

The Dudes at the Dunes - Men's Retreat 2024

Saturday Morning - Rhythm 5 - Bless, "*Be The Blessing*"

Psalm 1:1-6, "1. Blessed is the man who does not walk in the counsel of the wicked, or stand in the way of sinners, or sit in the seat of mockers; 2. But his delight is in the law of the Lord, and on his law he meditates day and night. 3. He is like a tree planted by streams of water **which yields its fruit in season**, and whose leaf does not wither. Whatever he does, prospers. 4. Not so the wicked! They are like chaff that the wind blows away. 5. Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous; 6. For the Lord watches over the way of the righteous, but the way of the wicked will perish."

New International Version, 1986.

1. Review. Psalm 1, "*Seven Rhythms of a Man's Heart*".



Rhythm 1 - Pursue - "*Follow the Star*". Look up to move forward. Direction not destination. **One question?** "Where is he who is born King of the Jews?"

Rhythm 2 - Read - "*Rhythm the Book*". Workout vs. rhythm. 2,500 Precepts vs. 7,500 Promises. 2,500. **One Question?** "Is the Word of God your very life?"

Rhythm 3 - Pray - "*Talk to Papa*". Meditate is **pondering, personalizing** and **praying** the text back to God. **One Question?** "Can you teach me to pray?"

Rhythm 4 - Grow - "*Engage the Nudge*". Grow Deep to Grow Up. Expect Attacks, Form your Packs, Have their Backs. **One Question?** "What's the next step?"

2. Rhythm 5 - Bless - "*Be the Blessing*".

Rhythms 1 thru 4 - How to love God - Greatest Commandment.

Rhythms 5 thru 1 - How to love Others - 2nd greatest commandment.

Psalm 1:3b, ". . . which yields its fruit in season . . ."

What kind of fruit does your tree produce?

Matthew 7:17-20, "Even so, every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, nor *can* a bad tree bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Therefore by their fruits you will know them."

1 Peter 3:8-12, "Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble. Do not repay evil with evil or insult with insult. **On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing.**"

Colossians 3:17, "And whatever you do, whether in **word or deed**, do it all in the name of the Lord Jesus, giving thanks to God the Father through him."

Being a blessing to others comes on two platforms - words and deeds.
Is blessing others with your words and deeds, a "calling" on your life?

3. Dr. Aryeh Eldad - The Good Samaritan - Luke 10:25-37.



Dr. Aryeh Eldad, born in May of 1950, he is an Israeli physician, politician and former medical officer. He was head of the plastic surgery and burn unit at the Hadassah Medical Center in Jerusalem. He was a member of the Israeli Knesset from 2003 to 2013. He was the senior commander of the Israeli Defense Forces medical corp for 25 years. When asked why? "I am a Jew. I am called by G_d to "Tikkun Olam" - to repair the world. It's a calling that drives all Jews. It's what we do."

Dr. Aryeh Eldad showed me being a blessing, at times, is about "Deeds".

4. Frieta Cohen - Blessing the Children - Mark 10:15-16



One of the longest serving member of Congregation Shaarie Torah in NW Portland. She lived to be 103 and passed quietly in January of 2024. She blessed all the children every Shabbat with prayers and candy. She was dearly loved and revered by all, as she blessed generations of families at Congregation Shaarie Torah.

Frieta Cohen showed me, being a blessing, at times, is about “Words”.

5. Where does the Jewish culture of blessing come from?

A Blessing Positioned. Genesis 48:20, He (Jacob) blessed them that day and said, “In your name will Israel pronounce this blessing: **‘May God make you like Ephraim and Manasseh.’** So he put Ephraim ahead of Manasseh.”

Fruitfulness before Pain Removal.

A Blessing Proclaimed. Numbers 6:24-26. “The Lord said to Moses, “Tell Aaron and his sons, ‘This is how you are to bless the Israelites. Say to them: ““The Lord **bless you and keep you;** the Lord make his face shine on you and **be gracious to you;** the Lord turn his face toward you and **give you peace.**” Aaronic Blessing

“The melodies and rhythms of Jewish blessings have served as the cultural glue for Jewish daily practice for thousands of years . . . This is so important to the Jewish tradition that the sages wrote (Brachot 35a) that it is forbidden to benefit from the world without making a blessing. It could be said that the value placed on blessings is central to all of Jewish life . . . in essence, to **become the blessing.**” **Rabbi Isaiah Rothstein.**

6. Prayer typically comes on two platforms - “For” and “Over”.

Christians tend to pray “for” people. Prayer of Petition. Problems.

1 Timothy 2:1, “I exhort therefore, first of all, that petitions, prayers, intercessions, and givings of thanks, be made for all men:”

Jews tend to pray “over” people. Prayer of Blessing. Presence.

Ruth 2:4, “Just then Boaz arrived from Bethlehem and greeted the harvesters, “The Lord be with you!” “The Lord bless you!” they answered. Boaz asked the overseer of his harvesters, “Who does that young woman belong to?”

7. How to give a blessing? Jesus blesses the children.

Mark 10:15-16, “I tell you the truth, anyone who doesn’t receive the Kingdom of God like a child will never enter it.” **Then he took the children in his arms and placed his hands on their heads and blessed them.**”

Three parts of a blessing:

“Come close, Meaningful and Appropriate Touch, Words of Blessing”
“*The Blessing*”, Gary Smalley

The BMW Blessing

Numbers 6:24-26, Romans 8:29, Psalm 23, Psalm 1

“Dear God, **Bless** . . . “name”, **Make** him more like Jesus. **Walk** with him this week.
In Jesus Name, Amen.”

8. Blessing Word Picture - “Tear off the Roof” - Mark 2:3-11

Mark 2:3-5,10-12, “Some men came, bringing to him a paralyzed man, carried by four of them. Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus by digging through it and then lowered the mat the man was lying on. When Jesus saw their faith, he said to the paralyzed man, “Son, your sins are forgiven . . . “But I want you to know that the Son of Man has authority on earth to forgive sins.” So he said to the man, “I tell you, get up, take your mat and go home.” He got up, took his mat and walked out in full view of them all.”



Blessing before Healing.

Proverbs 15:4, “A wholesome tongue is a tree of life.”

The One Question Wise Men ask
“**Who am I called to bless today?**”

Psalm 1:3b, “. . . bearing fruit in season. . .”

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Additional Blessings

What can I say to bless my . . .

Wife: Proverbs 31, “A wife of noble character, who can find? She is worth far more than rubies. She does not eat the bread of idleness. Her children rise up and call her blessed, her husband also. Many woman do noble things, but you surpass them all.” **Or** “May God make you like Sarah, Rebecca, Rachael and Leah. Great women who built up the house of Israel.” **Or** “May God make you like Ruth and Esther. Great woman who saved the house of Israel.” The BMW Blessing. The Aaronic Blessing.

Husband: Psalm 1, Psalm 15, Psalm 128, “Blessed is the man who does not walk, stand or sin with sin, but his delight is in the law of Lord and on his law he meditates day and night. He shall be like a tree planed by rivers of water, bearing fruit in season, his leaf does not wither, whatever he does prospers.” The BMW Blessing. The Aaronic Blessing.

Sons: Genesis 48:20, “May God make you like Ephraim and Manasseh.” “May God make you like Josph and Daniel.” The BMW Blessing. The Aaronic Blessing.

Daughters: Ruth 4:11, “May God make you like Sarah, Rebecca, Rachael and Leah. Great women who built up the house of Israel.” “May God make you like Ruth and Esther. Great woman who saved the house of Israel.” The BMW Blessing. The Aaronic Blessing.

Additional Resources

Book, “*The Forgotten Blessing*”, Ancient Words That Heal Generational Wounds, by Aaron Fruh

Book, “*The Blessing*”, Giving The Gift of Unconditional Love & Acceptance, by John Trent, Gary Smalley & Kari Trent Stageberg.