



Father's Blessing for His Children: *You've Got the Power!*

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The power of a man. Men like to feel powerful and I am no exception. I enjoy driving a fast car, or riding a quick motorcycle, snowmobile or ATV. I feel its potential and willingness to respond eagerly to my commands. Men can get their need for power met in many ways, such as effectiveness at work; control of financial and career goals; ability to arouse a woman; and building respect in one's social circle. However, when not channeled in constructive ways which add value to those near me and to society generally, this need can become a powerfully destructive force. Belittling comments, withering criticism, explosive anger, stifling control, seething rage, savage violence, or frozen neglect.

Society and families suffer immensely under the destructive power of men, and no amount of resources put into the social service and justice systems can ever be enough to fight back. The battle is within. The sources for this devastation include your wounded heart or perceived victimhood or selfishness or poor character. If you have left behind you a wake of wreckage, or want to design a more positive future, only you can do it. That is the bad news and the good news. You have the power.

One way to begin is to focus on being a blessing to your children by blessing your children. Be a blessing instead of a curse or a burden, or just gone. Let it be said of me that I gave good gifts to my children. Not the stuff that others see so that I get credit for being a generous guy, but hidden gifts which they can take with them anywhere and for their whole lives. The gift is their father's blessing. Do your kids know they have your blessing? It does not matter how old they are, they need it. They need it even if you are 88 and they are 68 and 63. Unless they have despaired of ever having it, they still want it, even now. If they are 3 and 8, they will be nourished. If they are 23 and 18 they will be rescued and healed. That's the power of a man - for good, instead of ill.

The action of blessing is an ancient ritual as useful today as ever - perhaps more so. In his small 2003 book, *The Family Blessing*, Rolf Garborg describes his method. He claims that it accomplishes much and believes that it will create "a spiritual covering for your family's future". He includes a letter from each of his children testifying to the lasting positive effect upon their lives. To summarize his suggestions:

- Begin right away, regardless of their ages.
- Explain what you are doing and why.
- Choose words that reflect your beliefs, wishes and aspirations for their lives. These can be read from the Bible or be in your words, but must be sincerely from your heart and true about them.
- Hold your child or place a hand on his or her head.
- In addition to your personal blessing, invoke the name of God and ask for divine favor.
- If the child still lives at home, do it on a regular and consistent basis, for example, at bedtime after reading a story or before the Friday meal.

It may feel awkward at first but let yourself feel the power. Do not dismiss yourself as unqualified. You stand in the role of their creator and as such are a source of life – continue to sustain them with your life-giving blessing. It will change the course of their lives. It will change you. It will change your legacy and the futures of your descendants. If enough men join you, it will change society. That's powerful!