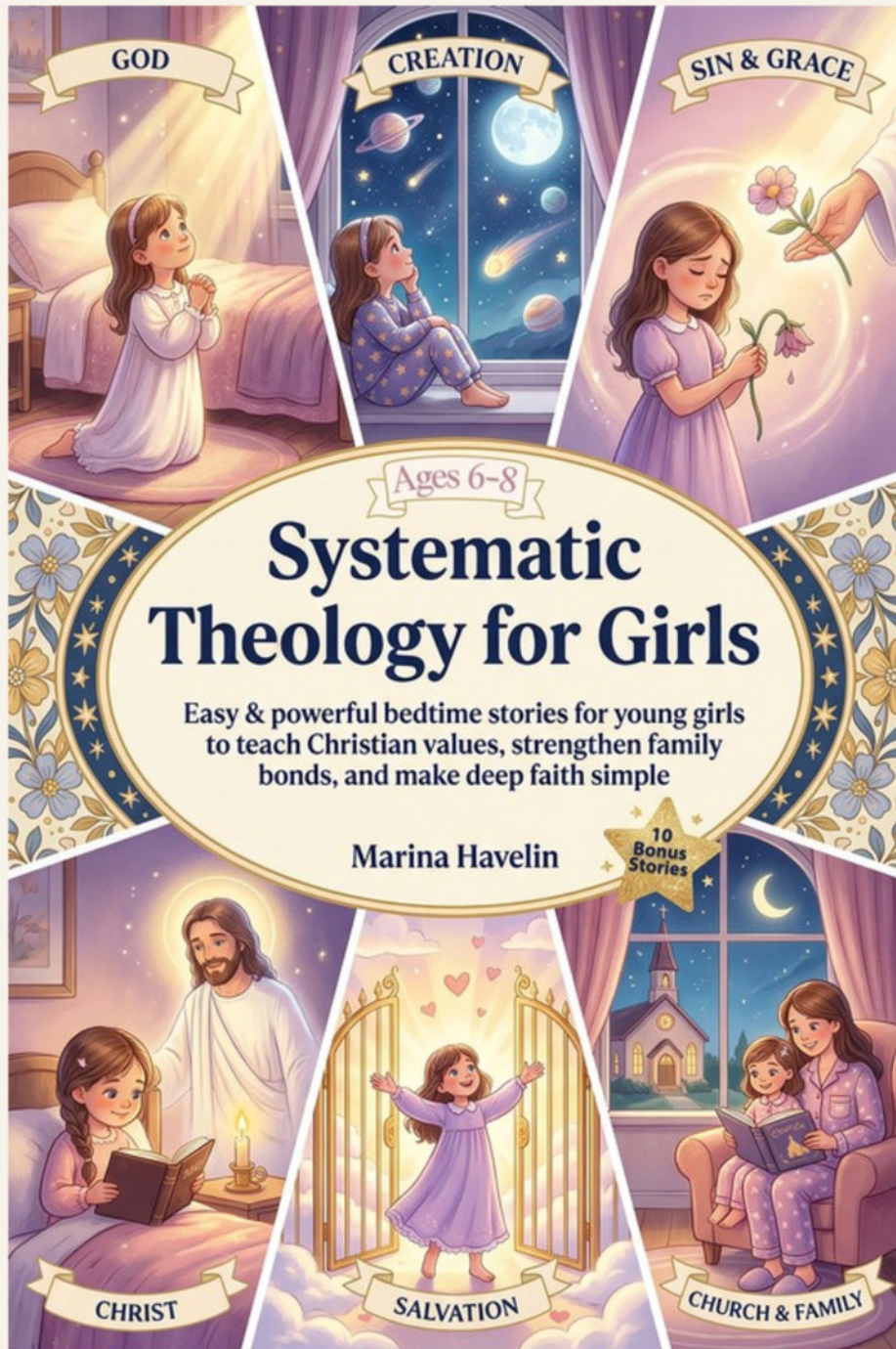


10 Gentle Bedtime Prayers



Companion to Systematic
Theology for Girls

A Little Talk with God

For Parents of Girls Ages 6-8



Bedtime is one of the quietest, most tender moments of a child's day. The busyness slows down, the lights grow dim, and for a few precious minutes, your little girl is still. It's in these in-between moments — not quite awake, not yet asleep — that her heart is most open.

That's exactly why bedtime is the perfect time to pray.

Prayer doesn't need to be long or complicated. It doesn't require special words, a certain posture, or grown-up sentences your daughter can't yet understand. In Matthew 6:7-8, Jesus reminds us that God doesn't need impressive speeches — He simply wants us to come to Him honestly, just as we are. A few sincere words whispered in the dark are just as beautiful to God as any eloquent sermon spoken from a pulpit.

Your daughter can talk to God, starting tonight.

This collection of ten prayer cards was created especially for girls ages 6 to 8 — girls who are curious about faith, still learning to put big feelings into words, and who deeply need to know they are safe, valued, and loved. Child development experts remind us that children in this age group are still building their language skills and emotional awareness. Short, warm, and repetitive prayers are not just acceptable — they are ideal. They help children internalize truth in a way that sticks.

Each prayer card in this collection focuses on a theme that matters in a little girl's everyday world:

Gratitude — learning to notice and name the good things in her day

Peaceful Sleep — releasing worries and resting in God's care

Courage — finding bravery even when things feel scary

Trust — giving her fears and worries to a God who truly cares

Kindness — growing a gentle and generous heart

Love for Others — praying for the people in her life

Forgiveness — learning that mistakes don't have the final word

A Fresh Start — waking up with hope for a better tomorrow

Guidance — asking God to help her make good choices

Protection — praying for safety for herself and those she loves

How to use these prayer cards:

Using the cards is simple and flexible — there's no wrong way to do this.

Read one prayer each night together with your daughter. Let her repeat it after you, line by line, at her own pace. Encourage her to add her own words — her prayers are always welcome. Display the cards near her bed, on a nightstand, or in a special prayer corner she helps decorate

There is something deeply powerful about a child who knows she can talk to God. That confidence, built one small prayer at a time, will carry her through childhood and far beyond.

So take a breath, snuggle in close, and let's begin.

God is already listening.





Chapter 1: Talking to God Before Sleep

Have you ever noticed how your little girl seems different at bedtime? Maybe she gets a little quieter. Maybe she asks deeper questions – about heaven, about why things happened, about whether God is real. Bedtime has a way of opening up the heart.

That's not a coincidence. When the noise of the day fades away, children naturally turn inward. They process their feelings, replay moments, and sometimes feel things they didn't have words for earlier. Bedtime is one of the most spiritually receptive moments in a child's day – and prayer is the perfect way to meet her there.

This chapter introduces your daughter to the simple, beautiful idea that prayer is just a conversation. Not a performance. Not a ritual to get right. Just a little girl talking to a God who loves her and is always, always listening.

What Is Prayer, Really? If you asked your daughter what prayer is, she might say it's something you do at church, or before dinner, or when something scary happens. And she wouldn't be wrong! But prayer is so much more than a specific time or place.

Prayer is simply talking to God – out loud or in your heart, in big words or small ones, with eyes open or closed. God doesn't need perfect sentences. He just wants you.

You can tell Him about your day. You can say thank you. You can ask for help. You can even tell Him when you feel sad or confused or worried. God is like the most loving parent imaginable – He is never too busy to listen, never annoyed by your questions, and never disappointed that you came to Him.

For girls ages 6 to 8, this is a life-changing truth: God wants to hear from me. Not just from grown-ups. Not just from people at church. From me, in my pajamas, in my bed, right now.

Bedtime is one of the most peaceful moments to pray because the day is done, the body is slowing down, and the heart has space to be still. Your daughter doesn't need to pray perfectly. She just needs to show up – and God will meet her every time.



How to Help Your Daughter Feel Comfortable Praying

Some children take to prayer naturally and dive right in with enthusiastic, chatty conversations with God. Others feel shy or uncertain, especially if prayer is new to them. Both responses are completely normal.

Here are a few gentle ways to help her feel at ease:

- Model it yourself. Let her hear you pray simply and honestly. When she sees that you talk to God in everyday words, she'll understand she can too.
- Give her choices. Ask if she'd like to pray out loud or quietly in her heart. Letting her choose helps her feel safe and in control.
- Never correct the content of her prayers. If she thanks God for her goldfish and asks Him to make her hair longer, that is wonderful. She is learning to bring her real self to God.
- Use the prayer cards as a starting point, not a script. Read the prayer together, then ask: "Is there anything you want to add tonight?"

Prayer is a relationship, and like all relationships, it grows over time. Every bedtime prayer your daughter says is one more thread woven into a bond with God that will hold her through her entire life.

Prayer Card #1: Gratitude



Dear God,
Thank You for today.
Thank You for my family and my friends
and all the people who love me.
Thank You for the good things that
happened today –
even the small ones I almost forgot.
Help me remember that You are always
with me
and that I am always loved.
As I close my eyes tonight,
fill my heart with thankfulness.
Amen.



Prayer Card #2: Peaceful Sleep



Dear God,
The day is over and I'm ready to rest.
Thank You for watching over me
while I was awake,
and thank You for watching over me
while I sleep.
If I feel worried or scared tonight,
remind me that You are right here.
Help me feel safe, calm, and loved
as I drift off to sleep.
Goodnight, God.
Amen.





Chapter 2: Prayers for Courage & Strength

Bedtime fears are incredibly common among children ages 6 to 8. At this stage, children's imaginations are rich and vivid — which is a wonderful thing, except when it fills the dark corners of a bedroom with things that feel very, very real.

Rather than dismissing her fears ("There's nothing to be scared of!") or feeding them ("Yes, it does look spooky in the dark..."), prayer offers a third path: acknowledging the fear and pointing her toward the One who is bigger than it.

In Joshua 1:9, God speaks words that have comforted His people for thousands of years: "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

God didn't tell Joshua his challenges weren't real. He simply reminded him: I am with you. That same promise belongs to your daughter tonight. Here are a few gentle ways to use prayer when bedtime fears arise:

- Name the fear together. "What feels scary right now?" Naming it out loud often makes it feel smaller.
- Pray about it specifically. If she's scared of the dark, pray about the dark. God is not too grand to care about the exact thing that's keeping her awake.
- Remind her of the prayer cards. Having a physical card to hold or look at can be grounding when anxiety rises. Her prayers are always there, ready to use.
- Stay calm yourself. Children take emotional cues from the adults around them. When you pray with confidence, she learns that prayer is a reliable comfort — not a last resort.

After the prayer, you might say: "You are so brave. And God is always right beside you." Let those words sink in before you say goodnight.

Prayer Card #3: Courage



Dear God,
Sometimes things feel really scary,
and I don't always know what to do.
But I know that You are bigger
than anything that scares me.
Help me to be brave —
not because I'm never afraid,
but because I know You are right here
with me.
When my heart feels nervous,
remind me of Your love.
I don't have to face anything alone.
You are always with me.
Amen.



Giving Worries to God

There's a difference between fear and worry. Fear is usually about something happening right now – the dark, a loud sound, a bad dream. Worry is about something that might happen – tomorrow's test, a friend who seemed upset today, whether things will be okay.

Many girls ages 6 to 8 are natural worriers. Their empathy is growing, their awareness of the world is expanding, and they notice more than we sometimes realize. A worry might seem small to an adult but feel enormous to a child.

The beautiful news is that God invites us to bring every worry to Him – no matter how small. 1 Peter 5:7 tells us to cast "all your anxiety on him because he cares for you." All of it. The big worries. The small ones. The ones that don't even have words yet.

Teaching your daughter to give her worries to God at bedtime is one of the greatest emotional and spiritual gifts you can offer her. It builds a habit of trust – a habit that will serve her well for the rest of her life.

After the prayer, you might try this together: "Let's imagine putting all your worries in a box and handing the box to God. He's got it. You can rest now." Then let the quiet do its work.

Prayer Card #4: Trusting God



Dear God,
My mind has been busy today.
I've been thinking about things
that worry me,
and sometimes my heart feels heavy.
So tonight, I give my worries to You.
You already know everything I'm thinking,
and You already have a plan.
Help me to trust You
even when I don't understand everything.
Thank You for caring about
every single thing that matters to me.
I love You, God.
Amen.





Chapter 3: Prayers for Kindness & Love

Kindness sounds simple. But anyone who has spent time with a 6 to 8-year-old knows that being kind — really, consistently, genuinely kind — is one of the hardest things a child learns to do. Sharing when you don't want to. Being friendly to someone who wasn't friendly first. Using gentle words when you're frustrated. Speaking up for someone who is left out.

Kindness is not just good manners. Kindness is a spiritual practice. And bedtime is the perfect moment to water that seed.

When your daughter closes her eyes at night after praying for a kind heart, something quietly powerful happens. She carries that intention into her dreams and wakes up just a little more ready to live it out. Prayer doesn't just change what we say — over time, it shapes who we become.

This chapter gives your daughter two prayers rooted in love: one to help her grow in kindness toward the people around her, and one to help her pray for the people she loves — and even the ones she finds difficult.

Why Kindness Needs to Be Taught — and Prayed

Children are not born selfish. But they are born human — which means their natural instinct is to protect what's theirs, favor who's familiar, and react when they're hurt. Learning to move beyond those instincts toward genuine kindness is a lifelong journey that begins in childhood.



In 1 John 4:7, the Bible reminds us: "Dear friends, let us love one another, for love comes from God." Loving others isn't something we manufacture on our own — it flows from a connection to God, the source of all love. When we pray for kindness, we are essentially asking God to fill us with something we cannot fully produce ourselves.

This is a beautiful truth to share with your daughter in simple terms: "When we ask God to help us be kind, He actually helps us. We don't have to do it alone."

Here are a few ways to bring kindness to life alongside these prayers:

- After the prayer, ask her: "Was there a moment today when it was hard to be kind? What happened?" Listen without judgment. This reflection builds emotional intelligence alongside faith.
- Celebrate small kindnesses. When she shares, includes someone, or uses gentle words, name it: "That was so kind. That's exactly what you prayed for."
- Normalize struggle. If she admits she wasn't kind today, respond warmly: "That happens to all of us. That's why we pray — and why tomorrow is a fresh start."

Kindness grows best in an atmosphere of grace. When your daughter knows she won't be shamed for her struggles, she's far more likely to bring them honestly to God — and to you.

After the prayer, you might ask: "Who is one person you could show kindness to tomorrow?" Let her think of someone specific. That small act of intention can make a real difference in her day.



Prayer Card #5: Kindness



Dear God,
Today I want to be kind —
at home, at school, and with my friends.
Help me to share even when it's hard,
to help others even when I'm busy,
and to use gentle words
even when I feel upset.
When being kind feels difficult,
remind me that Your kindness lives inside
me
and I can always ask You for more.
Help me make someone feel loved today.
Amen.





Praying for Others — Even the Difficult Ones

One of the most mature and meaningful things a child can learn to do is pray for other people. Not just the people she loves easily — her best friend, her grandparents, her pet — but also the people who are harder to love. A classmate who was unkind. A friend who hurt her feelings. Someone she simply doesn't understand.

Jesus himself told us to pray for those who are difficult (Matthew 5:44). This isn't about pretending the hurt didn't happen. It's about releasing it — and trusting God with both her heart and theirs.

For young children, praying for others plants a seed of empathy that grows for a lifetime. It gently teaches her that every person matters to God — including the ones who are hard to get along with. And that truth, absorbed early, shapes the kind of woman she will one day become.

After the prayer, you might gently ask: "Is there anyone you'd like to say a special prayer for tonight?" Let her name them. Let her lead. This is her conversation with God — and it is already beautiful.

Prayer Card #6: Love for Others



Dear God,
Tonight I want to pray for the people in my life.
Thank You for my family, who loves me so
much.
Thank You for my friends, who make me laugh
and feel special.
I also pray for anyone who is having a hard time
today —
even people I find difficult to get along with.
Help me to see them the way You see them:
as someone who is loved and important.
Grow my heart bigger, God.
Help me love the way You love.
Amen.





Chapter 4: Prayers for Forgiveness & a Fresh Start

Every child has hard days. Days when she said something she wishes she could take back. Days when she didn't listen, lost her temper, left someone out, or made a choice she knew wasn't right — even as she was making it. Days when she goes to bed carrying something heavy in her little heart.

Those moments are not failures. They are invitations.

Bedtime is one of the most powerful times to teach your daughter what to do with the weight of a hard day. Not to stuff it down. Not to lie awake replaying it with shame. But to bring it honestly to God — and to receive something that the world cannot offer her: grace.

This chapter gently introduces your daughter to forgiveness — both receiving it from God and extending it toward herself — and gives her a prayer for facing tomorrow with hope instead of guilt.

Teaching Grace Without Minimizing Mistakes

One of the most delicate balances in faith parenting is teaching children that mistakes matter and that grace is real. We don't want to raise daughters who shrug off unkindness with "God forgives me anyway." But we also don't want to raise daughters who lie awake crushed by shame over every imperfect moment.

The Bible holds both truths together beautifully. In 1 John 1:9, we read: "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." This verse contains both honesty and hope. We name what happened. And then we receive forgiveness — fully, freely, without conditions.

For a 6 to 8-year-old, this can be taught simply and powerfully: "When we make a mistake, we tell God honestly, we say we're sorry, and He forgives us. Every time. That's called grace."

Here are a few ways to create space for this conversation at bedtime:

- Normalize the confession. Share your own moments gently: "You know, I said something today I wished I hadn't. So I told God I was sorry. It helped." When she sees that adults also need forgiveness, the pressure lifts.
- Never force a confession. If she's not ready to talk about what happened, the prayer itself does the work. God knows her heart already.
- Separate the mistake from her identity. "You made an unkind choice today – but you are a kind girl. Tomorrow is a new chance." This is one of the most important things she can hear.
- Celebrate the courage it takes to say sorry. Admitting a mistake is hard at any age. When she does it – to God, to you, or to a friend – honor that bravery.

Shame tells a child she is her mistakes. Grace tells her she is more than her mistakes. Bedtime prayer is one of the most consistent, gentle ways to teach her the difference.

After the prayer, you might place your hand gently on her heart and say: "God heard that. You are forgiven. You are loved. Now rest." Those words, spoken with tenderness, can do more than we realize.



Prayer Card #7: Forgiveness



Dear God,
Today wasn't a perfect day.
There are things I said or did
that I wish I could do differently.
I'm sorry, God.
Thank You that You already know my heart —
and that You love me anyway.
Help me to forgive myself
the way You forgive me:
completely, and with kindness.
I don't want to carry this to sleep.
So I'm giving it to You.
Thank You for Your grace.
Amen.



The Gift of a New Day

One of the most quietly radical ideas in the Christian faith is that every single morning is a fresh start. Lamentations 3:22–23 tells us that God's mercies are "new every morning." Not recycled. Not rationed. Brand new — waiting for her when she wakes up.

This is a profound gift for a young child to internalize. She doesn't have to carry yesterday into today. She doesn't have to earn her way back into God's good graces. She simply wakes up, and grace is already there — like sunlight through the curtains, already filling the room before she even opens her eyes.

Teaching her to pray toward tomorrow at bedtime gives her something to look forward to. It shifts her focus from what went wrong to what is possible. It plants hope in the last moments of her day so that hope is the first thing she feels when a new one begins.

Read this next prayer as a gentle, hopeful close to the night — especially after hard days that need a sense of closure and renewal.

After the prayer, you might whisper: "Tomorrow is going to be a good day. God's already in it, waiting for you." Then let her drift off to sleep carrying hope instead of heaviness — which is exactly where every little girl deserves to rest.



Prayer Card #8: A New Day



Dear God,
Tomorrow is a brand new day,
and I get to start fresh.
Thank You that Your love for me
doesn't change because of my mistakes.
Help me wake up tomorrow
ready to try again —
to be kind, to be honest,
and to choose what is good.
I know that with Your help,
I can do better.
I'm so glad I don't have to figure it out alone.
Goodnight, God.
I'll talk to You again tomorrow.
Amen.



Chapter 5: Prayers for God's Guidance & Protection



There is something every little girl needs to know — not just as a fact, but deep in her bones, in the place where her confidence lives: she is not navigating this world alone.

The choices she faces, even at 6, 7, and 8 years old, are real. Should she tell the truth when it's uncomfortable? Should she stand up for the child being left out at recess, even if it's scary? Should she follow along with what everyone else is doing, or listen to the quiet voice inside that says this doesn't feel right?

These are not small questions. And they deserve more than good advice. They deserve prayer.

This final chapter gives your daughter two of the most foundational prayers she can carry with her — one asking God to guide her choices, and one asking Him to watch over and protect everyone she loves. Together, these prayers close out her day with both direction and peace: she knows where to turn when she's uncertain, and she knows her family is held in hands far stronger than her own.

Teaching Children to Listen for God's Guidance

One of the most important spiritual skills a child can develop is the ability to pause before acting and ask: What would God want me to do here? This is not an abstract concept — it is a very practical, moment-to-moment habit that begins with prayer.

Proverbs 3:5–6 gives us one of the most beloved promises in Scripture: "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." For a young child, this can be beautifully simplified: "When you're not sure what to do, ask God. He will help you figure it out."

Guidance isn't just about big life decisions. For a girl ages 6 to 8, guidance might look like:

- Knowing what to say when a friend is upset
- Choosing honesty even when it's hard
- Deciding whether to join in something that doesn't feel right
- Finding the courage to ask for help when she needs it

When she prays regularly for God's guidance, she develops a habit of turning toward God in moments of uncertainty rather than away from Him. That habit, formed early, becomes one of the strongest anchors of her faith as she grows.

Here are a few ways to bring this conversation to life at bedtime:

- Ask her about choices she faced today. "Was there a moment today when you weren't sure what to do? What did you decide?" Listen with curiosity, not evaluation.
- Affirm her good choices. "That sounds like you were listening to God's wisdom. I'm proud of you."
- Normalize uncertainty. "Sometimes we don't know the right thing to do — and that's exactly when we pray. God always helps us find the way."

Read this next prayer together on nights when she faces decisions, feels uncertain, or simply needs to be reminded that God is her guide. After the prayer, you might ask: "Is there anything coming up that you'd like God's help with?" Let her name it — a test, a tricky friendship, a new situation. Then pray about it together, specifically and simply. She will learn that no detail is too small to bring to God.

Prayer Card #9: Guidance



Dear God,
Sometimes I'm not sure what to do
or what the right choice is.
Help me to listen for Your voice
and to follow what is good and true.
When I face something hard tomorrow,
give me wisdom to know what to do
and courage to do it.
Help me to be honest,
even when it's difficult.
Help me to be kind,
even when I don't feel like it.
Help me to choose what is right,
even when no one is watching.
I trust You to show me the way.
Amen.



Held in God's Hands

There is a particular kind of worry that lives in the hearts of children that adults sometimes overlook: the worry about the people they love. Will Daddy be safe driving home? Is Grandma going to be okay? What if something bad happens while I'm asleep?

Children's capacity for love is enormous – and that love can sometimes tip into fear for the people they cherish most. Bedtime, when the day's distractions fall away, is when these worries often surface most strongly.

Prayer for protection is one of the oldest, most universal human prayers – and it is deeply appropriate for young children. It gives their love somewhere to go. It transforms anxious worry into active, faith-filled intercession. And it reminds them of a truth that settles the heart like nothing else: the people she loves are in God's hands – hands that are strong, steady, and never let go.

Psalm 91:11 promises: "For he will command his angels concerning you to guard you in all your ways." What a comfort to carry into sleep.

Read this prayer slowly and peacefully, as a warm and reassuring close to the night.

After the prayer, you might hold her hand and say: "Everyone you love is being watched over right now. You can rest." Then sit with her quietly for a moment before you say goodnight. Sometimes the most powerful thing a parent can offer is simply their calm, steady presence – and the reminder that God's presence is even steadier still.

Prayer Card #10: Protection



Dear God,
Tonight I pray for the people I love.
Please keep my family safe —
the ones close to me
and the ones far away.
Watch over my friends.
Watch over my home.
Watch over me.
When I feel worried about the people I love,
remind me that they are in Your hands —
and Your hands never let go.
Thank You for being a God
who protects and cares
for every single person I love.
I trust You with all of them.
Goodnight, God.
Amen.



Growing Hearts That Trust God



At the end of this little booklet you are standing at the beginning of something.

Because that's what bedtime prayer is. Not a finish line, not a box to check, not one more thing to squeeze into the end of a busy day. It is a beginning — the start of a lifelong conversation between your daughter and a God who has loved her since before she took her very first breath.

These ten prayer cards are simple. Intentionally so. But don't mistake simplicity for smallness. Some of the most powerful things in life are small: a seed, a spark, a whispered prayer in the dark from a little girl in her pajamas.

You have given her something that will grow.

1.1.1 Consistency Matters More Than Perfection

Here is the most important thing to remember as you make bedtime prayer a part of your family's rhythm: you do not have to do this perfectly.

There will be nights when everyone is tired and the prayer is three sentences long. There will be nights when she falls asleep mid-prayer, or when she's too giggly to focus, or when you skip it entirely because the day was just too much. That is okay. That is normal. That is life.

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What matters is not a flawless prayer record. What matters is the pattern – the gentle, consistent message that this is what we do in our family. We talk to God. We bring our days, our worries, our gratitude, and our hopes to Someone who loves us and is always listening.

Children learn through repetition. Every time you sit beside her and open one of these prayer cards, you are reinforcing something deep and true: faith is not just for Sundays. It is for every ordinary Tuesday night, every hard Wednesday, every Friday full of relief that the week is done.

That consistency, built one small bedtime at a time, becomes the foundation she will stand on for the rest of her life.

Let Her Make It Her Own

As the weeks go by and these prayers become familiar, something wonderful will start to happen: she will begin to add her own words.

Maybe she'll start inserting names into the prayer for others – her best friend, her teacher, her dog. Maybe she'll tell God about something funny that happened at lunch. Maybe she'll ask Him a question, right out loud, without worrying whether it sounds right.

Encourage all of it.



The prayer cards are a starting place — training wheels for a conversation that is meant to keep going long after the cards themselves are memorized. When she moves beyond the printed words into her own, you will know that something has taken root. She is no longer just repeating a prayer. She is praying.

That is the goal. Not perfect recitation, but genuine relationship. Not impressive words, but an open heart.

How to Keep Using These Cards

These printable prayer cards are designed to be flexible and long-lasting. Here are some of the ways families find them most meaningful:

- Bedtime routine — One card per night, rotating through the collection or choosing based on how the day went
- Family devotion time — Read a card together at breakfast or dinner as a brief moment of shared faith
- Sunday school or children's ministry — Share the cards with a teacher or children's leader as a take-home resource
- Prayer corner — Let your daughter decorate a small space in her room where the cards are displayed and she can visit anytime she wants to pray
- Travel prayer cards — Tuck them into a bag for trips, sleepovers, or hospital visits — familiar prayers bring comfort in unfamiliar places
- Gift for a friend — Print an extra set and give them to another family. The gift of a child's first prayer habits is one of the most beautiful things you can pass on.

There is no single right way to use these cards. Follow your daughter's lead. Notice which prayers she returns to most often — those are likely the ones speaking most directly to what she needs right now.



A Final Word for You, the Parent

You picked up this booklet because you want something for your daughter that goes deeper than good behavior and surface-level happiness. You want her to know she is loved — by you, and by God. You want her to have somewhere to turn when life gets hard. You want her to grow up with roots.

That desire itself is a form of prayer. And God hears it.

Parenting is not easy. There are days when you wonder if anything you're doing is getting through, when the effort feels invisible, when the results seem impossibly far away. On those days, remember this: every small, faithful act of pointing your daughter toward God matters. You may not see the fruit right away. But it is growing.

The goal was never perfect prayers. The goal was always a growing heart — a heart that knows it is safe, valued, and never alone. A heart that knows, no matter what the day brought, it can always say:

"Goodnight, God. I'll talk to You again tomorrow."

And He will be there. He always is.

