

*young children*

# fat cat

## “bedtime blessing activity”

### **Best Use**

As a bedtime prayer activity with younger children

### **Spiritual Value**

Affirms the unique value of your child

### **Advance Preparation**

Place this recipe card on your young child's bed stand to use when tucking them in at night.

### **Instructions**

Follow the simple instructions on the reverse side for a great experience.

### **Mealtime** - Capture moments while eating together.

**What To Do:** After giving thanks for your meal, someone shout “High - Low?” That means everyone around the table must share the high point and low point of their day.

**What To Discuss:** While eating, discuss any of the following...

- o **What Bible story did you learn at church this past weekend?**
- o **Name a favorite Bible character and tell his/her story.**
- o **If God wrote a letter directly to you this week, what topic would he address and what would he say?**

### **Bed Time** - Give each other a brief blessing at bed time.

**What To Do:** While tucking in for bed, parent or child says “What do I love?” The other person must then guess what the person is thinking in one of the following categories...

- o **A fun moment they shared that day**
- o **Something nice about the other person**
- o **Something they appreciate that person did today**

**What To Discuss:** Before falling asleep, ask and answer the following...

- o **How did we experience God's goodness today?**
- o **Did we need to ask God's forgiveness today?**
- o **What do we want to give thanks for before falling asleep?**

### **Time** - Explore God's creativity while in the car.

**What To Do:** Each time you plan to take a short drive, play a game of “I spy” together - naming several things God created (a flower, a cloud, a blue bird, a cow, etc.) that you must spot before arriving to your destination.

**What To Discuss:** On a longer drive discuss any of the following...

- o **We know that God knows our future. What do you hope he sees in your future at age (insert future ages)?**
- o **What do you think God wants you to do this week in order to prepare for such an exciting future?**