

preschool



RESOURCE
NO MORE NIGHTMARES

**Faith at
home**

preschool



No More Nightmares: Verses to Pray at Night

Verses and short prayers to teach your child to depend on the Lord when fear creeps in through the night.

“When you lie down, you won’t be afraid. When you lie down, you will sleep soundly.” Proverbs 3:24

Good Shepherd, make my sleep sweet and completely restful.

“God gave us his Spirit. And the Spirit doesn’t make us weak and fearful. Instead, the Spirit gives us power and love. He helps us control ourselves.” 2 Timothy 1:7

God, I choose to remember Your power and Your love for me.

“Lord, you will give perfect peace to those who commit themselves to be faithful to you. That’s because they trust in you.” Isaiah 26:3

Lord, help me fix my mind on You. Let me completely trust You.

“Whoever rests in the shadow of the Most High God will be kept safe by the Mighty One.” Psalm 91:1

Father, let me rest in your protection and help me to not be afraid tonight or tomorrow.

Source:

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