

Have a Blessed Day

How often have we heard the phrase, "Have a blessed day?" It is usually said warmly by a person of faith to another person of faith. It has a deeper meaning than most people realize.

The Hebrew word for blessing means much more than just happiness, but instead refers to multi-dimensional flourishing. God wants the best for us in all ways: our heart, our behavior, our feelings and actions. His blessings to us are too many to count.

We have often heard the meal-time prayer referred to as a "blessing." It is when we give thanks to God. The fuller definition of blessing is God's "favor and protection." In the Sermon on the Mount, the Bible tells us as the crowds gathered Jesus took His disciples up on a mountainside. He taught them about the character of the people in the Kingdom of Heaven. The Sermon on the Mount is considered the beginning of a focus on Jesus' teaching ministry, especially emphasizing love and humility. (Prior to then His ministry was meeting people's physical needs, especially healing.) In Jesus' most famous teaching here are a few of the Beatitudes:



- *Blessed are those who mourn, for they will be comforted.*
- *Blessed are the meek, for they will inherit the earth.*
- *Blessed are those who hunger and thirst for righteousness, for they will be filled.*
- *Blessed are the merciful, for they will be shown mercy.*
- *Blessed are the pure in heart, for they will see God (Matthew 5:4-8).*

In each God shows His favor and protection. They show God's response to those showing the character of God.

In Luke's account of the Sermon on the Mount Jesus makes it personal by using the word "you:"

- *Blessed are you who are poor, for yours is the kingdom of God.*
- *Blessed are you who hunger now, for you will be satisfied.*
- *Blessed are you who weep now, for you will laugh.*
- *Blessed are you when people hate you, when they exclude you and insult you and reject your name as evil, because of the Son of Man (Luke 6:20-22).*

Some translations of the Bible insert the word "Happy" for "Blessed." In Paul's letter to the Romans he tells us we can be happy because of the restoration of a relationship with God. It is only possible because of the forgiveness of sins for believers.

- *Blessed are those whose transgressions are forgiven, whose sins are covered.*
- *Blessed is the one whose sin the Lord will never count against them" (Romans 4:6-8).*

So, when we say to someone, "Have a blessed day," we are wishing them happiness because God favors and protects those who have a close relationship with Him. That is a pretty great day!

Question: As you wish for a blessed life how are you deepening your relationship with God?

Prayer: Heavenly Father. We thank you for the many blessings you give to each of us. We thank you for the forgiveness of sins that draws us closer to you. Amen.