

Lenten Bedtime Prayer

By Julie Filby



Teach your child(ren) a new prayer (or two) over the course of the 40 days of Lent by taping it by their bed and praying it together every night at bedtime.

For

Young Family, particularly a family on-the-go who finds it difficult to find time to pray together

Season

Spring, during Lent

Needed

Printout of prayer, scissors, tape

Prepare in Advance

- Determine what prayer(s) you would like to teach your children during Lent
- Print it off from the computer, or simply write it on a piece of paper
- Cut the paper to a size that will fit on the frame of your child's bed

Activity Plan

1. Take the prayer you have prepared and tape it to your child's bed. For example, this could be the Lord's Prayer, a special Lenten prayer, or a prayer that was near and dear to you growing up. See next page for ideas.
2. Kneel at the bedside or sit together, whichever is more comfortable and pray this prayer every night during Lent. Rather than seeing repetition as something that stifles prayer, see it as a way to teach a young child to pray—and instill the habit of ending each day in conversation with God.
3. Optional: After the prayer, you may want to add your own personal spontaneous prayers, such as special intentions or other messages to God: a prayer for someone who is sick or hurting, a thank you for something good that happened that day, or perhaps expressing a recent concern or burden.
4. Variation: You can also teach your children Scripture in this manner. Perhaps there is particularly meaningful Psalm or Bible verse you would like them to memorize.

Lenten Bedtime Prayer Ideas

The Lord's Prayer

Our Father who art in heaven,
hallowed be thy name.
Thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil. Amen.

The Apostle's Creed

Can vary by denomination

The Serenity Prayer

God grant me the serenity to accept the things I cannot change;
courage to change the things I can; and wisdom to know the difference. Amen.

Praise God, from whom all blessings flow

Praise God, from whom all blessings flow;
Praise Him, all creatures here below;
Praise Him above, ye heavenly host:
Praise Father, Son, and Holy Ghost. Amen.

Daily Lenten Prayer

Father,
through our observance of Lent,
help us to understand the meaning
of your Son's death and resurrection,
and teach us to reflect it in our lives.
Grant this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. Amen.

The Act of Contrition

O my God,
I am heartily sorry for having offended Thee,
And I detest all my sins,
Because of thy just punishments;
But most of all because they offend Thee, my God,
Who are all good and deserving of all my love.
I firmly resolve,
With the help of Thy grace
To sin no more,
And to avoid the near occasion of sin. Amen.

