



Psalm 4:8 Bedtime Prayer



**In peace I will both lie down and sleep;
for you alone, O LORD,
make me dwell in safety.**

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Bedtime Prayer for Kids



**Now I lay me down to sleep,
I pray the Lord my soul to keep.
May angels watch me through the night
and wake me with the morning light.**

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Psalm 54 Children's Good Night Prayer



**Behold, God is my helper;
the Lord is the upholder of my life.
He will return the evil to my enemies;
in your faithfulness put an end to them.**

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Gentle Jesus Prayer



**Gentle Jesus, meek and mild,
Look upon a little child;
Pity my simplicity,
Suffer me to come to Thee.**

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Simple Bedtime Prayers for Children

 ministry-to-children.com/simple-prayers-for-children

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Teaching children to pray often includes learning a few sample prayers by memory. Use these evening prayers for kids every night at bedtime.

You should teach kids to pray using their own words, but these route prayers are powerful tools to help children build confidence in their talking with God.

When possible, I prefer biblical prayers. For longer prayers, practice them at bedtime for one week, then move to the next. After a few weeks, start from the beginning of the list or incorporate new prayers into the list.

Bedtime Prayer: Our Father Prayer (the Lord's Prayer) Matthew 6

Pray then like this:
"Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from evil.
Matthew 6:9-13 ESV

Short Good Night Prayer for Kids

Now I lay me down to sleep,
I pray the Lord my soul to keep.
May angels watch me through the night
and wake me with the morning light.

Psalm 4:8 Bedtime Prayer

In peace I will both lie down and sleep;
for you alone, O LORD,
make me dwell in safety.

“God is Great” Simple Mealtime Prayer

God is great, God is good,
let us thank Him for our food,
by His hands, we are fed,
give us Lord our daily bread. Amen

Children’s Evening Prayer from Psalm 23: The Lord is My Shepherd

The LORD is my shepherd; I shall not want.
He makes me lie down in green pastures.
He leads me beside still waters.
He restores my soul.
He leads me in paths of righteousness
for his name’s sake.
Even though I walk through the valley of the shadow of death,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.
You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.
Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the LORD
forever.

Psalm 54 Bedtime Prayer

Behold, God is my helper;
the Lord is the upholder of my life.
He will return the evil to my enemies;
in your faithfulness put an end to them.
(Psalm 54:4-5 ESV)

Gentle Jesus, Meek and Mild (from Wesley’s Hymn) Simple Evening Prayer for Children

Gentle Jesus, meek and mild,
Look upon a little child;
Pity my simplicity,
Suffer me to come to Thee.

When children pray at bedtime, it helps them to feel close to God and express gratitude for the day. They can get a good night's sleep knowing that the LORD is protecting them.



Thank you for downloading these free materials. Our team is grateful for your trust and pray that God will bless your ministry.

This resource was prepared by [Kristin Schmidt](#) (pictured right). She serves at the Epiphany Lutheran Church in Castle Rock, CO. She has shared her teaching gifts through Ministry-To-Children since 2014 and now serves as our lead curriculum writer.



Every week she writes new [Sunday School lessons](#), [Bible crafts](#), and [children's sermons](#).

Kristin has a professional background in elementary and pre-school education. A graduate of Biola University, she holds a Master of Education and will receive the Master of Theology degree from Concordia University, Irvine, California, in May 2020. Kristin grew up in southern California and lived the past 10 years in Georgia. She is a long-distance runner and voracious reader. In addition to children's curriculum, she shares her student ministry activities and lesson ideas on [YouthGroupMinistry.com](#)

My name is [Tony Kummer](#) (pictured below). I started Ministry-To-Children.com in 2007 as a free resource for anyone sharing Jesus with kids. I am building three new websites. One is called [Ministry Answers](#) to help Christians find answers in God's Word. The other two are [Devotional Christian](#) and [10 Bible Verses](#) to help you focus on personal prayer and quiet times.



[Reader donations](#) and your support at [The Sunday School Store](#) fund these free materials. Please keep us in mind when you are choosing your next children's ministry curriculum. If you enjoy our material, be sure to [sign-up for my free email newsletter](#) called "Sunday School Works!" Every Tuesday, I send the latest new lessons, crafts, and coloring pages in print-friendly format to make your lesson planning easy. May God continue to bless your ministry!

Tony Kummer