



the visual **faith** project

A Visual Faith Experience Formula For Being Blessed

By Dr. Dick Hardel

Theme: Formula For Being Blessed (Luke 11:27-28)

Intended Audience

Small group of participants from 3 or 4 different generations would work very well. Ethnic diversity is a blessing that broadens the scope of faith and life in any small group. One could facilitate this Visual Faith Experience with any small group of youth, young adults, adults, or senior adults.

Outcome of Experience

The participants will discuss and discover how they have been blessed to be a blessing. They will learn of the blessings of God as they live out their faith daily. God is always blessing the people even through difficult times.

Introduce Experience

Throughout Scripture God is present with God's people. God is kind and merciful, slow to anger, and abounding in steadfast love. In the midst of life's journey of ups and downs, of loss and gain, of fear and love, God continues to bless the people to be a blessing. Sometimes it is very difficult to see the difference between a curse and a blessing in our lives. So we will take a close look into our lives to see how God is blessing us and how we might be a blessing to others.

Image Selection

Choose at least two images that display a blessing or connect to a time when you received a blessing from someone.

Facilitators Questions To Guide Group Discussion

1. What is your story displayed in the images you have chosen?
2. When you see a blessing or have been blessed by someone, what emotions do you experience?
3. Have you ever experienced not receiving someone's blessing when you expected to receive it?
How did that experience affect you? How did you grow through or beyond those feelings?
4. Whose blessing is it most important for you to receive?
5. Have you, knowingly, ever blessed someone with words that you have said, an action that you took, or just your presence?
6. What are some feelings you have had, when someone mentioned, that they have been blessed by you?



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Formula For Being Blessed continued...

Scripture - Luke 11:27-28

27 While he was saying this, a woman in the crowd raised her voice and said to him, “Blessed is the womb that bore you and the breasts that nursed you!” 28 But he said, “Blessed rather are those who hear the word of God and obey it!”

Image Selection

Invite each member of the small group(s) to read the Scripture text carefully a couple of times. Note what word or phrase grabs your attention or curiosity. Then go choose one or two images that connect to the word or phrase that caused you to wonder.

Questions to Connect Chosen Image with Scripture

1. How does the image(s) you have chosen visualize an interest you have in this Scripture text?
2. Why would the woman in the crowd say a blessing of Mary, the mother of Jesus?
What emotions might she have had to speak the blessing?
3. Why does Jesus’ formula for being blessed connect hearing God’s word and obeying God’s word?
4. What words of God sound like a blessing to you?
5. What emotions arise in you when you hear the blessing of God?

Application

- Who is someone that you would truly love to bless?
- What prevents you from giving that blessing?
- How do you hear God’s word in the midst of the busyness of your life?
- Have you ever had an adult put hands on your head, face, or shoulder, and pray aloud for God to bless you?
- How did that feel?
- How has a blessing you have received strengthened the action of your faith in Christ?



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Formula For Being Blessed continued...

Prayer

As the facilitator, create a holy space for the individuals and group to engage in prayer. Invite them to sit in pairs with the chairs set closely so that they are facing one another.

Instruct them to begin by one of the pair making the sign of the cross upon the forehead of their blessing partner and sharing: **You are a blessing to me because you...**

After all stated the blessing they have received have them gather together in a holy hug (groups hug) and the facilitator will bless the group with one of the following blessings from Scripture:

Numbers 6:24-26

*The Lord bless you and keep you;
the Lord make his face to shine upon you,
and be gracious to you;
the Lord lift up his countenance upon you,
and give you peace.*

OR

Galatians 1:3-5

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

Amen

Image Packs

We recommend the Assorted Set B (set of 100 printed images) for use with this experience or other images that you may already have. You can find the Assorted Set B at:

<https://vibrantfaith.org/shop/visualfaithcards>