

Bedtime prayers for kids that sound like your family

Six pages: three cut-apart sheets holding all eighteen bedside cards, the ten-minute rhythm, and caregiver safeguards.

INSIDE THIS PDF

- 18 cut-apart bedside cards, 6 per sheet
- Sorted by age band and by hard-night situation
- One Scripture line printed on every card
- The ten-minute rhythm and caregiver safeguards

Read one · change the words · let a child pass

sabbathmeditation.com

Ten unhurried minutes before sleep

Keep the order familiar and shorten it on exhausted nights. A thirty-second prayer still counts.

- 01

Settle

1 MIN
- "Choose a comfortable position. You may keep your eyes open, hold something, or simply listen."
- 02

Name the day

2 MIN
- "Share one good thing and one hard thing, or pass."
- 03

Read

2 MIN
- "Listen for one word or picture in this short Bible passage."
- 04

Pray

3 MIN
- "Say one sentence, use the printed prayer, stay quiet, or pass."
- 05

Bless

2 MIN
- "Receive one Scripture phrase and a simple blessing for the night."

PRINT AND CUT

The next three sheets hold all eighteen cards, six to a sheet. Cut along the dashed guides and keep the ones your family uses in a jar, a clip, or beside the lamp. Blank lines are places to say a real name.

TODDLERS AND PRESCHOOLERS

01/18

Jesus loves me tonight

Jesus, thank you for loving me. Thank you for this day and this bed. Stay near our family while we rest. Amen.

Mark 10:14

SABBATHMEDITATION.COM

TODDLERS AND PRESCHOOLERS

02/18

Thank you for one thing

God, thank you for _____. Thank you for the people who take care of me. Help my body rest tonight. Amen.

Psalm 136:1

SABBATHMEDITATION.COM

TODDLERS AND PRESCHOOLERS

03/18

The shepherd is awake

Shepherd God, you do not fall asleep. Watch over our home, our street, and everyone we love while we sleep. Amen.

Psalm 121:3-4

SABBATHMEDITATION.COM

TODDLERS AND PRESCHOOLERS

04/18

Goodnight, God

Goodnight, God. Thank you for today. You are here in the dark, and you are here in the morning. Stay with me while I sleep. Amen.

Psalm 4:8

SABBATHMEDITATION.COM

SCHOOL-AGE CHILDREN

05/18

One good, one hard

God, thank you for _____. I am sad or worried about _____. Please help with tomorrow. Give us rest, and help us love people well. Amen.

1 Peter 5:7

SABBATHMEDITATION.COM

SCHOOL-AGE CHILDREN

06/18

When I am afraid

God, when I am afraid, I will trust you. You know what I am carrying, even the part I cannot explain. Stay close while I fall asleep. Amen.

Psalm 56:3

SABBATHMEDITATION.COM

SCHOOL-AGE CHILDREN

07/18

After a hard day

God, you saw what happened today. Help me tell the truth about it, ask for help, and start again tomorrow without carrying it alone. Amen.

Psalm 34:18

SABBATHMEDITATION.COM

SCHOOL-AGE CHILDREN

08/18

Before a big day

God, tomorrow feels big. Give me courage for the next right thing and people who will help me. I do not have to do it perfectly. Amen.

Joshua 1:9

SABBATHMEDITATION.COM

SCHOOL-AGE CHILDREN

09/18

For someone I love

God, stay near _____ tonight. Give the people caring for them wisdom and kindness. Hold them while I sleep. Amen.

Philippians 1:3

SABBATHMEDITATION.COM

TWEENS AND TEENAGERS

10/18

Take back the day

God of mercy, receive what I carried today — the good, the unfinished, the embarrassing, and the painful. Show me what needs action and what can wait. Meet me in rest. Amen.

Matthew 11:28

SABBATHMEDITATION.COM

TWEENS AND TEENAGERS

11/18

When my head is loud

God, my mind will not stop. I am not going to solve this tonight. Hold the things I keep replaying, and let my body rest before my thoughts do. Amen.

Psalm 62:5

SABBATHMEDITATION.COM

TWEENS AND TEENAGERS

12/18

After a conflict

God, something went wrong between us. Show me my part without drowning me in it, and show me one honest step toward repair tomorrow. Amen.

Ephesians 4:26

SABBATHMEDITATION.COM

TWEENS AND TEENAGERS

13/18

Nothing to say

God, I do not have words tonight. Take the day as it is. I am here, and that is the whole prayer. Amen.

Romans 8:26

SABBATHMEDITATION.COM

HARD NIGHTS

14/18

After a nightmare

God, that was frightening. This is our room, this is my bed, and we are here together. Help our bodies settle slowly, and give the grown-ups wisdom to care for me. Amen.

Psalm 91:1

SABBATHMEDITATION.COM

HARD NIGHTS

15/18

When the dark feels big

God, the dark feels big and I feel small. You are not afraid of the dark. Stay with me until I fall asleep, and stay after that too. Amen.

Psalm 139:11–12

SABBATHMEDITATION.COM

HARD NIGHTS

16/18

When we are apart

God, you are with me here and with _____ there. Keep us both tonight, and bring the morning when we can be together again. Amen.

Psalm 139:7–10

SABBATHMEDITATION.COM

HARD NIGHTS

17/18

When we are sad

Jesus, you cried when your friend died, so you know about this. We miss _____. Hold what we love and what we lost tonight. Amen.

John 11:35

SABBATHMEDITATION.COM

HARD NIGHTS

18/18

When someone is unwell

God, be near _____ tonight. Give the doctors, nurses, and carers wisdom, and give us rest while we wait for news. Amen.

Psalm 46:1

SABBATHMEDITATION.COM

Keep bedtime prayer safe

Prayer is an invitation, never a test of behaviour, stillness, or how quickly a child falls asleep.

- Never connect God's love with behavior, stillness, or falling asleep quickly.
- Sharing, closed eyes, and spoken prayer are always optional.
- Respond to disclosures through proper safeguarding steps, not more bedtime questions.
- Seek pediatric or professional care for persistent sleep, breathing, anxiety, or trauma concerns.

Make sharing optional, take disclosures seriously, and follow your church, school, or family safeguarding plan. If a child says someone is hurting them or they are unsafe, listen calmly, do not investigate through leading questions, and contact the appropriate safeguarding or emergency support. The printable includes reminders so leaders and caregivers can keep the practice invitational.

WHEN TO ASK FOR MORE HELP

Persistent or severe sleep anxiety, repeated nightmares, breathing concerns, trauma symptoms, or ongoing sleep loss deserve attention from a pediatrician or a qualified mental-health professional. These prayers are support, not treatment. If a child discloses that they are unsafe, follow your safeguarding plan rather than asking more questions at bedtime.