

THE 5 ELEMENTS OF

The Blessing

1

APPROPRIATE MEANINGFUL TOUCH

The Blessing starts with appropriate meaningful touch: a handshake, shoulder pat, hug, etc.

2

SPOKEN WORDS

The Blessing always uses spoken (or written) words. Our loved ones need to HEAR "I Choose You" and "I Love You", just the way you are.

3

ATTACH HIGH VALUE

What do you Say or Write? Words that attach high value. It's not fake flattery, but genuine words that bring life, purpose, and value to those we love.

4

SPECIAL FUTURE

Our Blessing needs to tell them "God has a special future for you". Our words can help them picture that future, and have hope, even when current circumstances don't seem to line up with that truth.

5

GENUINE COMMITMENT

Our Blessing needs to tell them that as they walk towards that special future, they will always have someone to cheer them on: US. We are committed to love and support them, just like Christ does for us.



ABOUT
The Blessing
CHALLENGE

1,000,000 PEOPLE
CHOOSING TO CHANGE A LIFE

Welcome!

The Blessing Challenge is a powerful first step towards blessing your family and most valuable relationships.

As a helpful resource, The 5 Elements of The Blessing are on the backside of this bookmark

You can Join 1,000,000 people committed to giving The Blessing by **CLICKING HERE**.

To Access the Blessing Challenge at 10% off, please use the code: **BLESSINGBOOKMARK**

We are here to help! And would love to hear your story as you take The Blessing Challenge, and truly change a life.

Thank you for joining 1,000,000 people who are committed to sharing the life-changing gift of The Blessing.

-Dr. John Trent + Kari Trent Stageberg

DR. JOHN TRENT'S
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