

# Vertical Habits

*Scripture Passage*  
*Psalm 67*



# Vertical Habits

*Reflecting on and refining our regularly repeated patterns of conversation with God.*



# Vertical Habits

Hello

*I love you*

*I'm sorry*

*Thank you*

*What can I do?*

*Help*

*I'm listening*

Bless you



# Greeting and Blessing

*Most of Paul's letters start with a greeting that sounds like a blessing...*

*...and end with a blessing that includes the encouragement to pass on greetings.*



# Blessings are for Blessing

*Biblical survey of blessing*

*Blessing with a mandate: Gen 1*

<sup>28</sup> God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.”



# Blessings are for Blessing

## *Pay it forward: Gen 12*

"I will make you into a great nation,  
and I will bless you;  
I will make your name great,  
and you will be a blessing.  
3 I will bless those who bless you,  
and whoever curses you I will curse;  
and all peoples on earth  
will be blessed through you."



# Blessings are for Blessing

*Passing on the blessing:*

*Jacob steals the blessing of Isaac  
in Genesis 27*

*Jacob blesses all his sons in  
Genesis 49*



# Blessings are for Blessing

*Blessing sets you apart and gives you responsibility: Exodus 20*

Therefore the LORD blessed the Sabbath day and made it holy.





# Blessings are for Blessing

*Mary is blessed with the gift that keeps on giving: Luke 1*

<sup>42</sup> In a loud voice [Elizabeth] exclaimed: "Blessed are you among women, and blessed is the child you will bear!"



# Blessings are for Blessing

*Jesus' gift is to turn the idea of blessing on its head: Matthew 5*

- 3 "Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.
- 4 Blessed are those who mourn,  
for they will be comforted.
- 5 Blessed are the meek,  
for they will inherit the earth.



# Blessings are for Blessing

*Jesus left us in an ongoing state of being blessed: Luke 24*

<sup>50</sup> When he had led them out to the vicinity of Bethany, he lifted up his hands and blessed them. <sup>51</sup> While he was blessing them, he left them and was taken up into heaven.



# Blessings are for Blessing

*Blessings continue to come with opportunity for good: 2 Cor 9*

<sup>8</sup> And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.



# Blessings are for Blessing

*Receive his ultimate blessing, and use it to pass on blessing.*

<sup>20</sup> Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, <sup>21</sup> equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Amen.



- <sup>1</sup> May God be gracious to us and bless us  
and make his face shine on us—
- <sup>2</sup> so that your ways may be known on earth,  
your salvation among all nations.
- <sup>3</sup> May the peoples praise you, God;  
may all the peoples praise you.
- <sup>4</sup> May the nations be glad and sing for joy,  
for you rule the peoples with equity  
and guide the nations of the earth.
- <sup>5</sup> May the peoples praise you, God;  
may all the peoples praise you.
- <sup>6</sup> The land yields its harvest;  
God, our God, blesses us.
- <sup>7</sup> May God bless us still,  
so that all the ends of the earth will fear him.

