

BEDTIME

*prayers for  
parents*

SCRIPTURE-BASED PRAYERS  
FOR YOUR BEDTIME ROUTINE

  
FAITHFUL  
KIDS

## How to Use These Cards

Store the cards in a convenient place where you'll be reminded to use a card each night. You could even let your kids choose one for you! If you're just starting out, tell your child it's time to pray, encourage closing their eyes (for focus and respect) and read the prayer on the card. As you get more confident, ask your child what's on their heart before you pray: Are they worried? Are they sad? Are they grateful for something? Use the card as inspiration but integrate your child's response into your prayer.

**Remember: Your confidence will grow with practice!**

Your willingness to grow a spiritual discipline of prayer teaches your child to do the same. And if you ever feel like you don't have the words, remember the promise of Romans 8:26: "Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words."

-PAm



## GENTLENESS

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“You have given me the shield of your salvation, and your right hand supported me, and your gentleness made me great.”

—PSALM 18:35

Lord, be a shield to \_\_\_\_.  
Support them in hard times. May your gentleness strengthen them and be an example of the gentleness they need to love others well. Teach me how to be gentle with \_\_\_\_ and their feelings and concerns. Give us the strength to walk in restraint and kindness. Amen.



## CONFIDENCE

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“For the Lord will be your confidence and will  
keep your foot from being caught.”

—**PROV. 3:26**

Lord, be \_\_\_\_\_ 's confidence!  
When they feel afraid, shy, nervous  
or inadequate I pray they would  
remember how much you love them.  
You will never leave or forsake them.  
You keep them from being caught.  
May they walk in assurance and  
security today and every day. Amen.



## THE FUTURE

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“And Jesus grew in wisdom and stature, and in favor with God and man.”

—LUKE 2:52

Lord, may \_\_\_\_\_ grow in wisdom, relying on your Spirit for each decision. May they grow in stature, in good health and safety. And may they grow in favor with both You and with the people they meet. May your grace equip them for the future and may it be evident in everything they do. Amen



## FRIENDSHIP

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“Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow.”

—ECCLESIASTES 4:9

Lord, may \_\_\_\_\_'s friendships blossom in depth and goodness. May they love their friends without fear. I pray for a good reward in all their relationships, that their friendships would be a mutual “lifting up”. Bring them friends who are loyal, kind, and strong and teach \_\_\_\_\_ to be the same kind of friend. Amen.



## KINDNESS

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“Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience.”

—COLOSSIANS 3:12

Lord, may \_\_\_\_\_ put on compassion and kindness for others, beginning at home! Remind \_\_\_\_\_ that they are chosen, holy and beloved by You. Because they are so loved, equip them to love others with patience. Amen.





## GOODNESS

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“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 23:6**

Lord, let goodness and mercy follow  
\_\_\_\_\_ all their days! Your presence is  
their rest. May they desire goodness  
and live it out in their words,  
actions and emotions. Teach them  
to seek after what is good. Amen.



## LOVE

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“How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are!”

— 1 JOHN 3:1

Lord, please remind \_\_\_\_\_ of your love! Show them how very much you love them. May every day reveal more fully what it means for \_\_\_\_\_ to be your child. As I love \_\_\_\_\_, so you also love them - even more than me! Show them your love and teach them to love others. Amen.



## REJOICING

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“May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.”

— ROMANS 15:13

Lord, fill \_\_\_\_\_ will joy, peace, and faith. By the power of your Holy Spirit give \_\_\_\_\_ the ability to have more than enough hope and joy for each day! May \_\_\_\_\_ rejoice in you even when circumstances are hard. The joy of the Lord is our strength. We love you! Amen.



## PEACE

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“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.”

— ISAIAH 26:3

Lord, in this world \_\_\_\_\_ will face hard things. But we know you have overcome the world! When things are hard and we don't understand, we know you are still trustworthy. You never change. Help \_\_\_\_\_ fix their mind on you, trusting you.  
Amen.



## PATIENCE

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“Rejoice in hope, be patient in tribulation,  
be constant in prayer.”

— **ROMANS 12:12**

Lord, may \_\_\_\_\_ rejoice in hope  
always! Give them patience for  
difficult day and for relationships  
with friends and family. Help them  
wait with expectant hope, trusting  
you long before they see the desired  
outcome. As they wait, show them  
how to remain connected to you  
through prayer. Amen.



## SELF CONTROL

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“A man without self-control is like a city broken into and left without walls.”

— PROVERBS 25:28

Lord, self control is hard to practice. We can't do it on our own. Please bear the fruit of self control in \_\_\_\_\_'s life. Make them strong and secure, protected by the fruit of your Spirit. Teach them to hear your voice and obey, trusting you will give the strength to choose restraint. Amen.



## HEALTH AND SAFETY

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“Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.”

— 3 JOHN 1:2

Lord, we can't guarantee perfect health or safety in this fallen world. Still, we ask for your protection, healing, and guardianship over \_\_\_\_\_. We cannot control our safety and trying to do so only makes us anxious. May we entrust our hearts and bodies to you as you both guard us and redeem us. Amen.



## WISDOM

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“If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.”

— JAMES 1:5

Lord, if we lack wisdom and aren't sure which way to go, you generously give us the knowledge we need! Please give \_\_\_\_\_ wisdom for all their decisions. If they feel afraid and unsure, remind them that you are listening. If they don't know what choice is the best, give them the discernment they need. Amen.





## GENEROSITY

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“Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you.”

— LUKE 6:38

Lord, you have given us all things!  
Everything we have is because of  
your generosity. Remind us that we  
don't own anything; it all belongs to  
you and we steward it for your glory.  
Help \_\_\_\_\_ to share generously of  
what you've given them, trusting  
your provision. Amen.



## COURAGE

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Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.”

— JOSHUA 1:9

Lord, equip \_\_\_\_\_ to be strong and courageous! When they feel frightened and dismayed, remind \_\_\_\_\_ that you are with them **WHEREVER** they go. There is no place on earth where you are not King. Let your sovereignty be our comfort. Amen.



## **RIGHTEOUSNESS**

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“Little children, let no one deceive you.  
Whoever practices righteousness is righteous,  
as he is righteous.”

**— 1 JOHN 3:7**

Lord, train \_\_\_\_\_ in your  
righteousness. We cannot be  
righteous on our own, but through  
Jesus we are pure and holy! Teach  
\_\_\_\_\_ to practice righteousness  
according to the righteous character  
given to us in Christ. Amen.



## SALVATION

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“For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.”

— EPHESIANS 2:8-9

Lord, you know \_\_\_\_\_ better than I do. You loved them before they were born! Thank you for offering the gift of salvation to \_\_\_\_\_. I pray their heart will be soft toward you and that your gift of grace will grow like a seed in good soil. May \_\_\_\_\_ walk with You all of their days.  
Amen.



## FORGIVENESS

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“Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”

— EPHESIANS 4:31-32

Lord, may all bitterness and anger pass away from \_\_\_\_\_'s life. May they be supernaturally equipped to be tenderhearted, to forgive others even when it feels hard. May we all be reminded of your forgiveness and extend the same love to those around us. Amen.



## GRACE

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“But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.”

— 2 CORINTHIANS 12:9

Lord, your grace is sufficient for \_\_\_\_\_! Make your power available to \_\_\_\_\_ when they feel weak. When they feel unable to choose what is right, when they are afraid, when they are angry or sad, favor them with your abundant grace and strengthen them with your love. Amen.



## HONESTY

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“Lying lips are an abomination to the Lord,  
but those who act faithfully are his delight.”

— PROVERBS 12:22

Lord, may honesty mark \_\_\_\_\_'s life.

Teach them how to tell the whole  
truth always – even when it is hard!  
Being honest is an act of faithfulness.

When \_\_\_\_\_ is honest, it delights  
you. Give us all the ability to choose  
honesty. Amen.



## DILIGENCE

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“Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain.”

— 1 CORINTHIANS 15:58

Lord, sometimes we don't want to work. Work can be hard and even boring! But we know that YOU designed both work and rest. Train \_\_\_\_\_ to be diligent in everything they put their hands to, to be steadfast and quick to do your work, trusting you for the outcome. Amen.





## HUMILITY

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“He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?”

— MICAH 6:8

Lord, humility means to bend low. Teach \_\_\_\_\_ how to bend low in service of others, to consider others more important than themselves, and to walk humbly with you all the days of their life. May humility mark our entire family. Teach us to be humble like you. Amen.





# FAITHFUL KIDS

There's nothing like a freshly bathed little one, bundled in jammies, cuddling a blanket as the lights turn off. As kids get older these minutes at bedtime become more precious and fleeting. One of my formative childhood memories is my dad praying at my bedside after singing a worship song off-key. Those prayers not only taught me how to pray, they taught me the love of two fathers: earthly and heavenly.

One of the best times to practice prayer over our children is bedtime! When I teach about this at Every Woman a Theologian, parents are quick to ask, "But what do I pray?" If you are a first generation Christian, you may not have had prayer modeled for you. You might default to "Now I lay me down to sleep" rather than the rich, biblically based prayers available to us in Scripture. This card set is a launching pad to consistent prayer for your kids. Since bedtime is a transition point every day, it's a great time to practice "intercession" by praying over the needs, struggles, fears, and futures of your kids.

-PAm