

The background is a light-colored, crumpled paper texture. Scattered across the page are various abstract geometric shapes: a blue triangle in the top left, a yellow circle, a red circle, and a series of black curved lines. In the top right, there is a red circle and a yellow triangle. In the bottom left, there is a large yellow circle overlapping a red semi-circle, and a blue triangle. In the bottom right, there is a red circle, a blue triangle, and a yellow triangle, with a series of black curved lines above them.

**“In peace I will lie down and
sleep, for you alone, O LORD,
will keep me safe.”**

Psalm 4:8 (NLT)

ST PETER'S

Prayer is friendship with God – His favourite thing is to hang out with you. He loves to listen to you, share things with you, and help you too. Bedtime is a perfect time to chat with God. Get comfy and take a few minutes to pray through these 5 steps.

1. PAUSE

Close your eyes and hold out your hands. Say out loud “God, here I am, I know you are with me. Day and night, I belong to you.” Sit quietly and remember you are resting in God’s love.

2. THINK BACK

Think about your day and everything that happened. How has today made you feel? Today, I felt ... (happy/worried/sad/excited...)

3. GIVE THANKS

Every good thing is from God. What do you want to thank God for today? What made you smile or laugh? Who was kind to you? How did you make someone’s day better today?

4. ASK FOR HELP

Talk to God about something you need His help with – a feeling, a friendship, a tricky problem. Remind yourself of God’s promise - **“I am the Lord your God; I strengthen you and tell you, Do not be afraid; I will help you.”** Isaiah 41:13

5. PRAY FOR TOMORROW

How do you feel about tomorrow? Ask God for what you need (courage, strength, love, patience) and invite Him to help you. Say “Yes” to following Jesus tomorrow. Tell Him that you love Him. Take a few deep breaths and smile, knowing that God is good, He loves you, and He has already answered your prayers.

A PRAYER BEFORE SLEEP

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.