



PASTORS 

GOD'S 3 GREAT BLESSINGS



Be fruitful.



Multiply.



Have Dominion.

GENESIS 1:28

THE 3 GREAT BLESSINGS

Kids Reading


The 3 great blessings— Doesn't that sound awesome?!


Did you know the very first thing God ever said to His children is something really exciting? It's found right at the beginning of the Bible in Genesis 1:28—and we call it the Three Great Blessings. A “blessing” is a special gift or promise from God.


Think of it as God's super special secret code for living your best life!

“Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.” — Genesis 1:28

So what does this all mean? Let's take a look:

 **BE FRUITFUL** — This means to grow into a good person—with a Kind heart, a strong spirit, and a loving character. It's like becoming a big, beautiful tree that bears delicious fruit. Did you know orange trees can grow up to 300 oranges per season? Just like them, we can grow strong and keep sharing lots and lots of goodness!

 **Multiply** — Fill the Earth. What does this 2nd blessing mean? Once we grow into awesome people, God wants us to share that goodness with others. Imagine a dandelion puff blowing in the wind, spreading its fluffy seeds far and wide. Just like that, you can spread love, laughter, Kindness, and even create a future family filled with God's love!

 **Have Dominion** — Whoa! That sounds like a superhero job—and it Kind of is! It means to take care of the world like a Kind and wise protector. That includes feeding your dog, watering your plants, recycling, or even helping clean up the beach. God gave us this beautiful planet, and it's our job to take care of it! Did you know there are about 8.7 million different kinds of animals on Earth—wow! That's a whole lot of creatures to care for!

So that's it in a nutshell. God's first words to people weren't random— God gave us a 3-step plan to live an amazing life! A plan for happiness. And the best part? You've just uncoded it!

Grow into your best self.

Share God's love with others.

Take care of this amazing world.

THE 3 GREAT BLESSINGS

Teen Reading

Today we uncover God's First Words to Us — These aren't just ancient words — they're a 3-step plan for living the most fulfilling life possible!

"Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth." - Genesis 1:28

We call these the Three Great Blessings. Did you know "blessing" means favor and protection? God wants the best for you—and this is His roadmap. His blessings for our lives- Let's break it down:

1 Be Fruitful — Grow Into a Person of Depth

This isn't about producing apples. Being "Fruitful" means becoming someone with real heart, strong character, and a growing relationship with God. Think about someone you really admire—a mentor, coach, teacher, or even a fictional superhero. They didn't become who they are overnight. It took time, effort, and growth. You're in that process now. Wax on, wax off! Every time you choose integrity, show empathy, or get real with God—you're growing into the Kind of person who makes the world better just by being in it.

2 Multiply — Share God's Love

"Multiply" isn't just about having a family someday (though that's a huge part of it). It's about spreading love, light, and truth now. Every time you help someone out, check in on a friend, or show kindness without being asked—you're multiplying God's heart. You can be the reason someone feels seen, heard, or valued today. That's powerful.

3 Have Dominion — Care for the World Around You

"Dominion" isn't about domination—it's about stewardship. God gave us this earth to care for, protect, and cultivate. That could mean planting trees, studying environmental science, cleaning your room, or even designing inventions that help the planet. Did you know engineers have created edible water bubbles to help reduce plastic waste? Small innovations like that are changing the world!

Here's the truth: God's first words are still speaking to you today. They're intentional—not about judgement or pressure—they're about potential. A call to grow. To love. To take care. And when you do—you'll be living the life you were created for.

THE 3 GREAT BLESSINGS

Adult Reading

What comes to mind when you hear the word blessing? For some, it's family. For others, it's health, opportunity, or peace of mind. Today we dive into the 3 Great Blessings, God's first words to us. A roadmap for fulfillment, a Key to building a life you love. Let's take a closer look at what this can mean for your life—right now.

"Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth." - Genesis 1:28

1 Be Fruitful — Become Whole

This isn't just about having things to show for your life—it's about becoming someone of integrity. To be fruitful is to grow into maturity: a person who lives with sincerity, self-awareness, and wholeness. It's about becoming someone who can love unselfishly, who knows their worth, and who's constantly deepening their relationship with God. In a world full of noise and pressure, this blessing reminds us that our first task is inner growth. Your spiritual journey—your self-mastery, your character, your heart—that's the foundation.

2 Multiply — Create & Contribute

"Multiply and fill the earth." Yes—this includes starting families, raising children, and building homes. God designed us to be co-creators. Families are the cornerstone of healthy societies! Multiplication is also about impact. It's about multiplying love, generosity, peace, and joy out into the world through your words, your work, your relationships. Studies show that when families are strong, entire communities thrive—crime rates drop, schools improve, and mental health outcomes rise. Whether by raising kids, mentoring others, or simply showing up with love—you're contributing to a ripple effect of good.

3 Have Dominion — Steward with Purpose

Caring well for what we've been given: the earth, yes—but also your home, your health, your finances, your gifts. Maybe that means gardening, learning how to budget, or using your creativity to start something that helps others. You may not be an inventor, like Benjamin Franklin, but you can take care of your corner of the world. God's asking you to be part of the solution.

Wherever You Are Right Now—This Is For You. Whether you're just figuring out adulthood, building a marriage, raising children, or enjoying the wisdom of grandparenting—the Three Great Blessings offer a timeless path. No matter your age or stage of life, you can keep growing into the kind of person who brings life, love, and goodness to the world.

3 GREAT BLESSINGS

Application



Reflection & Sharing

What are the “three great blessings” in your own words? Draw or write.

Pick ONE of the blessings and try it out today! Be extra Kind, share love, or help take care of something. Write or draw what you did!



Which blessing stands out to you most today
—and how can you live it out this week?



My Prayer

Dear

Thank You for giving us a beautiful plan
to live a happy life. Help me grow strong
in heart, share love with others, and take
care of this amazing world You made.

Amen.

3 GREAT BLESSINGS

☆ Activities!

Have fun learning all week. :)
Hang this on your fridge as a reminder. Share your pics in our private facebook group! Or post on your page: #gatherandgrow #j&ldevotionals @pastors j&l



GAME: Play Bingo

- Print out the family bingo challenge! Stick it on your fridge. Work together as a family to get 4 in a row weekly!



GET CRAFTY: Fruitful Tree

- Draw or create a tree on a poster. Add paper fruit labeled with good character traits. Each person picks one to “grow” in during the week and shares how they practiced it. Or make a family tree!



SHARING: Mentor Moments

- Watch a short clip, read or share about someone admirable (a mentor, superhero, or spiritual figure). Discuss what made that person “fruitful” and how we can grow in similar ways.



TALENT SHOW: Use Your Gifts

- Let each person use a special skill or gift to “give back”—whether it's drawing, baking, fixing something, or encouraging others. Talk about using your talents to bless the world.

Genesis 1:28

“Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.”

GOD'S 3 GREAT BLESSINGS

Use this space to take notes, make a collage, draw or write.

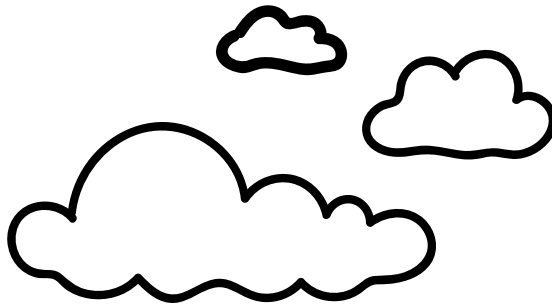
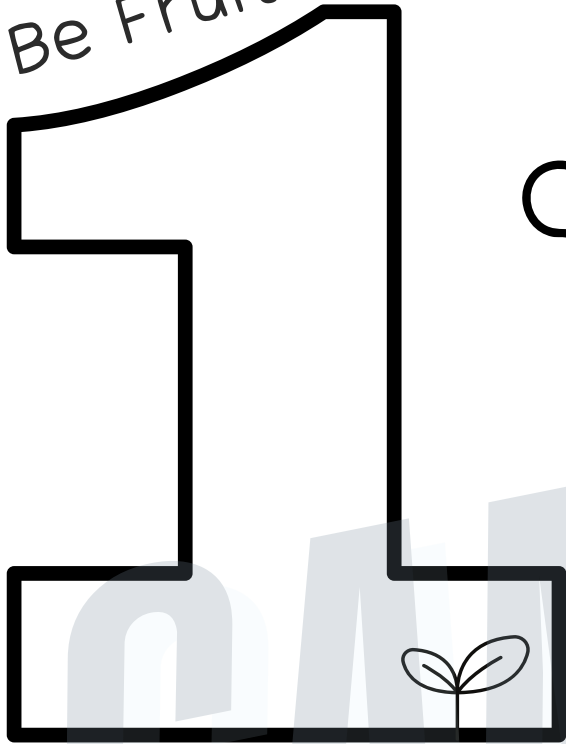
Be Fruitful

Multiply.

Have Dominion.

GOD'S 3 GREAT BLESSINGS

Be Fruitful.



Multiply.



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Draw or write words
about each blessing
inside its number!

3 great blessings

BINGO

Family Challenge: work together to get 4 in a row per week!
Up, down, across, diagonal.

Give a compliment

say a prayer

thank you note

recycle

make someone laugh

help someone

meditate

pull weeds

prayer journal

tidy a space

nature walk

thank you note

pick up trash

yoga

read bible

hug a tree