

5 Bedtime Prayers for Children

A child's prayers are simple, yet so powerful. Jesus spoke on earth about how people must be like children in their innocence and faith to enter the kingdom of heaven (Matt. 18:2–5).

Teaching your children to pray helps them build a habit of prayer that will follow them right into their adulthood. There's no better way of parenting or planting good seeds for your child's future than teaching him or her to rely on God in prayer.

If you want to help your little ones build a habit of talking to God, then daily prayer at bedtime is a good place to start. The following short bedtime prayers can help you practice prayer with your kids.

1. Gratitude Prayer

Thank You, Lord, that I can breathe and smell all the beautiful flowers. I can walk, run in a race, and see all the trees and clouds. Thank You for Mommy, Daddy, my sisters, and my brothers too. Thank You for loving me so dearly and sending Your Son Jesus to die on a cross for me—and then come back to life.

Thank You because I can go to school and learn with all my friends. Thank You also for all the yummy food I get to eat. Thank You for this warm bed, for the moon shining on me, and that You are with me. Amen.

2. Prayer for Help

Father, thank You for loving me so much. I know that I can talk to You about anything—and You listen to me. Thank You for

helping me when I get in trouble too. I pray that You will help me be a good child who listens to You and tells others about You.

I also pray tonight that You keep me safe. Watch over me so that I can sleep soundly. Amen.

3. Blessing Prayer

Lord, thank You for everything I have. Mommy and Daddy say it all comes from You. Please bless my parents and all my uncles and aunties. Bless my teachers and all my friends at school. Bless the pastor and everyone at church. Bless the poor and those who don't have a place to sleep tonight. Amen.

4. Prayer for a Peaceful Sleep

Dear Lord, sometimes when Mom and Dad go to sleep, I get really scared and have some scary dreams too. I know You are the most powerful One in the world, so please help me feel safe. Help me to remember that You are always with me in the dark—and I don't have to be afraid. In Jesus' name I pray, amen.

5. Prayer for Family

Dear Lord, thank You for my parents who love me so much and my siblings who care for me. I know we fight sometimes, but we actually love each other so dearly. Help us to forgive each other when we argue. I pray that You protect them even when we go to different places every morning. Bless them and keep them safe from trouble.

Bless my Mommy and Daddy so that they can keep providing everything that we need. Help us to grow closer to You and love each other better. Help us to be good children, to obey what the Bible says, and what Daddy and Mommy tell us to do. Let us be happy as a family. In Jesus' name I pray, amen.

Learning Early On

Teaching your children the concepts of these simple bedtime prayers helps them understand early in life that they can talk to God about anything and everything. They can build a beautiful friendship with the Lord even at a young age.

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