



prayers at bedtime

At bedtime we have the opportunity to share the events of the day with our children. A time to look at the highs and lows without judging feelings and emotions.

Use simple words.

We don't have to sit hands together, eyes closed.

God welcomes the time we spend with him and many children enjoy sitting cuddling their favourite toy and talking to God in their own words and using words they understand.

ask what they have enjoyed

Relive those moments.

Treasure them again and thank God for them.

They are God's gifts and signs of his love.

Don't judge them just give thanks!

ask your child what made them sad

Explore their feelings of sadness.

Share your child's concerns.

Pray for the event that made them sad, those people who have been sad, those who have had a bad day.



think about tomorrow

What is there to look forward to?

What is happening that may be scary?

What is exciting?

Ask God to guide us through the day?

write or draw in the bubble!

At the end of the sharing time if you wish you could say a prayer (blessing) over your child as they snuggle down to go to sleep. You can download extra copies of this page by visiting the Mothers Union Oxford website at www.muoxford.co.uk and following the Praying Through The Day link on the home page.