



BLESSING / IMAGE OF CHRIST TALK

- TIMING:** Sunday AM, after Broken and Beloved
- PURPOSE:** A time for blessing and using our voices to encourage our sisters.
- ENERGY:** Sovereign and Lover
- LEADER:** Have the women already sitting in their groups around the room. All of the materials should be ready in each group.

THE TALK

This morning we are going to enter into a time of blessing one another. Throughout the Scriptures we see the importance of giving blessings. God blessed Abraham. Isaac blessed Jacob. Elizabeth spoke blessing over Mary. God the Father blessed His Son, Jesus.

Many of us never received the blessing of our fathers or mothers. We may never have had the question answered for us: "Am I enough? Do I really matter? Am I really loved?" We need each other as women. Women need women to see and bless the truth of who we are in Christ.

As we have discovered this weekend, we can live out of our wounded, broken self and live in fear and shame, yielding to our false selves - or we can bring it all into the light and make space for God's presence - surrendering to His love and blessing . As we do so, we step into our truest selves - the new creation in Christ.

You have been surrendering to God all weekend - making space for His presence. We are now going to give you an opportunity to both give and receive blessing.

For those of you who have a hard time receiving blessing and love from others, pay attention to that. You have opened yourselves up this weekend. Take a risk and open your heart, mind and spirit to what is spoken over you. Receive.

In a few moments, you will be serving one another communion in your groups. _____ [Shame Model] and I along with _____ [staff volunteer] are going to model how we would like you to do it.

Modeling Communion and Image of Christ

1. Shame Model stands in between Blessing Speaker and Staff Volunteer.
2. Woman to the left of model holds the bread.
3. Woman to the right of model holds the cup.
4. The woman with the bread presents the bread and says, *“This is the body of Christ broken for you.”*
The Shame Model takes a piece of bread.
5. The woman to the right with the cup presents the cup and says, *“This is the blood of Christ shed for you.”*
The Shame Model dips the bread into the cup and takes communion.
6. Once the Shame Model has taken communion she remains in a receptive position with eyes open, and the Blessing Speaker says, *“_____ (name), the Image of Christ I see in you is...”*
The Staff Volunteer does the same. Blessing Speaker and Staff Volunteer may each offer a second blessing.

[Speaker Continues]

Each woman in your group will take turns, in no particular order, and in **brief**, descriptive sentences, telling her, *“The image of Christ I see in you is...”* Feel free to share more than one thing about what you see in your sister. When all have spoken blessing over that woman, then the bread and cup will shift to the left and you’ll repeat this for each woman in your group.

[Prayer - From the heart and not rushed.]

Let me pray before you begin.

“Father, we welcome your presence in this moment. Would you pour out your Spirit of love and blessing on each one? Empower each woman here by your grace to receive what you have for her.”

You may begin.