CHARIS YOUTH

Series: The Blessed Life

Lesson 3: The Blessing of Jesus

About This Lesson

The Bible records many instances when Jesus blessed, and there was abundance. This has application for young people's lives because Jesus is the same yesterday, today, and tomorrow. He desires to bless them, and His blessings can't be changed or revoked.

Key Takeaway: Jesus is the reason we are blessed, and He always blesses abundantly.

Key Verse: Ephesians 1:3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ.

Teaching Outline:

I. THE BLESSING OF JESUS IS ALWAYS ABUNDANCE

John 6:5–14 *Then Jesus lifted up His eyes, and seeing a great multitude coming toward Him, He said to Philip, "Where shall we buy bread, that these may eat?"*
6 But this He said to test him, for He Himself knew what He would do.
7 Philip answered Him, "Two hundred denarii worth of bread is not sufficient for them, that every one of them may have a little."
8 One of His disciples, Andrew, Simon Peter's brother, said to Him, 9 "There is a lad here who has five barley loaves and two small fish, but what are they among so many?"
10 Then Jesus said, "Make the people sit down." Now there was much grass in the place. So the men sat down, in number about five thousand. 11 And Jesus took the loaves, and when He had given thanks He distributed them to the disciples, and the disciples to those sitting down; and likewise of the fish, as much as they wanted.
12 So when they were filled, He said to His disciples, "Gather up the fragments that remain, so that nothing is lost." 13 Therefore they gathered them up, and filled twelve baskets with the fragments of the five barley loaves which were left over by

those who had eaten. [14] Then those men, when they had seen the sign that Jesus did, said, "This is truly the Prophet who is to come into the world."

A. Jesus taught a lesson about the power of His blessing. The disciples didn't know how to feed the huge crowd.
   1. Verse 7: Philip understood that 200 denarii ($40,000) was not enough. He didn't understand that Jesus' blessing would be more than enough.
   2. Verse 11: Jesus blessed the food, and there was an abundance that fed over 5,000 people with 12 baskets left over.

B. It was an abundance versus lack mentality!
   1. A lack mentality is a sinful, carnal mentality.
      a. Lack looks at only what you can accomplish, apart from Jesus
      b. With a lack mentality, it doesn't matter how much you have, because it will never be enough!
      c. Lack mentality is often a reflection of someone's spiritual perception.

C. How to overcome a lack mentality?
   1. Set some goals you know are impossible to accomplish in your own strength. Dream past your natural limitations.
   2. Get a journal and take half a day to go pray and dream and write out what God is putting in your heart.
   3. Monitor your words. Don't speak lack over yourself or your finances, such as "I'll never be able to afford that." Instead, say, "That's not in the budget right now" or "That's not a financial priority right now."
   4. Be a giver.

II. YOU ARE BLESSED BY JESUS, SO YOU CANNOT BE CURSED

Genesis 14:18–20 *Then Melchizedek king of Salem brought out bread and wine; he was the priest of God Most High. [19] And he blessed him and said: "Blessed be Abram of God Most High, Possessor of heaven and earth; [20] And blessed be God Most High, Who has delivered your enemies into your hand." And he gave him a tithe of all.*

A. Jesus wants you to be blessed! That's what He said!
   John 10:10 *The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.*

1. Stealing, killing, and destroying are all a part of the curse, as well as sickness, disease, poverty, and defeat (Deuteronomy 28:15–68).

B. Jesus gives an abundant life and blessing! The blessing of the Lord is abundance.
   1. With a blessed/abundance mentality, you will gravitate upward toward victory even when you face challenges.
   2. With a defeated/lack mentality, you will gravitate downward toward defeat, even when given incredible opportunities.

C. No man can curse what God has blessed!
   1. Nothing can come against the commanded blessing!
   2. Balaam was hired by Balaak, the enemy of Israel, to curse Israel (Numbers 22–23).
      a. Balaam blessed the Israelites.
      b. Numbers 23:11–12 *Balak said to Balaam, "What have you done to me? I brought you here to curse my enemies, but all you've done is bless them!" [12] Balaam answered, "I must say what the Lord tells me to say."*

D. The blessing of the Lord cannot be reversed!
   Numbers 23:19-20 *God is not a man, that He should lie. He is not a son of man, that He should be sorry for what He has said. Has He said, and will He not do it? Has He spoken, and will He not keep His Word? [20] See, I have been told to speak good of Israel. When He has spoken good of them, I cannot change it.*

III. JESUS' ACTIONS DEMONSTRATE HE BLESSES!

A. Jesus went around saving, forgiving, healing, delivering, blessing, and providing. He was constantly blessing people with abundance!
   1. When He saves—He saves us to the uttermost. He saves abundantly.
      Hebrews 7:25 *Therefore He is also able to save to the uttermost those who come to God through Him, since He always lives to make intercession for them.*
   2. When He forgives—He forgives all your sins- He forgives all your iniquities- He forgives abundantly!
      Psalm 103:3 *Who forgives all your iniquities, who heals all your diseases.*

3. When He heals—He heals all your diseases. He heals abundantly.
   Matthew 9:35 *Jesus went on to all the towns and cities. He taught in their places of worship. He preached the Good News of the holy nation of God. He healed every sickness and disease the people had.*
4. When He provides—He goes over the top!
   Ephesians 3:20 *God is able to do much more than we ask or think through His power working in us.*
   a. When Jesus provided food for a crowd, each disciple had a basket of leftovers (John 6:5–14)!
   b. When He provided wine for a wedding party, it was the best wine, not cheap (John 2:1–11).
   c. When He helped fishermen fish, they caught a load so big it made their boats sink (Luke 5:1–7).

IV. JESUS WANTS TO BLESS YOU, AND HE WANT TO BLESS YOU ABUNDANTLY!

A. Jesus died on the cross to take the curse! He died on the cross so you could be blessed abundantly!
   Galatians 3:13–14 *Christ bought us with His blood and made us free from the Law. In that way, the Law could not punish us. Christ did this by carrying the load and by being punished instead of us. It is written, "Anyone who hangs on a cross is hated and punished." [14] Because of the price Christ Jesus paid, the good things that came to Abraham might come to the people who are not Jews. And by putting our trust in Christ, we receive the Holy Spirit He has promised.*

B. Jesus is the Anointed One! He has an anointing of blessing! Where Jesus is—there is a commanded blessing.
   Ephesians 1:3 *Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ.*
   1. Share your own testimony of Jesus' abundant blessings in your life.

C. The blessing can rub off on you without you even realizing it.
   Psalm 133:1–3 *Behold, how good and how pleasant it is*
   For brethren to dwell together in unity!
   [2] It is like the precious oil upon the head,
   Running down on the beard,
   The beard of Aaron,
   Running down on the edge of his garments.
   [3] It is like the dew of Hermon,

Descending upon the mountains of Zion;
For there the LORD commanded the blessing—
Life forevermore.

1. Verse 3: Where there is unity, the Lord commanded His blessing, even life forevermore.
2. The anointing on unity is like precious ointment flowing from the head to the beard that rubs off on those around.
3. Dwell together in unity and receive God's commanded blessings!

D. Galatians 3:13–14 reminds us that Jesus died on the cross to take the curse! He died on the cross so you could be blessed abundantly! More important than being blessed is knowing Jesus as your Savior. When you accept His free gift of salvation and forgiveness of sins, that is what opens the door for receiving blessings from God. If you haven't prayed to receive salvation, now is the best time to start your eternal life with Jesus. Lead the group in a prayer for salvation.

Bottom Line:
The blessing of Jesus is always abundance! If Jesus blesses you, you cannot be cursed! The blessing of Jesus is a commanded blessing!

Small Group Time:

1. A lack mentality happened to the disciples, so it isn't surprising to find it in today's churches. Religion says lack is godly. When we read the Bible, we don't see lack. In fact, we see the opposite; Jesus didn't preach lack. He preached that we are blessed, and His miracles showed abundance.
   - What have you heard or thought about Christians showing they are godly by their lack of riches and expensive things?
   - If lack is godly, why do you think Jesus blesses abundantly?
   - What would you say to someone who accuses you of wanting God to bless you to be rich?

2. When God provides and blesses, He does so with abundance.
   - What experience have you had with God's abundant blessings?
   - Why do you think God blesses people so abundantly?
   - What blessing from God are you most grateful for?

Declaration:

"I am blessed by Jesus, and He blesses me abundantly."

Youth Weekly Journal:

Handout, Email, or Download

- **Question:** What abundant blessing have you seen in your life?
- **Pray:** Ask God to open your eyes to see all the abundance He has given you so you can thank and praise Him for it.
- **Read:** Luke 4:16–21 details what Jesus read in the synagogue that prophetically spoke about Him. Notice what was revealed as the blessings He came to give people.
- **Live It:** This week, choose to live with an abundance mentality that recognizes God's blessings and gives Him the glory. Watch your words, so they don't reflect a lack mentality.
- **Create:** Think about what impacted you the most about this series "The Blessed Life." Create something to help you remember that aspect of God's blessings. You might want to write something and post it on social media, draw a picture, create a collage, or write a song or poem about it.

EXTENDING THE LESSON

Icebreaker Question: What one world issue would you solve, and why?

Opening Activity Suggestion: Look online for an object lesson or game that focuses on abundance and blessings. End with highlighting that Jesus is the source of our blessings, and He blesses abundantly.

Opening Affirmation: "I am blessed by the Most High God, the possessor of heaven and earth. I don't earn or deserve the blessings. God loves and blesses me because of Jesus."

Giving Time: 1 Timothy 6:17 *Command those who are rich in this present age not to be haughty, nor to trust in uncertain riches but in the living God, who gives us richly all things to enjoy.*

God gives abundantly. Many youth might not see themselves as abundantly blessed because they don't have a job with a big salary, or they might compare themselves with their peers. Compared worldwide, if the young people have a $5 coffee, they are richer than most people in the world. We are to enjoy the blessings He gives, and we can also enjoy giving back to Him!

BEYOND – ADDITIONAL APPLICATION FOR CHURCH OR HOME

Challenge: There is a commanded blessing on unity, so have the youth make a list of ideas that will build unity in the youth group. Have them share the ideas on a youth group chat or bring the list next week to vote on ideas to implement. Encourage the young people to work on building unity in their homes this week as well.

Biblical Worldview: The Bible is the guidebook with the truth and answers for today's young people. By following God's ways, they will be abundantly blessed, and others will notice. Encourage the youth to carry a Bible with them and mark the verses they hear about blessings so they can share them with others.

Outreach/Missions: Have the young people gather in pairs and spend time praying for teens they know who need Jesus to be the Lord of their lives. As they pray, have them be sensitive to what the Holy Spirit is putting on their hearts to pray for the teens and open to how Jesus will use them to answer their prayers this week.