



## LESSON 4 // BLESS ME

**Big Idea:** There are many reasons we may seek and pray for God’s blessing. One reason is to overcome the curse of labels that others have put on our lives—something you’ve tried to shake, but just can’t seem to get rid of.

Labels stick. They have a lasting impact and implications. But you can overcome your labels if you go to God for help—for a blessing to overcome the curse! He’ll help you remove and resist unhealthy labels. And He can make you a life-giving “labeler” who speaks blessing to others.

**1 Chronicles 4:9,10 (NIV)** *Jabez was more honorable than his brothers. His mother had named him Jabez, saying, “I gave birth to him in pain.”<sup>10</sup> Jabez cried out to the God of Israel, “Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain.” And God granted his request.*

### Start Talking:

How did names or nicknames you were called growing up impact you? Or share how someone you knew was affected by names they were given.

### Start Thinking:

**Read Proverbs 22:1.** What does this verse tell you about the value of a “good name” and “esteem” from others? How does a negative name or label work against this in your life?

**Read 1 Chronicles 4:9-10.** In what ways can labels create limitations and burdens in our lives? How do you see Jabez fighting against these in his prayer?

**Read John 8:32 and 2 Corinthians 5:17.** How does knowing the truth about Jesus and your identity in Him protect you from unhealthy labels?

**Read Romans 12:2 and James 4:7.** How can these verses help you remove and resist ungodly labels in your life?

### Start Praying and Doing:

Pray for God to help you see if there are any unhealthy labels that have stuck in your life—anything that’s trying to limit or burden you, or keep you from God’s best and highest.

Then boldly ask God, as Jabez did, “Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain.” Believe God to help you overcome any label and bless you with a strong identity in Christ that will give you hope and purpose in Him.