

7 Bedtime Blessings for Little Hearts

A Free Gift from **Harp & Heart**



Children's resources from **Psalm & Psaltery Media**

Printable • Shareable • Bedtime-friendly

A Note to Parents & Caregivers

These seven simple blessings are designed to be spoken over your child each night as part of your bedtime routine. You can say them while tucking them in, holding their hand, or gently placing your hand on their head or shoulder.

How to use

- Choose one blessing per night, or rotate through all seven each week.
- Speak slowly and gently.
- Encourage your child to repeat a simple “Amen” at the end.
- Pair with soft music or a “Bedtime Harps” video from our YouTube channel.

These blessings are rooted in Scripture and designed to help your child feel safe, loved, and seen by God as they drift off to sleep.



Night 1: God Made You

“Thank You, God, for making [Child’s Name].

You made their eyes, their smile, their heart.

You love them so, so much.

Watch over them tonight.

Amen.”

Parent Tip: After the blessing, ask: “What’s your favorite thing God made?” (Let them say “stars,” “puppies,” “my family,” etc.)

Night 2: God Hears You

“Dear God, thank You for listening.

You hear [Child’s Name] when they talk to You.

You are never too busy.

You love to hear their voice.

Amen.”

Parent Tip: Whisper: “God is listening right now. Do you want to tell Him one thing?” (Let them say anything—even “I love my blanket.”)

Night 3: God Keeps You Safe

“God, You are bigger than the dark.

You are stronger than anything scary.

Keep [Child’s Name] safe tonight.

Let them sleep in peace.

Amen.”

Parent Tip: If your child is afraid of the dark, remind them: “God never sleeps. He’s always watching over you.”

Night 4: God Loves Your Family

“Thank You, God, for our family.

Thank You for **[Mom/Dad/Grandma, etc.]**.

Bless everyone in this house tonight.

Help us love each other well.

Amen.”

Parent Tip: Let your child name the people they want to pray for (including pets!).

Night 5: God Gives You Rest

“God, You made the night for sleeping.

You made **[Child’s Name]**’s body to rest and grow.

Help them have sweet dreams.

Wake them up happy and strong.

Amen.”

Parent Tip: This is a great one for restless nights. Speak it extra slowly and gently.

Night 6: God Is With You

“God, You are right here with **[Child’s Name]**.

You never leave.

You are closer than their favorite toy.

They are never, ever alone.

Amen.”

Parent Tip: Place your hand on their chest or shoulder and say: “Feel that? God is even closer than my hand.”

Night 7: God Has Good Plans

“God, You have good plans for [Child’s Name].

You made them for a reason.

Help them grow brave and kind.

Tomorrow is a gift from You.

Amen.”

Parent Tip: End the week by saying: “I can’t wait to see what God does with you tomorrow.”

Bonus: A Simple Bedtime Routine

1. Bath/Brush Teeth
2. Story Time (a Bible story or favorite book)
3. Blessing (choose one from above)
4. Song or Soft Music (try our “Bedtime Harps” playlist)
5. Lights Out (with a hug and “I love you”)

Want More?

Visit **harpandheart.store** to explore:

- *Harp & Heart Bedtime Prayers* (30-night prayer book)
- Custom prayer books with your child’s name
- YouTube bedtime videos and worship songs for families

Website: **psalmandpsaltery.com**



Back Cover (Optional)

“Let the little children come to me.” — Matthew 19:14

Harp & Heart is the children’s line of **Psalm & Psalterry Media**, a Christian media company creating Bible studies, prayer resources, and worship content for the whole family.

Our mission: to help families build rhythms of prayer, Scripture, and worship into everyday life.



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