



VICTORY YOUTH

RITE OF PASSAGE

RESOURCE GUIDE

- **Invitation**
- **Why is this Important?**
- **How to Prepare for a Blessing Ceremony & Tips for Single Parent**
- **The Power of Words - Spoken and Written**
- **Breaking the Power of a Curse**
- Sample Commitments Parents Can Make
- Sample Commitments Youth Can Make
- Sample Blessing Letter from Mom
- Sample Blessing Letter from Dad
- Sample Blessing Letter from Grandparent
- Sample Blessing Letter to a High School Adolescent
- Blessing Letters From Friends, Family, Teachers, Coaches, Pastors
- Verses About Our Identity in Christ
- Other Resources



VICTORY YOUTH

RITE OF PASSAGE

VICTORY PARENTS!

We are so excited for your student as they approach this meaningful Rite of Passage and transition into adulthood.

We know what an important milestone this is, and we are excited to partner with your family in making this a memorable milestone both for your child and for you as parents. This is such a significant moment to spiritually mark your child's coming of age and confer blessing over their life. You've laid the foundation, now let's build upon it.

This day will be filled with powerful ministry and meaningful connections as we help you impart the Blessing of God.

We've outlined a "Blessing Plan" for you to read and use in preparing for this milestone. We are keeping your family in prayer during this important time. Your (Son/Daughter) is so blessed to have you as parents that want to guide them into this new chapter of life. Please take time to plan and prepare with your student and family for this day. We would love for you to extend an invitation to your family members and join us in this celebration. We pray God's joy and power be poured out over the ceremony and this new season ahead!



VICTORY YOUTH

RITE OF PASSAGE

WHY IS THIS AN IMPORTANT EVENT FOR YOUR FAMILY?

- It allows you as parents to spiritually mark your child's transition into adulthood. Going through a purposeful Rite of Passage gives weight and significance to this new season of life.
- It provides a special moment for you to speak value, identity, and destiny over your child's life. The words spoken during a blessing ceremony can have lifelong impact.
- It gives you as a parent a chance to publicly affirm and honor your child. This affirmation can help build self-esteem and emotional security in your adolescent.
- It facilitates emotional and spiritual closure from childhood, releasing your child into a new sense of maturity and responsibility. The ceremony provides a clear demarcation point.
- It establishes a symbolic end to the parental authority/child obedience structure. Your parental blessing engages and authorizes your child to operate (with healthy boundaries) as an young adult going forward.
- It allows you as a parent (especially fathers) to formally pass the baton to the next generation. This passing of the baton can be deeply meaningful.
- It gives you as a parent the role in a key season of transition that you may have missed out on yourself. You now have the opportunity to do for your child what wasn't done for you.
- It allows you to be proactive in passing your faith in the Rite of Passage rather than leaving it to secular influences. You will give spiritual significance to the milestone.
- It provides an unforgettable shared experience that you and you child can look back on fondly. It becomes a cherished memory.

In summary, blessing ceremonies allow parents to spiritually mark, empower, honor, release, authorize, this pivotal transition for their adolescent. This intentional Rite of Passage can be deeply meaningful for all.



VICTORY YOUTH

RITE OF PASSAGE

HOW TO PREPARE FOR A BLESSING CEREMONY

WITH TIPS FOR SINGLE MOMS

- Pray and ask God to show you someone who can speak blessing into your child's life in place of an absent father. ***This could be a grandfather, uncle, pastor, teacher, coach, etc.***
- If the father is willing, invite him to participate in the ceremony in some way, even if it's just writing a letter of blessing. His voice will mean a lot.
- Spend time in prayer over your child, asking God to reveal your child's gifts, talents and destiny. Write these down to speak over them.
- Study Scriptures about identity, purpose and empowerment to meditate on for yourself and your child. Internalize these truths.
- Make sure you have worked through or are working on any father wounds so you can bless your child from a place of healing and strength.
- Create meaningful symbolic objects for the ceremony that confer adulthood, like a family ring, gift of keys, mantle, etc.
- Prayerfully create a blessing letter where you honor your child's journey and release them into their calling. Ask God what to say. Examples of this will be provided.
- Visualize your child experiencing freedom and empowerment through your words. See them stepping into their God-given identity.
- Designate godly friends/family who can speak blessing and affirmation over your child during the ceremony.
- Prepare a celebration following the ceremony to honor your child and this new season. Make it meaningful and memorable.
- Set up structures to continue imparting blessing, empowerment and guidance after the ceremony is over. Don't stop! This is one of many milestones they will pass through. **Think first job, first missions trip, graduation from High School etc.**

Even as a single parent, you can prepare spiritually and practically to confer blessing over your adolescent. God will honor your efforts and anoint you.



VICTORY YOUTH

RITE OF PASSAGE

THE POWER OF WORDS - SPOKEN AND WRITTEN

POSITIVE WORDS

The words we use have a powerful impact, especially on our kids as they go through the challenging years of puberty. Positive words can uplift, encourage, and empower. Telling your child they are talented, smart, or loved can bolster their confidence and self-esteem. Phrases like “I believe in you” and “You’ve got this” validate their abilities and make them feel supported.

NEGATIVE WORDS

Conversely, negative words can be incredibly damaging. Insults, criticism, and thoughtless comments can scar a child’s psyche during their formative years. Saying a child is stupid, lazy, or worthless - even in jest - can shred their self-worth. Teasing and name-calling can lead to anxiety, depression, and other issues.

As your student undergoes the physical and emotional changes of puberty, they need compassion, reassurance, and positivity. The words we use towards them become their inner voice. When we tell a child they are beautiful, capable, and valued, they carry those messages into adulthood. But hurtful words echo in their minds, undermining their confidence. Let us be mindful of the power our words wield, especially during the vulnerable adolescent years. With positive language, we can empower our kids to believe in themselves and achieve their full potential. But negative words can inflict deep wounds that last a lifetime. **Our words have power - let's use them wisely.**

THE WRITTEN WORD

The power of a written letter from an adult to a youth lies in its ability to go past generational gaps and establish a special connection. As a tangible expression of care and love, a letter becomes a timeless artifact, carrying the weight of wisdom and experience. In our fast-paced digital world, where instant messages come and go, a letter provides a pause for reflection and a lasting imprint of sincere sentiments. It not only imparts valuable advice but also serves as a bridge between different life stages, fostering understanding and trust. The act of an adult taking the time to write conveys a sense of importance, reinforcing the belief that your students thoughts and emotions are worthy of consideration. Through the written word, you can inspire, encourage, and share insights, creating a meaningful exchange that leaves a lasting impact on the your student.



VICTORY YOUTH

RITE OF PASSAGE

HOW TO BREAK THE POWER OF A CURSE DURING A BLESSING CEREMONY

HERE ARE A FEW SUGGESTIONS:

- **Verbally renounce the curse.** Have your student audibly renounce any curses that may have been spoken over them. Break agreement with those words.
- **Proclaim truth.** Speak Scriptures about the child's identity in Christ and destiny in Him. God's Word breaks the power of lies and curses.
- **Apply the blood of Jesus.** Plead the blood of Christ over your child to cleanse from sin and break all curses. Claim your child as redeemed!
- **Cancel generational patterns.** Break any negative cycles or strongholds that may have plagued your family lineage. Pronounce this as ending now.
- **Cut ungodly soul ties.** Break any unhealthy emotional or spiritual bonds or connections, especially with people who had destructive influence.
- **Pray for inner healing.** Ask God to bring healing from past wounds that may have created access points for the enemy. Pray for emotional freedom.
- **Release forgiveness.** Lead the child through forgiving anyone who may have spoken curses over them, including parents or authorities.
- **Impart blessing.** Invite God's supernatural favor and empowerment into the child's life. Bless their identity, relationships, finances, purpose.
- **Make a new declaration.** Have your child declare that the old cursed identity and destiny is dead and they are a new creation in Christ.
- **Establish godly government.** Come under the covering of good spiritual authority that can provide protection from future curses.

The key is to not just break the curse but displace it by imparting God's truth, forgiveness, healing, and blessing into your child's life. Replace the curse with covenant love.



VICTORY YOUTH

RITE OF PASSAGE

COMMITMENTS FROM PARENTS

SUGGESTIONS PARENTS CAN MAKE TO THEIR CHILD DURING A BLESSING CEREMONY

- We commit to continue praying for you and seeking God's will for your life. We will intercede for your growth and empowerment daily.
- We commit to be available to give you godly counsel and wisdom whenever you need it. We want to always have open communication.
- We commit to affirm your gifts, talents and calling. We want to continually bless and build up who God made you to be.
- We commit to guide you in relationships, finances, education and career based on biblical principles. We want to equip you for success.
- We commit to creating a safe home environment where you can process questions, emotions and experiences. We will listen without judgment.
- We commit to treating you as an adult while still providing parental covering. We want to nurture independence and responsibility.
- We commit to preparing you to one day leave home and cleave to a Godly spouse. We aim to raise you to build your own family.
- We commit to modeling healthy marriage and parenting so you can one day emulate this in your own family.
- We commit to continue pursuing our own spiritual growth as parents so we can become better mentors to you.
- We commit to releasing you to pursue God's calling over your life. We want to empower you to walk in your destiny.

The key is making commitments that focus on continued spiritual support, guidance, empowerment and releasing the child into adulthood. The commitments make the transition tangible.



VICTORY YOUTH

RITE OF PASSAGE

COMMITMENTS FROM YOUTH

SUGGESTIONS YOUTHS CAN MAKE TO THEIR PARENTS DURING A BLESSING CEREMONY

- I commit my life to following Jesus Christ and making Him the Lord of my life.
- I commit to pursuing personal growth and maturity through studying God's Word, prayer and fellowship.
- I commit to saving sexual intimacy for marriage. I will walk in purity of heart and mind.
- I commit to honoring my parents and other authorities God places over me.
- I commit to stewarding my finances according to biblical principles of honesty, generosity and wisdom.
- I commit to discovering my gifts and talents and using them in service to God and others.
- I commit to seeking godly counsel when making major life decisions.
- I commit to surrounding myself with wise and faithful friends who will spur me on to godliness.
- I commit to living a disciplined life through proper self-care, balance and self-control.
- I commit to pursue continued education and development of my skills to prepare me for future callings.
- I commit to bloom where I'm planted and make a positive difference in my family, church and community.

The key is to have the child make age-appropriate commitments that demonstrate maturity, wisdom and readiness for this new season of adulthood. Use the above commitments as guides.



VICTORY YOUTH

RITE OF PASSAGE

SAMPLE BLESSING LETTER FROM A MOM TO HER CHILD

My precious [child's name],

As you stand at the threshold of adulthood, my heart is bursting with love and pride. Today I declare that you are no longer a [young boy/young girl], but you are now moving into being a [young man or woman]. I am so proud of you!

God knew you and knit you together in my womb, forming you with his loving hands. He gave you to me as a sacred trust to nurture and raise for Him. What a privilege it has been to be your mom! I have loved every minute of raising you, even through the challenges. You have grown into a [kind, thoughtful, generous, wise, etc.] person with your own unique personality, gifts and talents. I love your [sense of humor, compassion, creativity, curiosity, etc.]. You brighten the lives of everyone around you. Don't ever question your worth - you are so valuable!

As you step forward into this new season, I want you to know nothing can separate you from my steadfast love. Though the path ahead may sometimes be difficult, you never walk alone. Your Heavenly Father will guide your steps, and I will cheer you on each step of the way.

I release you today into God's purpose for your life. May His Spirit empower you and produce fruit through you. Stay close to Him always. He is your truest Friend. I bless you with the courage to pursue your dreams wholeheartedly. Be bold, my child! With Christ, nothing is impossible. Great adventures await you.

No matter where this life takes you, home will always be a safe place for you. My arms are never closed to you. You have my heart forever.

I love you bigger than the sky!

Mom



VICTORY YOUTH

RITE OF PASSAGE

SAMPLE BLESSING LETTER FROM A DAD TO HIS CHILD

My dear [child's name],

I can't believe how quickly you've grown up. It seems like just yesterday you were taking your first steps, and now you stand tall as a young [man/woman] ready to take on the world. I'm so proud of you! Today I declare that you are no longer a [young boy/young girl], but you are now moving into being a [young man or woman]. I am so proud of you! You will always be my [son/daughter]—that will never change. But today I recognize you are not a child anymore. You have your own dreams, talents and ideas that now need room to grow and blossom.

As your Dad, it has been my highest honor to be your protector and guide. Now I want to give you wings to chart your own course and bless the path ahead. I bless you with wisdom beyond your years. May you walk closely with God as your compass. His Word will light your way. When faced with decisions, look to Him first.

I bless you with discernment and self-control. May you reflect carefully before acting, guarding your heart and mind. Remember, patience is better than haste. I bless you with true companions who speak truth and nourish your spirit. May you uplift each other to become the best versions of yourselves.

I bless you with courage to stand up for what is right and speak for those who cannot speak. May you use your gifts to serve others well. I bless you with my unconditional love. No matter where you go or what you do, you carry my love and support with you always. I release you today to go and fulfill your purpose. Lead your life with integrity. Work hard and keep growing. Stay humble. And above all, love God with all you've got. I believe in you and can't wait to witness the awesome plan God has for you unfold. Shine bright, my child!

Love,
Dad



VICTORY YOUTH

RITE OF PASSAGE

BLESSING LETTER FROM A GRANDPARENT TO THEIR GRANDCHILD

My precious [grandchild's name],

It brings me such joy to see the [young man/young woman] you are becoming. I am so proud of you, my dear one. I remember the first moment I held you in my arms like it was yesterday. Even then, I could see promise and potential in you. And you have certainly fulfilled that promise many times over.

Watching you grow up has been one of the greatest privileges of my life. I thank God every day for giving me a [grandson/granddaughter] as wonderful as you. You are such a blessing!

As you step forward into adulthood, I want to impart some wisdom that I hope will guide you on your journey:

- Walk closely with God. Seek Him first, and He will direct your path.
- Treat others with kindness, empathy and respect. How you make people feel matters.
- Work hard and commit to excellence, but balance it with rest and enjoyment of life. Don't forget to have fun!
- Learn constantly. Be open to new ideas and experiences. It will expand your mind.
- Persevere through setbacks. You have resilience wired into your spirit. You have so much potential to fulfill. Don't ever give up.
- Stay true to who you are. The world needs your unique gifts and perspective. You have so much to offer.

I bless you today as you step forward into this new season of adulthood. May it be filled with discovery, growth and joy. Please know you always have a listening ear and cheering section in me. I love you to the moon and back!

Love always,
[Grandparent's name]



VICTORY YOUTH

RITE OF PASSAGE

BLESSING LETTER TO A HIGH SCHOOL ADOLESCENT

Dear [child's name],

I am so proud of the young [man/woman] you are becoming. Today I declare that you are no longer a [young boy/young girl], but you are now a [young man or woman].

As you enter this new season of life, I want you to know a few things.

- You are loved. My love for you is unconditional and everlasting. There is nothing you could ever do that would make me stop loving you.
- You are unique. God has gifted you in special ways and has great plans for your life. Stay close to Him and follow His leading.
- You are capable. You have everything you need to fulfill your destiny. Walk in confidence, knowing your heavenly Father will equip you for every good work.
- You are forgiven. We all make mistakes - myself included. But in Christ, you are completely forgiven and made new. Don't let past failures hold you back. Press on toward your high calling.
- You are anointed. God's power and favor rest on you mightily. You have divine enablement to pursue your dreams and overcome every obstacle.
- You are my beloved child, and I bless you today as you step into this new season.

May you grow deeper in your love for Christ and understand more fully your identity as His beloved son/daughter. I release you to embrace your destiny with joy and purpose. You are blessed!

With great love
[Your name]



VICTORY YOUTH

RITE OF PASSAGE

BLESSING LETTER FROM A FRIEND, RELATIVE, COACH, PASTOR

As with all of the other letters that will have been written from the family, encouragement and blessings from close friends, coaches, teachers, pastors, best friends or extended family are significant and powerful for your student.

These will take time to gather, so its important that you start early in communicating to these people about why your doing this and the need for their contribution. Your campus Youth leader and team will be reqady to gather these as they come to you as it will be part of the celebration service.



VICTORY YOUTH

RITE OF PASSAGE

SAMPLE VERSES ABOUT IDENTITY IN CHRIST

2 Corinthians 5:17 - Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

Galatians 2:20 - I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

1 Peter 2:9 - But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.

Ephesians 2:10 - For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

2 Timothy 1:7 - For God gave us a spirit not of fear but of power and love and self-control.

John 1:12 - But to all who did receive him, who believed in his name, he gave the right to become children of God,

Colossians 3:3 - For you have died, and your life is hidden with Christ in God.

2 Corinthians 5:21 - For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

John 1:11-13 - "He was in the world, and the world was made through him, yet the world did not know him. He came to his own, and his own people did not receive him. But to all who did receive him, who believed in his name, he gave the right to become children of God, who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.

1 Corinthians 12:26-27 - "If one member suffers, all suffer together; if one member is honored, all rejoice together. Now you are the body of Christ and individually members of it."



VICTORY YOUTH

RITE OF PASSAGE

CONTRIBUTING RESOURCES:

THE CONTENT OF THIS GUIDE IS TAKEN AND SUMMARIZED FROM:

- THE POWER OF A PARENTS BLESSING - CRAIG HILL
- THE FAMILY BLESSING GUIDE BOOK - TERRY & MELISSA BONE
- IMPARTING THE BLESSING - WILLIAM T. LIGNON SR.
- LETTERS FROM DAD - UNLOCK THE SECRET TO LEAVING A LASTING LEGACY FOR YOUR CHILDREN & GRANDCHILDREN. - BOOK RESOURCE - AMAZON