

## Nine Goodnight prayers

Ending your day with prayer is a wonderful way to let go of stress and find peace before falling asleep. No matter what you faced today, talking to God through goodnight prayers will renew your faith. Evening prayer also helps you see all the good things that happened in your day that you have to be thankful for!

Share these nine bedtime and evening prayers with your children, spouse and friends so they too can fall asleep feeling blessed and thankful!

### Goodnight Prayer for Blessings

Bless us with rest tonight, Jesus, and a good night's sleep. Forgive us for the things we did today that did not honor you. Thank you for loving us so much and that you know us through and through. We need your help every day, and we thank you for the strength you give and for helping us know that with you, even hard things are possible. Bless our family and our home, and keep us safe through the night. May your angels guard us and watch over us, just like you promised.

You've told us we are just like sheep. And that you lead us and guard us like a shepherd. You know our names, and you make us feel special and loved. When we hurt, you help us feel better. Thank you, Jesus, for your good care and for giving us [mom/dad/parents/foster parents/pastors] to help. Thank you for the **Bible**, and for teaching us stuff in life that helps us grow. Bless the people in our world, and help them to know you love them, too. Thank you for all the people who help us so much: teachers, doctors, policeman, and fireman—and so many more.

Thank you for your good plan for our lives. Help us to obey you and love you more and more. When we awake in the morning, put a smile on our face and your purpose in our hearts, ready to start a new day. We love you, Jesus. Good night. In Jesus's precious name, Amen. ~ ~ Rebecca Barlow Jordan

### A Bedtime Prayer to Stop an Anxious Heart

Dear Lord, please help me trust You and empower me through Your Spirit to stop my emotions from bossing me around. I want to quit worrying about what might happen and focus on what has already happened by remembering and praising You for Your faithfulness in my life. In Jesus' Name, Amen. ~ Renee Swoop

### Giving Thanks Evening Prayer

Dear God, we thank you tonight for the good day and for the special way you take care of us all the time. Thank you for the fun times outside and the quiet times inside, and for helping us learn new things every day.

Thank you for creating us special, exactly the way you wanted. Thank you for protecting us throughout the day. Forgive us for the wrong things we do. Thank you for loving us even when we disobey or try to do things our way. Help us to always choose your way, God, because it's always best. We pray for all the people who don't know you, and that they will come to understand your love for them, too.

Bless our family and thank you for good times together and apart. Bless our friends and those we love, including our grandparents, our aunts and uncles and cousins. Thank you for our home and a place to sleep and good food to eat. Help us rest well, give us peaceful dreams, and send your angels around our home to protect us throughout the night. Teach us to trust you and to love you more and more. You are good; you are great; and you are faithful, God. And we love you. Good night. In Jesus's precious name, Amen. ~ Rebecca Barlow Jordan

### A Short Night-time Prayer (2 Timothy 1:7)

For God's not given me a spirit of fear,  
But a spirit of love,  
and of power, and a sound mind,  
To live each day and glorify his name.

### **Popular Child's Bedtime Prayer, 18th Century**

Now I lay me down to sleep,  
I pray the Lord my soul to keep.  
If I should die before I wake,  
I pray the Lord my soul to take.

#### ***Alternative Version for Children:***

Now I lay me down to sleep,  
I pray the Lord my soul to keep,  
Watch and guard me through the night,  
and wake me with the morning light.  
Amen.

### **A Beautiful Prayer to End the Day**

Heavenly Father, my day is drawing to an end, and I'm ready to turn in. But before I do, I have to thank you for your faithfulness today. It's always a good day, even when things may not go the way I plan, or when the world seems in chaos, because you are in control.

For all the times when I was aware of your help today, all the times when your unseen presence seemed so near, thank you, God. But for all the ways you worked behind the scenes, unknown to me, moments when heaven-sent angels moved on my behalf in ways I'll never know, thank you for those also, Lord. Forgive me for any foolish actions on my part today or things I did without first asking your blessing or wisdom. Those are moments I'd rather forget, but I'm so grateful for your forgiveness when I ask. I never want to go to bed without clearing the air between us, Lord. Our friendship means too much, and your holiness deserves that. Thank you for loving me just as I am. Your love compels me to give you my all and fills my heart with praise for the relationship we share because of Jesus.

As I close my eyes tonight, I'm praying for loved ones around me, for friends and those who need to know you, Lord. I'm praying that your love, like the billions of stars in the night sky outside, will touch them and help them see who you really are. I pray for our world and those in it. I pray for their needs as well as my own. Grant me a good night's sleep tonight, God, so that I can awake refreshed and ready to begin another day loving you. Thank you again for blessings so undeserved and too numerous to count. I love being your child, and I long for the word "faithful" to describe my service to you, each day of every year. When I awake in the morning, may it be with a joyful smile, not a grumpy spirit. May your protection and your presence bathe this place with peace and safety against the enemy. Good night, Lord. In Jesus's name, Amen. ~ Rebecca Barlow Jordan

### **Father We Thank Thee**

Father, we thank thee for the night,  
And for the pleasant morning light;  
For rest and food and loving care,  
And all that makes the day so fair.  
Help us to do the things we should,  
To be to others kind and good;  
In all we do, in work or play,  
To grow more loving every day.  
-- Rebecca Weston - 1890

### **Bedtime Prayer (song by Twila Paris)**

Now I lay me down to sleep  
I pray dear Lord that you will keep  
Your eyes upon this sleeping world  
Every little boy and girl

Bless the children far away  
The ones who don't know how to pray  
Those who are not feeling well  
The little one the slipped and fell  
Bless the puppy down the street  
The neighbors I have yet to meet  
Bless my mom and dad especially  
Just one more thing I'd like to say  
Before I close another day

I'd like to thank you Lord for all the ways  
That You bless me

Bless the child whose home is torn  
The babies who are not yet born  
Bless the ones who take your word  
To all the hearts that have not heard  
Bless all your children everywhere  
I hope they know how much you care  
Maybe someday I can go

And tell them that You love them so  
Bless Grandma and my Grandpa too  
And all my friend and all they do  
Bless every twig upon my family tree  
Just one more thing I'll say to you

I'm so amazed by all you do  
I'll thank you once again because it's true  
That you bless me

### **The Examen (Evening Reflection)**

Written by St. Ignatius Loyola, the Examen is a daily process for prayerfully reflecting on your day.

#### **1. Remember God's presence.**

Even after a trying day, God will quiet your soul as you remember His presence and intentionally seek to enter into it. Remember He's with you. Invite Him to make Himself present to you.

#### **2. Respond to Him with thanks.**

Giving thanks gives God glory and helps us look on the bright side of a bad day. What small blessings can you thank God for?

#### **3. Reflect on how God showed Himself to you.**

God reveals himself through scripture, but we also see glimpses of him in nature, events, and people. Sometimes He shows up loudly through miraculous, divine intervention. Other times He shows Himself quietly through the beauty of a flower or an earnest conversation. As you look back over your day, can you identify moments where you sensed God's revelation or intervention?

#### **4. Repent of your failings.**

I don't like recognizing my own sin, but repentance is key to continual renewal in our relationship with God. As you reflect on your day, remember specific points where you failed. Bring your shortcomings before God and ask Him to forgive you.

**5. *Resolve to grow.***

God is in the business of changing us, so don't let your failings discourage or define you. His mercies are always new. Accept His forgiveness. Ask Him for grace to change. Is there anything you need to make right or anyone you need to apologize to? What can you do differently tomorrow?