



Thank you, God, for the sun that glows.



And thank you, God, for the flowers that grow.



Thank you for the birds that chirp in the trees.



Thank you for the fish that swim in the seas.



And God, keep me safe until I wake again.



Help me to sleep in your peace. Amen.



For Parents

Families with young children often create reassuring rituals for bedtime. Your bedtime routine with your child may include hugs, stories, stuffed animals, a drink of water, and a nightlight.

For Christian families, bedtime is also a perfect time to teach children how to pray. Bedtime prayers enable your child to reflect on the day, give thanks for their blessings, and learn to trust in God's love and care as they drift off to sleep. With your support, prayer can become a meaningful part of your child's bedtime ritual.

The prayer in this little book begins by leading children to think about nighttime. Rather than fearing the night, your child can learn to feel safe at night by thinking about the daily occurrences of the sunset and the appearance of the moon and stars. Then, the prayer gives thanks for different parts of God's

creation. If you wish, you may pause during this part of the prayer to name plants, animals, or other parts of creation that your child is particularly fond of.

Next, the prayer leads your child to ask for God's blessing and protection for parents, family, and friends. At this point in the prayer, you may name the people closest to your child, or people your child has seen during the day.

Finally, the prayer ends with your child asking for God's care and protection while they sleep. Here, you may add encouraging words for your child to help them understand that they have nothing to fear, and are cared for by you and by God while they are asleep.

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