

Bedtime Prayer I - We end this day together in gratitude

Light Service

Parent: Light a small bedside candle or turn on your child's night light, saying

Parent: Christ our Light

Child/ren: Thanks be to God

Parent: Close your eyes. Take three deep slow breaths.

Parent: For the gift of each other, we say

All: Thank you, Lord

Parent: For the gifts of family and friends, we say

All: Thank you, Lord

Parent: For the time we shared today, we say

All: Thank you, Lord

Leader: For God's presence in our lives, we say

All: Thank you, Lord

Parent: Look back on your day. Is there anything else you want to thank God for?

Encourage each person praying to say one thing

All: Thank you, Lord

Listen to the song: Be Still And Know - Steven Curtis <https://www.youtube.com/watch?v=lcX5106rJLY>