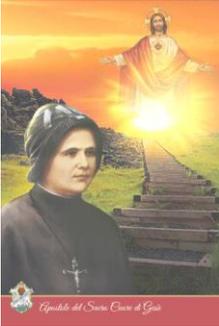




GFASC Holiness – Reflection 13



BLESSING

Blessing: from the Latin “benedicere,” meaning “to speak well of.” In the Bible, a blessing is always a life-giving force, energy that descends from on high, enters into a person, and gives life.

Blessing is a central theme of the Bible. Right at the moment of creation of man and woman, God blesses Adam and Eve: “God blessed them and said to them, ‘Be fruitful and multiply’” (Gen 1: 28). Here blessing is linked to fruitfulness, with the increase of life. The entire creation is a blessing from God. God lavishes humanity with gifts and assures that their lives bear fruit. Thank God for creating you as you are and for all that He has given you in life. Gratitude will give you a new zest, that of vitality and joy.

In essence, blessing means that all comes from God and all must return to him in thankfulness and praise. Above all, however, everything is to be used according to God’s plan, which is a plan of salvation.

Blessing is living life knowing that God is with us; it is to be in His favor, knowing that He is with us in every situation and that everything always works for good in those who love Him.

Blessing disposes us to do good—to do good to ourselves and to others in all things.

“The LORD bless you and keep you! The LORD let his face shine upon you, and be gracious to you! The LORD look upon you kindly and give you peace!” (*Numbers 6: 24-26*)



“He will love and bless and multiply you; he will bless the fruit of your womb and the produce of your soil, your grain and wine and oil, the young of your herds and the offspring of your flocks, in the land which he swore to your ancestors he would give you.” (*Deuteronomy 7: 13*)

“Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are they who mourn, for they will be comforted. Blessed are the meek, for they will inherit the land. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. Blessed are the merciful, for they will be shown mercy. Blessed are the clean of heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.” (*Matthew 5: 3-10*)

We focus our gaze on **Mary**, who *“blesses the journey of every man and of every woman in this year that is beginning, and that will be good precisely in the measure in which each one will have welcomed God’s goodness which Jesus came to bring into the world.”* (*Pope Francis, Angelus, January 1, 2019*)

The Blessing of Mother Clelia

“I beg for you, daughters, the maternal blessing of Mary most holy so that your hearts, blessed by her, might blossom with the flowers and fruits of true holiness” (*Spiritual Anthology [SA] p. 200*).

“May the Sacred Heart of Jesus bless you and immerse you in a sea of divine graces and consolations to make up for the bitterness you have suffered” (*SA p. 166*).

“I leave you for now, and enclosing you in the most loving Heart of Jesus, I bless you with all the warmth of which my heart is capable” (*SA p. 321*).

“I bless you wholeheartedly and, assuring you that I am often close to you in spirit and that I never forget you in prayer, I enclose you in the most gentle Heart of Jesus, consoler of afflicted and suffering souls” (SA p. 280).

“God bless you and comfort you along with all the other good daughters. I too bless you, enclosing you in the Sacred Heart of Jesus so that, by destroying your entire ego in that sacred fire of love, He might transform you entirely into God” (SA pp. 248-249).

“Enclosing you in the most loving Heart of Jesus and in the arms of Mary most holy I bless you maternally” (SA p. 278).

“I greet you, I bless you, and I enclose all of you in the wound of the Sacred Side of Jesus, so that your spiritual enemies may have nothing to hold against you” (SA p. 127).



Pledge

The Sacred Heart invites us to do no harm to those who harm us, to return no evil for evil but to respond with good. The invitation is the opposite of human logic: it is not eye for an eye or tooth for a tooth, but the words of Jesus who calls us to do good to those who hurt us, to bless everyone with a generous heart.

- ***Bless everyone with your prayers, your actions, your words, and in the silence of your heart.***
- ***Bless your family, relatives, friends, and enemies, and enclose everyone in the Heart of Jesus, as Mother Clelia teaches us.***

Prayer

Lord, bless my hands, that they may be sensitive to others, that they may know how to take without ever grabbing and give without counting the cost, and that they may have the strength to bless and console.

Lord, bless my eyes, that they may know how to see others' needs and may never forget that anyone can become blinded; that they may see beyond the superficial in such a way that others find joy in the way I look at them.

Lord, bless my ears, that they may be able to hear your voice and perceive clearly the cry of the afflicted; that they know how to become deaf to useless chatter and gossip but not to the voices that beg to be heard and understood, even if they disrupt my comfort.

Lord, bless my lips, that they may witness to you and not speak anything evil or destructive; they they may speak only words that soothe wounds, that they never betray anyone's trust, that they bring a smile back to someone's face.

Lord, bless my heart, that it may be a living temple of your Spirit and know how to give warmth and protection; that it may be generous in forgiving and understanding, and may learn to share suffering and joy with much love.

My God, use all that I am and all that I have. Amen.
(Sabine Naegeli)

“I bless you with a hundred hearts and enclose you with a double lock in the Heart of Jesus.”

(Mother Clelia Merloni)

