Nighttime Blessing*

► **Main Point:** To begin a nightly tradition that lets your child know that you are committed to them, that you love and value them, and that you and God see a special future for their life (Numbers 6:24–26).

► **Preparation:** Decide on a blessing that you will pray over your child every night. Many people use Numbers 6:24–26 as a template for this nightly blessing. You might want to write it down on a piece of paper until you have it memorized.

► **Suggested Age:** Preschool/Elementary

► **Estimated Time:** 1 minute

Each night, rest your hand on your child's arm, shoulder, or head and pray a blessing over them, such as:

May the Lord bless you
and keep you;
may the Lord make his face shine upon you
and be gracious to you;
may the Lord look upon you with favor
and give you peace.
In the name of the Father, the Son, and the Holy Spirit,
[child's name], you are loved and you are blessed.

Few things impact a child more than knowing that God and their parents love them and want the best for them. This nightly reminder will become something that they look forward to and may even participate in. For a detailed explanation of the power and importance of the blessing, read *The Blessing* by Gary Smalley and John Trent, Ph.D. (Thomas Nelson, 2004).