

Bedtime Prayer Options with Children

1. "Now I lay me down to sleep I pray the Lord my soul to keep. If I should die before I wake, I pray the Lord my soul to take."
 1. *variation on this prayer:* "Now I lay me down to sleep, I pray the Lord my soul to keep. Guard me Jesus through the night and wake me with the morning light."
2. Pray the Lord's Prayer
3. Have the children thank God for something(s)

Prayer for the Morning

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen. (Luther's morning prayer)

Prayer for the Evening

I thank You, my heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and every evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen. (Luther's evening prayer)

Mealtime Prayer

1. "Come Lord Jesus be our guest and let these gifts to us be blessed. Amen."
 1. *Variation on this prayer:* "Come Lord Jesus be our guest and let this food to us be blessed and let there be a goodly share on every table everywhere. And all God's children say. Amen."

A.C.T.S. Prayer Model

There's also an ancient model of prayer dating back to Origen, who lived in the 2nd century. It's called the ACTS model. Adoration, confession, thanksgiving, supplication. Origen counseled that good prayer consisted of four components: ascriptions of glory to God through Christ, common thanksgivings, a recitation of personal sin, and then "the asking for the great and heavenly things, both personal and general."