfort your hearts and **establish them** in every good work and word.

KJV:

Now our Lord Jesus Christ himself, and God, even our Father, which hath loved us, and hath given us everlasting consolation and good hope through grace, Comfort your hearts, and stablish you in every good word and work.



## Blessing 3:

### Prosper Wherever You Go

May you prosper in all you do and wherever you go as you walk in the Lord's ways.

Heavenly Father, hello! Thank You for the sky... complete with clouds – and not just one kind of clouds but several kinds of clouds. Often the clouds are wispy and are quite beautiful, often making wonderful designs across the sky. And thank You for the Scripture for today's blessing (1 Kings 2:3 NIV):

**Observe** what the Lord your God requires: **Walk in obedience to him**, and keep his decrees and commands, his laws and regulations, as written in the Law of Moses. Do this so that you may **prosper** in all you do and **wherever you go**.

Lord, here I am praying this blessing over the sons and daughters You love! My friends, today I encourage you to continue to observe what the Lord is asking of you and to continue to walk in His ways. Then I pray that you will prosper and have success in all that you do and wherever you may go. I pray that the Lord would be your provider of more than just food. I pray that the Lord would be your protector from all disease and ailments. And now, together, we give the glory to the Lord. All the glory is Yours Lord. I pray this in the name of Christ Jesus, King of kings. Amen.

**HCSB:**

**Keep** your obligation to the Lord your God to walk in His ways and to keep His statutes, commands, ordinances, and decrees. This is written in the law of Moses, so that you will have **success** in everything you do and **wherever you turn**.

**KJV:**

And **keep** the charge of the Lord thy God, to **walk in his ways**, to keep his statutes, and his commandments, and his judgments, and his testimonies, as it is written in the law of Moses, that thou mayest **prosper** in all that thou doest, and whithersoever **thou turnest thyself**



## Blessing 4:

### The Lord look with favor on you

**My friends, I bless you this day with a well known blessing from the book of Numbers!**

Heavenly Father, thank You for smiles. We are in your image and we can smile. What an amazing thing, a smile. Thank You for all the smiles I will see this day! And thank You for the blessing that comes from the book of Numbers, my favorite book in the Bible (Numbers 6:24-26 GNT):

May the Lord bless you and **take care of you**;  
May the Lord be **kind** and gracious to you;  
May the Lord **look on you with favor** and give you peace.

Lord, it's me. I am here on behalf of all those coming to use the services of The River as well as all it's staff and volunteers. You love each of them dearly. And so today I ask that You bless them in the way that You asked Aaron to bless Your people. My friends, today I pray that same blessing over you.

**May the Lord bless you my friends, and keep you and take good care of you.**  
**May the Lord's face shine upon you and may he be kind and gracious to you.**  
**May He look on you with favor and give you peace.**

We give all the glory to the Lord. All the glory. I pray this in the name of Christ Jesus, King of kings. Amen.

#### NASB:

The Lord bless you, and keep you;  
The Lord make His face shine on you,  
And be gracious to you;  
The Lord lift up His countenance on you,  
And give you peace.

#### KJV:

The Lord bless thee, and keep thee:  
The Lord make his face shine upon thee, and be gracious unto thee:  
The Lord lift up his countenance upon thee, and give thee peace.



## Blessing 5:

### Grace, Mercy and Peace unto you

I bless you this day my friends, with God's grace, mercy and peace.

Good Evening Heavenly Father. Thank You for being with me everywhere I go in this world. Thank You that I can be with you and be out in the world at the same time. Thank You for the many miracles that are around me each day. And thank You for this blessing for Your sons and daughters You love taken right from Scriptures (1 Timothy 1:2 Voice):

To you, Timothy, my true son in the faith. May the **grace, mercy, and peace** that come only from God the Father and our Lord Jesus the Anointed mark your life.

Lord, I'm here again. I ask that you be the provider and the protector for the staff and volunteers of The River as well as all the clients. I ask that you meet their needs with more than just food. And today I wish to bless each of you with Paul's blessing to Timothy. It is a quite simple blessing. But simple is quite enough. And so, let me pray this blessing over you. My friends, grace, mercy and peace unto you from God your Father and Christ Jesus. Amen.

#### NASB:

To Timothy, my true child in the faith: Grace, mercy and peace from God the Father and Christ Jesus our Lord.

#### KJV:

Unto Timothy, my own son in the faith: Grace, mercy, and peace, from God our Father and Jesus Christ our Lord.





## Blessing 6:

### Grace and Peace to share in the Divine Nature

**Today I bless you with a full measure of grace and peace so that you may share in the divine nature.**

Heavenly Father, thank You for colors ... and not just three colors, not even 30 or 300. Thank You for the fantastic array of colors that our eyes can see. Thank You for the way colors can enhance beauty. And thank You for another Scripture to use as a blessing for Your sons and daughters You love at The River (2 Peter 1:2-4 Voice):

**I wish you a full measure of grace and peace as you grow in the knowledge of God and of Jesus our Lord.** His divine power has given us everything we need to experience life and to reflect God's true nature through the knowledge of the One who called us by His glory and virtue. Through these things, we have received God's great and valuable promises, so we might escape the corruption of worldly desires and **share in the divine nature.**

Lord, I'm ready to bless each of the staff, volunteers and clients as they grow in the knowledge of God and of Jesus. I bless each of you with a full measure of grace and peace. May you reflect God's true nature through this knowledge as He grants you His precious and magnificent promises. May you escape the corruption of the world and experience life sharing the divine nature. I pray this in the name of Christ Jesus. Amen.

#### **NASB:**

Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord; seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world by lust.

#### **KJV:**

Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord, According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue: Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust.



## Blessing 7:

### Fulfill Your Desire for Goodness and Glorify Jesus in Your Life

**I bless you according to the grace of God and the Lord Jesus Christ.**

Heavenly Father, thank You for being my provider and protector. Thank You for being my light and my guide. Thank You for being with me and for giving me words when needed. And thank You for this Scripture to bless Your sons and daughters at The River today (2 Thessalonians 1:11-12 GNT):

That is why we always pray for you. We ask our God to make you worthy of the life he has called you to live. May he fulfill by his power all your desire for goodness and complete your work of faith. In this way the name of our Lord Jesus will receive glory from you, and you from him, by the grace of our God and of the Lord Jesus Christ.

My friends, I bless you yet again with the blessing that started this daily prayer. May God make you worthy of the great calling you received from Him. Yes, you each have a great calling, be you staff, volunteer or client! May the Lord fulfill with His power all your desires for goodness. I pray that the Lord would increase your faith and remove your doubts. May Jesus be glorified in you through your life before all those around you. I bless you according to the grace of God and the Lord Jesus Christ. Amen.

#### Voice:

All this is why we are constantly praying for you, so God will make you worthy of the great calling you have received from Him and will give you the power to accomplish every good intention and work of faith. Then the great name of our Lord Jesus will be glorified through your lives, and you will be glorified in Him according to the grace of our God and the Lord Jesus, the Anointed One, our Liberating King.

#### KJV:

Wherefore also we pray always for you, that our God would count you worthy of this calling, and fulfil all the good pleasure of his goodness, and the work of faith with power: that the name of our Lord Jesus Christ may be glorified in you, and ye in him, according to the grace of our God and the Lord Jesus Christ.



## Blessing 8:

### Be Satisfied, Praise God and Never be Ashamed

**I pray this blessing over you, my friends. May you be satisfied.  
May you praise the Lord and never be ashamed.**

Good Morning Heavenly Father. Walking outside in the winter, the wind can be bitingly cold on my eyes, reminding me to take good care of this body that You gave me. Thank You for allowing me to walk around in the midst of the world You created. And thank You for the blessing for my friends direct from Your Scriptures (Joel 2:26 GNT):

Now you will have **plenty to eat, and be satisfied.**  
You will **praise the Lord your God,**  
who has done wonderful things for you.  
My people will never be despised again.

Lord, I am here this day to bless Your sons and daughters You love. And so my friends, I pray that you may be satisfied and that you would have all you need to eat wherever you may be. I pray this for all the staff and volunteers as well as those coming to The River for food. And I especially pray that we may praise the Lord who has done wonderful things for us and never ever be ashamed for that. Yes, God loves each of you dearly and says that you needn't be ashamed of that! I pray this blessing over you in the name and authority of Christ Jesus, King of kings, to whom I give all the glory. Amen.

#### **NASB:**

You will have **plenty to eat and be satisfied**  
And **praise the name of the Lord** your God,  
Who has dealt wondrously with you;  
Then My people will **never be put to shame.**

#### **KJV:**

And ye shall eat in plenty, and be satisfied, and praise the name of the Lord your God, that hath dealt wondrously with you: and my people shall never be ashamed.



## Blessing 9:

### God's Grace and Peace Surround You

**My friends, today I pray that God your Father and Jesus would surround you with both grace and peace.**

Heavenly Father, what a glorious day to spend with You. Thank You for everything You created just for us, that we can see evidence of You wherever we look. And thank You for the Scripture that provides the blessing for Your sons and daughters at The River today (Philemon 1:3 Voice):

**May grace and peace from God our Father and the Lord Jesus the Anointed surround you.**

Lord, I am ready to pray a blessing over Your sons and daughters You love. Yes, my friends, today I pray this blessing over each of the staff and volunteers, that God your Father and Jesus would surround you with both peace and grace, and that he would give you the strength and humility to graciously serve all who come to The River. Likewise, I pray that each person coming to The River would leave with more than just food. I pray that they would also leave with God's grace and peace as He surrounds them with his love. And all the glory goes to You Lord. Glory! I pray this blessing in the name of Jesus Christ, King of kings. Amen.

**GNT:**

**May God our Father and the Lord Jesus Christ give you grace and peace.**

**KJV:**

**Grace to you, and peace, from God our Father and the Lord Jesus Christ.**



## Blessing 10:

### Live Daily by the Scriptures You Read to Prosper and Find Success

**I pray that you may live by the Scriptures you read each day so you may prosper and find success in this world.**

Heavenly Father, thank You for a mind that can understand. Thank You for a mind that can reason. Thank You for the saying “using your head”! Thank you that it is reasonable as well as intelligent to recognize Your Truth in Your Word. And thank You for the Scripture that includes today’s blessing over Your sons and daughters You love (Joshua 1:8 Voice):

Let the words from the book of the law be always on your lips. Meditate on them day and night so that you may **be careful to live by all that is written in it.** If you do, as you make your way through this world, **you will prosper and always find success.**

Lord, it is with joy that I am here to bless my friends here at The River; the staff, volunteers and those being served. We love you Lord and aim to live by Your Word. Help each of us to find time to read our Bible each day. Find a way to provide a Bible to each person who hasn’t one! And let your Word be our guide so that we may carefully live by it. And thus I bless each of you this day, that you may prosper with enough to eat each day and that you find godly success. I pray this in the name and authority of Christ Jesus, King of kings. Amen.

#### **NASB:**

This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may **be careful to do according to all that is written in it;** for then you will make your way prosperous, and then you will have success.

#### **KJV:**

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.





## Blessing 11:

### Grace, Mercy and Peace in Truth and Love

**I pray that God the Father and Jesus Christ may grant you grace, mercy and peace in truth and love.**

Heavenly Father, thank You for being our provider and protector. Thank You for being our guide and lighting the way you would have us go. Thank You for your many blessings. And thank You for the blessing from Scripture to pray over Your sons and daughters You love today (2 John 1:3 GNT):

**May God the Father and Jesus Christ, the Father's Son, give us grace, mercy, and peace; may they be ours in truth and love.**

Lord, I am here again, ready to pray a blessing over Your sons and daughters here at The River. And so I repeat the blessing over each of the staff, volunteers and those coming for needed food::

**May God the Father and Jesus Christ grant you grace, mercy and peace in truth and love.**

And may that truth become obvious to you and the love easier for you. May the Lord grant you peace that wipes out fear. May the Lord fill you with his love which covers over many sins. May the Lord grant you extra grace so you may be gracious to each person you meet. And we give the glory to You Lord. The glory is all Yours. I pray this in the name and authority of Christ Jesus, King of kings. Amen.

**NASB:**

**Grace, mercy and peace will be with us, from God the Father and from Jesus Christ, the Son of the Father, in truth and love.**

**KJV:**

**Grace be with you, mercy, and peace, from God the Father, and from the Lord Jesus Christ, the Son of the Father, in truth and love.**



## Blessing 12:

### Skip About, Frolic and Leap for Joy

**I bless you with youthful joy, to playfully frolic and skip about, leaping with joy, for the Lord is delighting in you!**

Heavenly Father, good evening. Thank You for my breath and my life. Thank You for my beating heart and my working mind. And thank You for the Scripture that provides the blessing for Your sons and daughters at The River today (Malachi 4:2 NIV):

*But for you who revere my name, the sun of righteousness will rise with healing in its rays. And you will go out and **frolic** like well-fed calves.*

Lord, it is a joy to be here, to offer a blessing over Your sons and daughters You love. I am not a farmer but I do pray that you would go out **leaping**, that you would go out and **playfully jump**, that you would go forth and **skip about**, that you would go out and **frolic**, that you would **leap with joy** as you **go free**. And this is just like what people were doing all over Wisconsin on Saturday April 4 at 3pm... it was a **JUMP AROUND** time! People were joyful even in the midst of a critical virus situation. Lord, turn their joy towards you. Fill them with the Joy of the Lord! And let's give all the glory to the Lord. All the glory is Yours Lord. I pray this over you in the name and authority of Christ Jesus, King of kings. Amen.

**ESV:**

*But for you who fear my name, the sun of righteousness shall rise with healing in its wings. You shall go out **leaping** like calves from the stall.*

**HCSB:**

*But for you who fear My name, the sun of righteousness will rise with healing in its wings, and you will go out and **playfully jump** like calves from the stall.*

**NET:**

*But for you who respect my name, the sun of vindication will rise with healing wings, and you will **skip about** like calves released from the stall.*

**NLT:**

*But for you who fear my name, the Sun of Righteousness will rise with healing in his wings. And you will **go free, leaping with joy** like calves let out to pasture.*

**KJV:**

*But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall **go forth**, and grow up **as calves** of the stall.*



## Blessing 13: A Very Special Blessing

Heavenly Father, thank You for being with me. Thank You for giving me glimpses of Your plan so that I can walk with You. Thank You for this special blessing for Your sons and daughters stated in your Scriptures (Colossians 1:9-12 Voice):

Father, may they **clearly know Your will and achieve the height and depth of spiritual wisdom and understanding.** May their lives be a credit to You, Lord; and what's more, may they continue to **delight You by doing every good work and growing in the true knowledge** that comes from **being close to You.** **Strengthen them** with Your infinite power, according to **Your glorious might,** so that they will have **everything they need to hold on and endure hardship patiently and joyfully.** Thank You, Father, as You have made us eligible to receive our portion of the inheritance given to all those **set apart by the light**

Lord, here I am on behalf of my friends at The River - the staff, volunteers and all those who they serve this week. I bless each of you now, just as Paul blessed the Colossians.

- May you clearly know God's will for you and may you achieve the height and depth of spiritual wisdom and understanding.
- May your life be a credit to the Lord and even beyond that, may your life continue to be a delight to God as you do every good work and grow in the true knowledge that comes from being close to the Lord your God.
- May He strengthen you with His infinite power and might so that you will have everything you need to hold on and joyfully endure any hardship with patience.
- May you be set apart by the light, ready for the inheritance waiting for you.

**KJV:**

For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the **knowledge** of his will in all **wisdom** and spiritual **understanding**; That ye might **walk worthy** of the Lord unto all pleasing, being fruitful in **every good work**, and increasing in the knowledge of God; **Strengthened** with all might, according to his glorious power, unto all patience and longsuffering with **joyfulness**; Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the **saints in light**



## Blessing 14:

### Be Blessed at Home and Anywhere that You Go

**I pray that you will be blessed when you stay at home and when you must leave to go out into the world, to help those in need or to get food that you need for family or friends!**

Heavenly Father, thank You for my home. Thank You for my family. Thank You for being our guide as well as our protector and provider. And thank You for the Scripture to bless Your sons and daughters with today (Deuteronomy 28:6 Voice):

You'll be blessed **when you go out** of your home  
and blessed **when you return** to your home.

Lord, I sense important things happening right now, this day, this week, this month. And so I am very happy to pray another blessing over Your sons and daughters. I pray this blessing over all the staff at The River. I pray this blessing over all the volunteers at The River. And I pray this blessing for all those who come to get food for themselves, their families, their friends or those in need. I ask the Lord to protect everyone who comes to volunteer in order to distribute food to those in need. While it would be safest to just stay at home, these volunteers and staff choose to put their lives on the line (literally) to serve those in need. And Lord, I ask You to bless each and every one of them. And so, my friends, I am praying this blessing over you while you are in the midst of "going out". Yes, today I pray that you will be safe and be blessed when you return home and also that you will be blessed and protected each day that you have to go out to help those in need! And Lord, I pray that you would protect all those who come to the River in need of food. They are your children Lord, come comfort them as they travel to and from the River with their much needed food. And we give all the glory to You Lord. The glory is all Yours! Amen.

**NASB:**

Blessed shall you be when you come in, and blessed shall you be when you go out.

**KJV:**

Blessed shalt thou be when thou comest in, and blessed shalt thou be when thou goest out.



## Blessing 15:

### May God Restore, Strengthen and Place you on a Firm Foundation

**May God restore and support you, and may he strengthen and place you on a firm foundation.**

Heavenly Father, thank You for helping me to write these 40 blessings pulled directly from Scriptures to pray over Your sons and daughters You love. I now eagerly anticipate each day when I will get to pray each of these blessings over my friends at The River, even though I am not able to actually be there in person. And today's blessing comes from this Scripture (1 Peter 5:10 NLT):

*In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will **restore, support, and strengthen** you, and he will **place you on a firm foundation**.*

Lord, I am exceedingly happy to be here with You so that I can begin my next blessing over Your sons and daughters, for You have called them to your eternal glory by Jesus Christ. My friends, you may suffer a while (actually it is a promise, not just a maybe), but afterwards you will be restored and strengthened as God makes you perfect and establishes you. I pray this over each and every staff and volunteer at The River. Jesus understands your suffering and promises to strengthen you. The Lord will restore and support you, just make Him your firm foundation! I also pray this blessing over all those coming to The River to obtain food for themselves, their families, neighbors and friends. I pray this blessing over each of you today and give the glory to God. All the glory goes to Him. I pray this in the name and authority of Christ Jesus, King of kings. Amen.

#### **NASB:**

*After you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, **confirm**, strengthen and **establish** you.*

#### **KJV:**

*But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you.*





## Blessing 16:

### May you walk in God's Ways Keeping All His Commands

**Today I bless and remind you that the Lord will not leave you, will not abandon you, and will not forsake you.**

Heavenly Father, hello! Thank You for this morning when I woke up fully refreshed and new. Thank You for being with me while I sleep. Thank You for being with me while I am awake! Thank You for showing me the way and then walking with me on that path. And thank You for the Scripture that I am using as a basis for blessing Your sons and daughters at The River today (**1 Kings 8:57-58 NLT**):

May the Lord our God be with us as he was with our ancestors; **may he never leave us or abandon us. May he give us the desire** to do his will in everything and to obey all the commands, decrees, and regulations that he gave our ancestors.

Lord, here I am. Hear me. Hear my blessing over Your sons and daughters whom You love. My friends, today I bless you and illuminate something that is good to know: God will never leave you. God is with you ... right now! And right now I pray that you will desire to walk in His ways, knowing that He is right there walking with you. Lord, let all the staff and volunteers at The River know that you are right there with them as they serve those who need the resources of The River. Likewise, and even more so, I ask you Lord to be with each person as they come to The River for help with food to eat.

**God himself** gives life and breath to everything, and he **satisfies every need.**

**Acts 17:25** assures us that GOD HIMSELF is what we need. He is our life and he is our breath. And now I pray, Lord, that you would satisfy every need for everyone at The River; staff, volunteer and client. Find ways that each person coming to The River will know that you have not abandoned them. I bless you in the name of Christ Jesus, King of kings. All the glory is His. Amen.

**Voice:**

May the Eternal our God **live among us**, just as He lived with our ancestors. May He **never abandon or neglect us** so that **He can make us desire and walk in His ways**, keeping all the commands, laws, and judgments He gave to our ancestors.



## Blessing 17:

**May You have Everything You Need to  
Excel in Every Good Work**

**May God make all grace overflow to you so that you will have  
enough of everything in every way.**

Hello Heavenly Father. I welcome another wonderful day. I acknowledge an amazing day set before me. Thank You for my life. Thank You for loving me. Thank You for the many things You do for me that I don't notice. I am glad to be on this journey with You Lord. And I am glad to pray another blessing over Your sons and daughters at The River with this Scripture you gave me (2 Corinthians 9:8 HCSB):

And God is able to make every grace overflow to you, so that in every way, always having **everything you need**, you may **excel in every good work**.

Lord, it is time to add another blessing over Your sons and daughters You love. I have been looking forward to this and so now I bless you my friends. I pray that God would make all grace overflow to you so you will have everything you need every minute of the day and that you thus can excel in many good works, just as Matthew 25:37-40 refers to:

Then the good people will answer, 'Lord, when did we see you sick or in prison and care for you?' Then the King will answer, 'I tell you the truth, anything you did for even the least of my people here, you also did for me.' (NCV)

Lord, I see this in action at The River, especially during the global crisis that is at our doorstep. Lord, I ask that you would give all the staff and volunteers at The River everything they need as well as all the people who are coming to The River for assistance today. And all the glory goes to God. All the glory is Yours Lord. Amen.

**NET:**

And God is able to make all grace overflow to you so that because you have enough of everything in every way at all times, **you will overflow in every good work**.



## Blessing 18:

**May God Love you and Bless You and Your Land**

**May the Lord bless you, your family and your land.**

Heavenly Father, good evening. I praise You for this day in the midst of Your creation where evidence of You is everywhere. Thank You for being here in our midst! And thank You for the Scripture that contains the blessing for Your sons and daughters at The River today (Deuteronomy 7:12-13 HCSB):

If you listen to and are careful to keep these ordinances, the Lord your God will keep His covenant loyalty with you, as He swore to your fathers. He will love you, bless you, and multiply you. He will bless your descendants, and the produce of your land—your grain, new wine, and oil—the young of your herds, and the newborn of your flocks, in the land He swore to your fathers that He would give you.

Lord, I am happy to bless Your sons and daughters You love yet again. My friends, I bless you today and pray that you would feel the Lord's love for you. May He bless you, your family and your land as we give all the glory to Him. May the land produce all the food that we need. We can put our trust in God for these things as Matthew 6:31-33 says:

Don't worry and say, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' The people who don't know God keep trying to get these things, and your Father in heaven knows you need them. Seek first God's kingdom and what God wants. Then all your other needs will be met as well.

And Lord, I ask that you bless all the children, just as you promised. Keep them, their parents and their grandparents healthy over the coming weeks. The glory is all yours Lord. I pray this in the name of Christ Jesus, King of kings. Amen.

### Voice:

If you pay attention to these judgments and keep them carefully, the Eternal your God will keep the covenant He made with your ancestors and show you His loyal love. He'll love you and bless you and increase your population. He'll bless your children, and He'll bless your agriculture. The land He promised your ancestors He'd give you will produce abundantly; and you'll have grain and wine and olive oil, many cattle, and new flocks.



## Blessing 19:

### Grace and Peace to You as God Rescues and Delivers You from this World

Grace and peace unto you this day as Jesus Christ has delivered and rescued you.

Good evening Heavenly Father. Thank You for eyes that see and ears that hear. Thank You for laughter and joy and happy hearts. And thank You for the Scripture to use for my blessing for Your sons and daughters at The River today (Galatians 1:3-5 NLT):

May God the Father and our Lord Jesus Christ give you grace and peace. Jesus gave his life for our sins, just as God our Father planned, in order to **rescue us** from this evil world in which we live. All glory to God forever and ever! Amen.

Lord, I am once again filled with joy and am glad to be with You so that I can ask you to bless everyone at The River again this day. My friends, today I pray that God's peace and grace will rest on you as Jesus has delivered and rescued you from the wickedness in the world. Focus on the good that you see around you and let others see the good in you. Let them wonder why it is that you seem so special. Let it be because God's grace and peace have filled you to overflowing, just as 2Corinthians 9:8 says:

And God is able to make all **grace overflow** to you so that because you have enough of everything in every way at all times, **you will overflow in every good work**.

Yes, as God fills you with His grace, you then can share good works with others from that abundance of God's grace! Lord, fill all the staff and volunteers at The River to overflowing, just as your Scriptures promise! And we give the glory the God. I pray this in the name and authority of Christ Jesus, King of kings. Amen.

**ESV:**

Grace to you and peace from God our Father and the Lord Jesus Christ, who gave himself for our sins to **deliver us** from the present evil age, according to the will of our God and Father, to whom be the glory forever and ever. Amen.

**KJV:**

Grace be to you and peace from God the Father, and from our Lord Jesus Christ, Who gave himself for our sins, that he might deliver us from this present evil world, according to the will of God and our Father: To whom be glory for ever and ever. Amen.



## Blessing 20:

### Speak Good Words to Influence Others

God is there to save you, rescue you and keep you safe.

First ... as I post this blessing at 1 minute after midnight, it is **EASTER SUNDAY!**  
Here is a short Easter Prayer that I saw online with an uncredited author / pray-er!

May the **hope** of your resurrection color our days.  
May the **promise** of your spirit working in us light up our lives.  
May the **love** you revealed to us shape our giving.  
May the **truth** in your word guide our journeys, and  
May the **joy** of your kingdom fill our homes.

Heavenly Father, good morning. Thank You for drawing Your sons and daughters close to you this day. And thank You for the special blessing in Scriptures that I can pray over Your beloved sons and daughters today, on **Easter Sunday** (Jeremiah 15:19-21 NLT):

This is how the Lord responds:

"If you **return to me**, I will restore you  
so you can continue to serve me.

If you **speak good words**  
rather than worthless ones,  
you will be my spokesman.

**You must influence them;**  
do not let them influence you!

They will fight against you  
like an attacking army,

but I will make you as secure  
as a fortified wall of bronze.

They will not conquer you,  
for I am with you  
to **protect and rescue you**.

I, the Lord, have spoken!

Yes, I will certainly keep you **safe**  
from these wicked men.

I will rescue you from their cruel  
hands.

Lord, I ask that You provide opportunities for all the staff and volunteers at The River to be a good influence, speaking good words to those needing their services and resources. I also pray for each person who comes to The River during the days before and after Easter that you would speak to their hearts as we celebrate the truth:

**Jesus** is not here, for **He has risen**, just as He said. Come, see the place where He was lying. (Matthew 28:6)

We acknowledge and praise You, giving all the glory to You. The glory is all Yours. I pray the blessing from Scriptures over each of you in the name and authority of Christ Jesus, King of kings. Amen.





## Blessing 21:

### You are Blessed When You Believe in Jesus

**Jesus says that you are blessed if you believe even though  
you have not seen Him.**

Good evening Heavenly Father. Thank You for the beauty in the world around me. Thank You for the joy in your creation which is there for all to see. And thank You for the blessing from Scripture that I will use to bless Your sons and daughters at The River (John 20:29 NLT):

**Then Jesus told him, "You believe because you have seen me. Blessed are  
those who believe without seeing me."**

And the Scripture that came to mind when I was thankful for the beauty and joy in the creation around us (Psalm 65:11-13 NLT):

**You crown the year with a bountiful harvest;  
even the hard pathways overflow with abundance.  
The grasslands of the wilderness become a lush pasture,  
and the hillsides blossom with joy.  
The meadows are clothed with flocks of sheep,  
and the valleys are carpeted with grain.  
They all shout and sing for joy!**

Lord, I am glad to be able to be with You now to bless everyone at The River today with words originally spoken by Jesus! Yes! My friends, you are blessed today if though you have not seen Jesus, you believe in Him. **Acts 17:27-28** echo's this saying that all people would search, even "grope" in the darkness to find Him!

**God's purpose in all this was that people of every culture and religion would  
search for this ultimate God, grope for Him in the darkness, as it were, hoping  
to find Him. Yet, in truth, God is not far from any of us. For you know the  
saying, "We live in God; we move in God; we exist in God." And still another  
said, "We are indeed God's children."**

Yes, God is not far from anyone! We each need only to search for Him! And we give all the glory to God. The glory is all His. I bless you in the name of Jesus Christ, King of kings. Amen.



## Blessing 22:

**May You be Filled with the Fullness of Love, Faith and Understanding**

**I ask that you would be grounded in love.**

Heavenly Father, good evening! Thank You for another day with you. Thank You for the godly friends You surround me with. Thank You for granting me more of Your wisdom this day. Show me the way to go and give me the courage to walk it, and words when I need them. And especially thank You for this Scripture that is the basis for my blessing over Your sons and daughters today (Ephesians 3:14-19 ESV):

For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit **in your inner being**, so that Christ may dwell **in your hearts through faith**—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and **to know the love of Christ that surpasses knowledge**, that you may be filled with all the fullness of God.

It is a joy to bless you today my friends! I pray that from His unlimited resources the Creator of everything in heaven and on earth would empower you with inner strength through His Spirit. I pray that God's love would keep you strong and that you would grow to understand how wide, how long, how high and how deep God's love for you is, just as Paul told the Ephesians... repeated again so you can remember it (NLT):

When I think of all this, I fall to my knees and pray to the Father, the Creator of everything in heaven and on earth. I pray that from his **glorious, unlimited resources** he will empower you with **inner strength** through his Spirit. Then **Christ will make his home in your hearts** as you trust in him. Your roots will grow down into **God's love** and **keep you strong**. And may you have the power to understand, as all God's people should, **how wide, how long, how high, and how deep his love is**. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all **the fullness of life** and power that comes from God.

May you experience the love of Christ and be made complete with the fullness of life that comes from God as we give all the glory to the Lord. I pray this in the name of Christ Jesus, King of kings. Amen.



## Blessing 23:

### The Lord is Your Hope and Confidence

**May you be like a good tree planted along a river, never bothered or worried full of hope and confidence.**

Hello Heavenly Father. Thank You for this world and everything in it. Thank You for the many many little things that often go by unnoticed. Thank You for coffee, and not just one kind of coffee but dozens. Thank You for cocoa and all the varieties of hot chocolate. And thank You for the Scripture for everyone at The River Food Pantry that actually is referring to a **river** (Jeremiah 17:7-8 NLT):

But blessed are those who trust in the Lord  
and have **made the Lord their hope and confidence.**  
They are like trees planted along a **riverbank**,  
with **roots that reach deep into the water.**  
Such trees are **not bothered** by the heat  
**or worried** by long months of drought.  
Their leaves stay green,  
and **they never stop producing** fruit.

My friends, may you be blessed as you trust in the Lord. May He be your hope and confidence. May you be like a tree planted alongside a river with deep roots fed by its water. May you never be bothered or worried, regardless of the circumstances and situations around you! I pray that the staff and volunteers would never stop producing good fruit and that the Lord would increase the hope of those coming for the resources at The River, for they needn't worry! God will supply all their needs ([Phillipians 4:19](#))

And this same **God** who takes care of me **will supply all your needs from his glorious riches**, which have been **given to us in Christ Jesus.**

And the glory goes to the Lord. All the glory is His. I bless you today in the name of Christ Jesus, King of kings. Amen.

**KJV:**

Blessed is the man that trusteth in the Lord, and  
whose hope the Lord is. For he shall be as a tree planted by the waters,  
and that spreadeth out her roots by the **river**, and shall not see when heat  
cometh, but her leaf shall be green; and shall not be careful in the year of  
drought, neither shall cease from yielding fruit.



## Blessing 24:

### May you receive the Crown of Life

I bless you for enduring the trials of life, especially when they are ongoing day after day.

Heavenly Father, good morning! Thank You for waking me this morning. Thank You for being my provider and protector. Thank You for being my guide and for lighting a path before me. Thank You for telling me to not be afraid and for never leaving me. And thank You for the Scripture to use for today's blessing for all the staff and volunteers at The River as well as all who come to receive their resources and services (James 1:12 Voice):

Happy is the person who can hold up under the trials of life. At the right time, he'll know God's sweet approval and will be crowned with life. As God has promised, the crown awaits all who love Him.

Lord, I am here to bless Your sons and daughters today! Yes! My friends, today I bless you as you hold up under the trials of life. I pray that you will feel God's approval of your life and I bless you with the crown of life which the Lord promised to those who love Him. And Christ also is the one who will be by your side during the trials and troubles before each of us today. Yes, we can be satisfied no matter what happens:

I am not telling you this because I need anything. I have learned to be satisfied with the things I have and with everything that happens. I know how to live when I am poor, and I know how to live when I have plenty. I have learned the secret of being happy at any time in everything that happens, when I have enough to eat and when I go hungry, when I have more than I need and when I do not have enough. I can do all things through Christ, because he gives me strength. (Phillipians 4:11-13 NCV)

And we give all the glory to You Lord. The glory is all Yours. I pray this in the name and authority of Christ Jesus, King of kings. Amen.

ESV:

Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him.



## Blessing 25:

May you see how good the Lord is

May you see the goodness of the Lord.

Heavenly Father, good morning! I welcome another day surrounded by your creation. I thank You for the beautiful butterflies that You created for us to enjoy! And thank You also for the Scripture to bless Your sons and daughters today (Psalm 34:8 NET):

**Taste and see that the Lord is good!**

How blessed is the one who takes shelter in him!

My friends, today I bless you with all the good gifts that the Lord provides you so you may taste of how good the Lord is. I pray that you seek His shelter and that He will continue to bless you each and every day. Yes ... and not only is the Lord GOOD, but he is the giver of good gifts, as related to us by the first chapter of James verse 17:

**Every good gift** bestowed, every perfect gift received **comes to us from above**, courtesy of the Father of lights. **He is consistent**. He won't change His mind or play tricks in the shadows. (The Voice)

I pray that the Father of Lights will consistently provide you with good and even perfect gifts. Gifts that you need today, right now! Yes, the Lord is good, and I pray that you will be blessed as you take **shelter** in him! Yes ... take your **shelter** in HIM during these days of trials and troubles and even a **SHELTER-in-place** order from our Governor! And we give the glory to the Lord. All the glory is Yours Lord. Amen.

**Voice:**

Taste of His goodness; see how wonderful the Eternal truly is.

Anyone who puts trust in Him will be blessed and comforted.

**KJV:**

O taste and see that the Lord is good: blessed is the man that trusteth in him.



## Blessing 26: Joy, Peace and Hope

**May you abound in hope through the power of the Holy Spirit.**

Heavenly Father, hello! Thank You for my health. Thank You for my breath. Thank You for my life! Thank you for your protection during these days of the COVID-19 crisis. And thank You for the Scripture with a blessing to use for Your sons and daughters at The River today (Romans 15:13 Voice):

I pray that God, the source of all **hope**, will infuse your lives with an abundance of **joy** and **peace** in the midst of your **faith** so that your **hope** will overflow through the power of the Holy Spirit.

Lord, I'm here again! I'm here to bless Your sons and daughters whom You love. My friends, I bless you in the name of the God of hope that He may fill you with an abundance of joy and peace so that you will abound in hope. And what Paul writes in Galatians 5:22-25 expands on this further:

The Holy Spirit produces a different kind of fruit: unconditional **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control**. You won't find any law opposed to fruit like this. Those of us who belong to the Anointed One have crucified our old lives and put to death the flesh and all the lusts and desires that plague us. Now since we have chosen to **walk with the Spirit**, let's keep each step in perfect sync with God's Spirit.

So, as Paul advises, let's walk in sync with the Holy Spirit. Let's find ways each day to be gentle, faithful and good. Let others see love, joy, peace and patience in us each day. And let us stay calm no matter what the situation or circumstance. And then let's give God all the glory as I bless you in the name of Christ Jesus. Amen.

**NASB:**

Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.

**KJV:**

Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.





## Blessing 27:

**May God Shine His Light On You So You  
May Follow His Way**

**May the Lord be merciful to you my friends.**

Heavenly Father, good evening. What a glorious set of seasons and of a variety of weather you created for us, especially in Wisconsin. Thank You for weather that is not constantly the same and boring :) And thank You for the Scripture to use to bless Your sons and daughters at The River (Psalm 67:1 Voice):

May God pour His grace and blessings into us  
and turn His face to shine His light on us.

Lord, I am happy to be here with You so that I can bless the staff, volunteers and clients of the River who You love. My friends, I pray that God will pour His grace and blessings on you and that His light would shine on you. May many others come to join you in praising our God who comes to redeem nations. May His way be known across the earth. And I pray that all those who come to The River for their much needed food would have plenty to eat and would be satisfied, just as it says in Psalm 22:26

The afflicted shall eat and be **satisfied**; those who seek him shall praise the Lord! May your hearts live forever!

Another translation (The Voice) uses a word that The River uses ... NOURISHED!  
The River hopes that all in our community will be FULLY NOURISHED!

Those who are suffering will eat and be **nourished**;  
those who seek Him will praise the Eternal.  
May your hearts beat strong forever!

May our hearts beat strong forever! And we will give the glory to you Lord. I pray this in the name of Christ Jesus, King of kings. Amen.

### **NASB:**

God be gracious to us and bless us,  
And cause His face to shine upon us

### **KJV:**

God be merciful unto us, and bless us; and cause his face to shine upon us



## Blessing 28:

### Be Anxious for Nothing for the Peace of God Guards You

**My friends, the Lord is near and ever present, so you need not be anxious at all.**

Heavenly Father, I welcome this day with you. I thank You for the restful sleep over the night and for being with me as I sleep. Thank You for being with me all day and night, and for never leaving me. And thank You for the Scripture to bless Your sons and daughters today (Philippians 4:5-7 Voice):

The Lord is ever present with us. **Don't be anxious about things**; instead, pray. Pray about everything. He longs to hear your requests, so **talk to God about your needs** and be thankful for what has come. And know that the peace of God (a peace that is beyond any and all of our human understanding) will stand watch over your hearts and minds in Jesus.

My friends, God is close to you. May your anxiety dissipate as you bring your requests to the Lord. May God's peace rest in your heart and in your mind so that you may remain calm the entire day. Peter echoes what Paul was writing to the Philippians:

So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. **Give all your worries and cares to God, for he cares about you.** (1Peter 5:6-7 NLT)

Peter lets us know why you shouldn't be anxious and just give all your worries to God. Why? Because God cares about you! He not only loves you, but he cares about you! So, as Paul said, talk to God about your needs! And may the Lord hear your requests today as we give the glory to Him. The glory is all His. I bless you today in the name of Christ Jesus, King of kings. Amen.

#### **NASB:**

The Lord is near. Be **anxious for nothing**, but in everything by prayer and supplication with thanksgiving **let your requests be made known to God**. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.



## Blessing 29:

### Choose to be Blessed!

**My friends, you have been offered a choice. Choose well.**

Hello Heavenly Father! Thank You for kindness; Your unending kindness! Kindness that others show to me. Kindness that I show to others. Thank You for the effect that unexpected kindness has on people. And thank You for the Scripture to use for blessing Your sons and daughters today (Deuteronomy 11:26-28 NLT):

**You will be blessed if you obey the commands of the Lord your God that I am giving you today.**

My friends, behold, set before you is a blessing and a curse. You have a choice. Obey the Lord and He will shower His gracious blessings upon you. Choose life my friends! Choose to be blessed! Later in Deuteronomy (chapter 28) quite a long list is provided for those who choose blessings:

**All these blessings will come to you in abundance if you obey the Lord your God:** You will be **blessed** in the city and **blessed** in the field. Your children will be **blessed**, as well as the produce of your soil, the offspring of your livestock... Your basket and your mixing bowl will be **blessed**. You will be **blessed** when you come in and **blessed** when you go out... The Lord will decree **blessing** for you with respect to your barns and in everything you do—yes, he will **bless** you in the land he is giving you. The Lord will designate you as his holy people just as he promised you, **if you keep his commandments and obey him**... **The Lord will open for you his good treasure house**, the heavens, to give you rain for the land in its season and to **bless all you do**... The Lord will make you the head and not the tail, and you will always end up at the top and not at the bottom, **if you obey his commandments** that I am urging you today **to be careful to do**. But you must not turn away from all the **commandments I am giving you today, to either the right or left**.... (Deuteronomy 28:2-14 NET)

Lord, help each of us to choose blessings, to choose life! Help us to recognize that all these many many blessings have just one requirement on our part, so please help us to obey your commandments to receive all these blessings. Yes, there are a dozen blessings, but Scripture also repeats three times that they are all our only if we obey the Lord. We need your blessings Lord, and we need you help to obey! And we give glory to the Lord. All the glory is His. I pray this in the name of Christ Jesus, King of kings. Amen.



## Blessing 30:

### You are Blessed and then Blessed even more!

My friends, Jesus provides the **next nine blessings** from His **Sermon on the Mount!** This first one is from Luke's account, then eight from Matthew's account will follow!

Heavenly Father. thank You for another day with you. Thank You for being with me now and throughout the night. Thank You for guiding me each day. And thank You for letting me bless those here at The River just as Jesus blessed those who were following Him (Luke 6:20-23 Voice):

**Jesus:** All you who are poor, you are blessed  
for the kingdom of God belongs to you.  
All you who are hungry now, you are blessed  
for **your hunger will be satisfied.**  
All you who weep now, you are blessed  
for you shall **laugh!**  
When people hate you,  
when they exclude you  
and insult you  
and write you off as evil  
on account of the Son of Man, you are blessed.  
When these things happen, **rejoice! Jump for joy!**  
Then you have a great reward in heaven

And so, my friends, this day I say that you are blessed. God blesses you when you are poor, hungry or crying for you shall laugh, rejoice and jump for joy. This is somewhat of an echo of what Joel said:

**I will restore to you** the years that the swarming locust has eaten, the hopper, the destroyer, and the cutter, my great army, which I sent among you. **"You shall eat in plenty and be satisfied,** and praise the name of the Lord your God, who has dealt wondrously with you. And my people shall never again be put to shame. (Joel 2:25-26 ESV)

I pray that everyone at The River will have plenty to eat and be satisfied. I pray that what was lost will be restored. I bless you in the name of Jesus, who gets all the glory. The glory is all Yours Lord. Amen.



## Blessing 31:

### May You Be Comforted when you Mourn

This is the second blessing from the Sermon on the Mount.

Hello Heavenly Father. Thank You for my breath and for my life. Thank You for warmth. Thank You for such a well designed body. And thank You for your Word to use to bless Your sons and daughters at The River today including the Scripture (Matthew 5:4 NET) where Jesus said:

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

Lord, I am here again to bless Your sons and daughters You love. Yes. My friends ... today I bless you for the days when you are mourning, for the days of discomfort, for the days and nights of pain. I pray that in all those times that you would be comforted. And Lord, these are times of trouble for many who come to The River. I ask you Lord to be their refuge and protection. Lord, I ask you to be their strength, for many need your added strength. Find ways to let them know that you are indeed there with them, and that you will step in to be their strength as they merely call out to you.

God is our refuge and strength,  
always ready to help in times of trouble. (Psalm 46:1 NLT)

Thank you for being with us Lord. We give you the glory! I bless each and every one of you in the name of Christ Jesus, King of kings. Amen.

Voice:

Blessed are those who mourn—they will be comforted.

KJV:

Blessed are they that mourn: for they shall be comforted.



## Blessing 32:

### You Shall Inherit the Earth if you are meek

**This is the third blessing from the Sermon on the Mount.**

Hello Heavenly Father. Thank You for language. Thank You for our minds to use language to communicate. Thank You for those who understand more than one language and are able to translate from one to another for us. And thank You for the basis of today's blessing for Your sons and daughters at The River based on the Scripture (Matthew 5:5 NET) where Jesus said:

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

Also ... we remember that Jesus himself was meek (Matthew 11:29 KJV):

Take my yoke upon you, and learn of me; **for I am meek** and lowly in heart: and ye shall find rest unto your souls.

Lord, it's me again. I am here on behalf of everyone at The River ... all the staff and volunteers as well as those coming to use their services, all whom You love. My friends, I bless you as you aim to remain meek, just as Jesus was, for then you will inherit the earth! I pray that you will have all the qualities of meekness. I pray that you will remain mild of temper, soft, gentle and not easily provoked. I pray that you will remain humble and not proud. I pray all this in the name of Christ Jesus, King of kings, to whom we give all the glory! Amen.

**Voice:**

Blessed are the meek and gentle—they will inherit the earth.

**KJV:**

Blessed are the meek: for they shall inherit the earth.

**Meek** is defined in the 1828 Webster's Dictionary  
MEEK, a. [L. mucus; Eng. mucilage; Heb. to melt.]

1. Mild of temper; soft; gentle; not easily provoked or irritated; yielding; given to forbearance under injuries: Now the man Moses was very meek, above all men. Num.12.
2. Appropriately, humble, in an evangelical sense; submissive to the divine will; not proud, self-sufficient or refractory; not peevish and apt to complain of divine dispensations.





## Blessing 33:

### Hunger to be Righteous and you will be satisfied

**This is the fourth blessing from the Sermon on the Mount.**

Good evening Heavenly Father. Thank You for my fingers. Wow, how amazing these fingers are. They know exactly where to go to type this exceedingly fast without me even looking at them. They know how far to stretch and what force to exert to have a letter typed on my keyboard. Thank You Lord! And thank You for the Scripture (Matthew 5:6 NET) where Jesus said:

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

Lord, it is with joy that I start the blessing for Your sons and daughters at The River. My friends, I pray that you will hunger for righteousness. I pray that you will thirst for righteousness. And finally I bless you with being satisfied and filled, as is echoed in Psalm 37:18-19 ESV:

The Lord knows the days of the blameless,  
and their heritage will remain forever;  
they are not put to shame in evil times  
in the days of famine they have abundance.

Or, as the NET Bible says ... they will have plenty to eat:

The Lord watches over the innocent day by day,  
and they possess a permanent inheritance.  
They will not be ashamed when hard times come;  
when famine comes they will have enough to eat.

I pray that as hard times have come that everyone at The River will not be ashamed, whether staff, volunteer or client. I pray that everyone will have enough to eat, even in these hard times. I pray this over you today in the name of Christ Jesus, King of kings. All the glory is His. Amen.

Voice:

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



## Blessing 34:

**May You Be Shown Mercy as you  
are merciful**

**This is the fifth blessing from the Sermon on the Mount.**

Hello Heavenly Father! What a beautiful day. Slight breeze. Crisp fresh air. Sunrise and sunset right on time. Thank You for arranging the heavens in just the right manner so that the earth would be a perfect fit for us. And thank You for the Scripture (Matthew 5:7 NET) where Jesus said:

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

Lord, it is a joy to be with You today. Yes, I am here to bless Your sons and daughters at The River again ... every volunteer, every staff member as well as every person who comes to make use of their resources and services. My friends, today's blessing over you is simple yet profound. I pray that you will be ever merciful my friends. As you are merciful to others, I pray that they feel your kindness to them. As you are merciful to others, I pray that they might see your humility, just as Peter instructed each of us:

**So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you. (1Peter 5:6-7 NLT)**

Peter reminds us that humbling ourselves then allows God, at the right time, to lift each of us up in honor. Peter also gives us a tip on something that we each can do (and should do in these times of trouble)... give all our worries and all our cares to God! And Peter then tells us WHY that is such a good idea! Because God cares about you ... about each one of you, staff, volunteer or client alike! And so I pray that God will take your cares, take your worries... And then I pray and bless you each with mercy being shown to you. I pray this in the name and authority of Christ Jesus, King of kings. The glory is all His. Amen.

**Voice:**

**Blessed are the merciful—they will be shown mercy.**

**KJV:**

**Blessed are the merciful: for they shall obtain mercy.**



## Blessing 35:

May You See God as you are pure in heart

Here is the sixth blessing from the Sermon on the Mount.

Heavenly Father, good evening. Thank You for my home – both house and family. Thank You for always being with us regardless of circumstances. And thank You for the blessing in the Scripture (Matthew 5:8 Voice) where Jesus said:

Blessed are those who are pure in heart – they will see God.

Lord, it's me again. I am here to bless Your sons and daughters at The River again. My friends, I pray that you may remain pure in heart all your days. I also pray that you be blessed and that you will see God. And this calls to mind how Proverbs 3:5-6 tells you to trust God with all your heart:

Trust in the Lord with all your heart;  
do not depend on your own understanding.  
Seek his will in all you do,  
and he will show you which path to take.

And Titus 3:14 expands on this and tell us that the path to take likely is one filled with good works:

And let our people learn to devote themselves to good works, so as to help cases of urgent need, and not be unfruitful.

But I find it extremely interesting how Titus also specifies WHEN this is most important! When is it most important to be doing good works? During URGENT NEED! Another translation words it like this:

Our people must learn to do good by meeting the urgent needs of others.

And so, while this blessing is for everyone at The River, it seems to be special for the staff and volunteers! And thus I pray and bless each of you! And we will give the glory to Him. All the glory is His. I pray this in the name of Christ Jesus, King of kings. Amen.

KJV:

Blessed are the pure in heart: for they shall see God.



## Blessing 36:

You Are A Child Of God as you are  
a peacemaker

This is the seventh blessing from the Sermon on the Mount.

Good evening Heavenly Father. Thank You for sunshine. Thank You for light – direct light, indirect light, diffused light. Where would we be without light!? And thank You for the basis of today's blessing for everyone at The River based on the Scripture (Matthew 5:9 NET) where Jesus said:

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

Lord, I am here to once again bless Your sons and daughters whom You love. My friends, I pray that you will be peacemakers in both little and great matters, for this is a blessing that comes to the sons and daughters of God. And likewise, I pray that you will not be frightened by what is happening around you. All of The River staff and volunteers ... don't let your hands drop from the work as seen in Nehemiah 6:9

For they all wanted to frighten us, thinking, "Their hands will drop from the work, and it will not be done." But now, O God, strengthen my hands.

Lord, I ask that you strengthen the hands of all the staff and volunteers at The River. Fill them with your joy which you have promised us will be our strength. And we will give the glory to God. All the glory is His. I pray this in the name of Christ Jesus, King of kings. Amen.

Voice:

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

KJV:

Blessed are the peacemakers: for they shall be called the children of God.



## Blessing 37:

**The Kingdom of Heaven is Yours when  
you are persecuted for being righteous**

**This is the eighth blessing from the Sermon on the Mount.**

Good evening Heavenly Father. Thank You for the miracle of life. Today I am noticing my teeth. Thank You for creating teeth that can bite and chew for dozens of years and are still able to bite off a good piece of barbecued rib! Thank You for the many other miracles we often overlook. And thank You for giving us your word and for the many people who painstakingly copied and preserved it. And thank You for those who translated it into a language that I can understand, including the Scripture (Matthew 5:10 NET) where Jesus said:

Blessed are those who are persecuted for **righteousness**, for the kingdom of heaven belongs to them.

Lord, I am here on behalf of everyone at The River. Yes, my friends, today I bless you in the name of Christ Jesus and pray that you continue to be righteous no matter what the cost. There are many watching you and imitating your righteousness. Yet there are many others who won't hesitate to speak out against you and your beliefs. But don't be discouraged for yours is the kingdom of heaven. Paul's second letter to the Thessalonians (3:13) extends righteousness to "doing what is right":

But you, brothers and sisters, **do not grow weary in doing what is right.**

Paul echoes this in his letter to the Galatians (6:9):

May we **never tire of doing what is good and right** before our Lord because in His season we shall bring in a great harvest if we can just persist.

So, Lord, strengthen all the staff and volunteers at The River so they do not grow weary. Yes ... never let them tire of doing what is good and right! And we will give the glory to You Lord. The glory is all Yours. I pray this in the name of Christ Jesus, King of kings. Amen.

**Voice:**

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

**KJV:**

Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.



## Blessing 38:

**You are blessed when people say rude things about your acknowledging God and Jesus**

**This is the ninth and final blessing from the Sermon on the Mount.**

Hello Heavenly Father. I welcome this new day with you. I am looking at the clouds. They are amazing. And they are just a tiny tiny piece of the creation you created just for us! Thank You Lord. And thank You for the Scripture (Matthew 5:11-12 Voice) where Jesus said:

And blessed are you, blessed are all of you, when people persecute you or denigrate you or despise you or tell lies about you **on My account**. But when this happens, **rejoice**. Be **glad**. Remember that God's prophets have been persecuted in the past. And know that in **heaven**, you have a great reward.

Lord, I am ready to bless Your sons and daughters whom You love. Yes, I bless each and every one at The River! And my friends, today's blessing is special for the staff and volunteers, with so many people looking at you and what you say and do. And the title for today's prayer of blessing over you sums it up nicely! You are blessed when people say rude things about you and how you acknowledge God and Jesus. And keep praying yourselves! Jesus told people to keep praying and not to get discouraged:

He told them a parable, urging them **to keep praying and never grow discouraged**. (Luke 18:1 Voice)

In addition to the blessing I also pray that God would continue to give you the strength each and every time you hear or read what someone says against you and your beliefs. God delights in you my friends! I pray this blessing over you in the name and authority of Christ Jesus, King of kings. Amen.

### NET:

Blessed are you when people insult you and persecute you and say all kinds of evil things about you falsely on account of me. Rejoice and be glad because your reward is great in heaven, for they persecuted the prophets before you in the same way.





## Blessing 39:

### From This Day Onward Your Many Blessings Continue On and On and On

**Today's blessing is one that specifically states that your blessings will go on and on and on and on.**

Hello Heavenly Father. What an exciting day. Thank You for providing me with a blessing taken from Your Word to use as a basis for my blessing of Your sons and daughters at The River. Thank You. And thank You for the wonderful blessing from the book of Haggai (Haggai 2:19 NLT):

I am giving you a promise now while the seed is still in the barn. You have not yet harvested your grain, and your grapevines, fig trees, pomegranates, and olive trees have not yet produced their crops. But **from this day onward I will bless you.**

Lord, I'm here as usual to bless all the staff, volunteers and clients at The River. Today I pray that all Your blessings I have prayed over them will be ongoing – that they will continue on and on and on and on. I pray that each of you will continue to be blessed each day from this day on. However, there is something you must be doing as well! First, be sure that you honor the Lord with your wealth (ie, don't be stingy, be generous, just like God):

**Honor the Lord with your wealth  
and with the best part of everything you produce.**

**Then** he will fill your barns with grain,  
and your vats will overflow with good wine. ([Proverbs 3:9-10 NLT](#))

And, similarly ... Jesus reminds us that if we expect God to be generous to us, we in turn must be generous to others!

Give, and you will receive. Your gift will return to you in full—pressed down, shaken together to make room for more, running over, and poured into your lap. **The amount you give will determine the amount you get back.** (Luke 6:38 NLT)

And so today, while I bless you with a blessing that goes on and on and on, I also ask the Lord to show you ways that you may bless others... ways that you can give to those around you! And together we will give all the glory to God. All the glory is His. I pray this in the name of Christ Jesus, King of kings. Amen.



## Blessing 40:

### Live Long and Prosper

(as stated by Spock on Star Trek)

LIVE LONG  
AND  
PROSPER

**Star Trek popularized this real blessing!**

My friends at The River, staff, volunteer and client alike, this series of 40 blessings ends with one you should enjoy since it was made popular by the Spock greeting on Star Trek. And so I bless you once more my friends. **May you live long and prosper!**

Heavenly Father, thank You for another day with you! Thank You for my breath and for my life. Thank You for being with me always. And thank You for these blessings from Scripture that relate directly to today's blessing for everyone at The River - from Ephesians, 3 John and Deuteronomy... All five Scriptures from the HCSB translation (which strives to be very accurate):

- Keep His statutes and commands, which I am giving you today, so that you and your children after you **may prosper** and so that you **may live long** in the land the Lord your God is giving you for all time. (Deuteronomy 4:40)
- Honor your father and your mother, as the Lord your God has commanded you, so that **you may live long and so that you may prosper** in the land the Lord your God is giving you. (Deuteronomy 5:16)
- Follow the whole instruction the Lord your God has commanded you, so that **you may live, prosper, and have a long life** in the land you will possess. (Deuteronomy 5:33)
- Dear friend, I pray that **you may prosper** in every way and **be in good health physically** just as you are spiritually. (3 John 1:2)
- Honor your father and mother, which is the first commandment with a promise, so that **it may go well with you and that you may have a long life** in the land. (Ephesians 6:2-3)

Lord, it's me. I am here to complete the final blessing of 40 blessings prayed over Your sons and daughters here at The River. My friends, today I pray that you would live long and prosper. I pray that it may go well with you and that you would have good health. And we will give the glory to God. All the glory is Yours Lord. I pray this in the name of Christ Jesus, King of kings. Amen.





## All 40 blessings

From the final blessing through the one  
that I started with:

- Blessing 40: Live Long and Prosper (*as stated by Spock on Star Trek*)  
Blessing 39: From This Day Onward Your Many Blessings Continue On and On and On  
Blessing 38: You are blessed when people say rude things about your acknowledging God and Jesus  
Blessing 37: The Kingdom of Heaven is Yours when you are persecuted for being righteous  
Blessing 36: You Are A Child Of God as you are a peacemaker  
Blessing 35: May You See God as you are pure in heart  
Blessing 34: May You Be Shown Mercy as you are merciful  
Blessing 33: Hunger to be Righteous and you will be satisfied  
Blessing 32: You Shall Inherit the Earth if you are meek  
Blessing 31: May You Be Comforted when you mourn  
Blessing 30: You are Blessed and then Blessed even more!  
Blessing 29: Choose to be Blessed!  
Blessing 28: Be Anxious for Nothing for the Peace of God Guards You  
Blessing 27: May God Shine His Light On You So You May Follow His Way  
Blessing 26: Joy, Peace and Hope  
Blessing 25: May you see how good the Lord is  
Blessing 24: May you receive the Crown of Life  
Blessing 23: The Lord is Your Hope and Confidence  
Blessing 22: May You be Filled with the Fullness of Love, Faith and Understanding  
Blessing 21: You are Blessed When You Believe in Jesus  
Blessing 20: Speak Good Words to Influence Others  
Blessing 19: Grace and Peace to You as God Rescues and Delivers You from this World  
Blessing 18: May God Love you and Bless You and Your Land  
Blessing 17: May You have Everything You Need to Excel in Every Good Work  
Blessing 16: May you walk in God's Ways Keeping All His Commands  
Blessing 15: May God Restore, Strengthen and Place you on a Firm Foundation  
Blessing 14: Be Blessed at Home and Anywhere that You Go  
Blessing 13: A Very Special Blessing  
Blessing 12: Skip About, Frolic and Leap for Joy  
Blessing 11: Grace, Mercy and Peace in Truth and Love  
Blessing 10: Live Daily by the Scriptures You Read to Prosper and Find Success  
Blessing 9: God's Grace and Peace Surround You  
Blessing 8: Be Satisfied, Praise God and Never be Ashamed  
Blessing 7: Fulfill Your Desire for Goodness and Glorify Jesus in Your Life  
Blessing 6: Grace and Peace to share in the Divine Nature  
Blessing 5: Grace, Mercy and Peace unto you  
Blessing 4: The Lord look with favor on you  
Blessing 3: Prosper wherever you go  
Blessing 2: Comfort, Strength and Encouragement  
Blessing 1: Grace and Peace