

# Night-time prayers with children:

*Here is a simple pattern you may like to follow with your children.*

## Beginning

*Begin with lighting a candle (perhaps the baptism candle) or switching on an electric candle.*

As you do say the words:

Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.'" (John 8:12)

## Thinking about the day that is past

Spend some time thinking back over the day remembering what you have done, where you have been; who or what you have seen, things that were said, what you ate.

*If you have a very young child, you may like to remind them about the day that is past and affirm them in all that was good.*

*If you have an older child you could talk together about:*

- What was the best thing that happened today?
- What was the hardest, saddest or most difficult thing?

Offer simple, short prayers thanking God for all that is good and sharing with him what has been hard. Ask God to help you to put aside the hard things until the morning.

*You may like to use these words or make up your own:*

## A prayer remembering God is with us

Lord God, you are always with me.  
You are with me in the day and in the night.

You are with me when I'm happy and when I'm sad.  
You are with me when I'm healthy and when I am ill.  
You are with me when I am peaceful and when I am worried.  
Today I am feeling (*name how you are feeling*) because (*reasons you are feeling this way*).  
Help me to remember that you love me and are with me always.  
Amen.

## Bible story

Chose a Bible story to read together.

*If you haven't got a Bible story book age appropriate for your child, please let Rev'd Katrina know and she will help you with this.*

You may like to spend a few minutes talking about the story.

## Prayer time

You may like to finish with one of these prayers or make up your own:

### A prayer for the world

God of love and hope,  
you made the world and care for all creation,  
but the world feels strange right now.  
The news is full of stories about Coronavirus.  
Some people are worried that they might get ill.  
Others are anxious for their family and friends.  
Be with them and help them to find peace.  
We pray for the doctors and nurses and scientists,  
and all who are working to discover the right medicines  
to help those who are ill.  
Thank you that even in these anxious times,  
you are with us.  
Help us to put our trust in you and keep us safe.  
Amen.

### **A prayer at bedtime**

Before the ending of the day,  
Creator of the world, we pray  
That you, with steadfast love, would keep  
Your watch around us while we sleep.

Tonight we pray especially for *(names family or friends who are affected by Coronavirus)* and the people of *(country or place which is affected by Coronavirus)*.

Please give skill and wisdom to all who are caring for them.  
Amen.

### **A prayer for peace**

Come, O Spirit of God,  
and make within us your dwelling place and home.  
May our darkness be dispelled by your light,  
and our troubles calmed by your peace. Amen.

### **The Lord's prayer**

Our Father,  
who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done;  
on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom,  
the power, and the glory  
for ever and ever. Amen.