

Bedtime Blessings
God's Perfect Peace

Activity Pack



Written in lyrical rhyme and filled with delightful animal illustrations, *God's Perfect Peace* invites caring adults to speak words of blessing over their little ones, wrapping them in the knowledge and reassurance of God's perfect peace before they go to sleep.

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A Note from the Author

Dear Friend, there is power in speaking a simple bedtime blessing over our children. When we say a blessing over our little ones using words of scripture, we create a truly sacred moment when our words, like seeds, take root in our children's minds and hearts. Tracing a simple symbol on their forehead or palm as you speak makes the experience tactile as well as auditory. Imagine the power of your child falling asleep every single night, secure in the knowledge that they are blessed by God and that they, themselves, are a blessing!

Here are a few 'tips' as you explore blessing your children.

- Although it's ideal to begin blessing your child when they are newborn, it's never too late to start!
- If they are older, let them choose between the shape of a cross or a heart, and if they prefer it traced on their forehead or palm.
- If desired, you may use water or an essential oil as you trace the symbol.
- Blessing your child isn't just for parents! Grandparents and caregivers can use it too.
- While this book is specifically targeted towards bedtime blessings, if you are involved in children's ministry, a powerful way to close each session is to bless each child in your care.

Ideas for Using the Blessing Cards

- Keep the 8 blessings in the Blessings Box by your child's bed. Let them choose their own blessing each night. (Remember to add their name before repeating the words.)
- Play a matching game. Print out two lots of Blessings Cards. Turn them over and see if your child can find a matching pair.
- Make a Blessings Box containing the 8 blessings as gifts for a new baby or a teacher.
- Help your child look up the different blessings in their Bibles. Or perhaps you can find other blessings to add to the collection.

Ideas for Using the Blessings Prints

- Put in a frame and give as a baby shower or baptism gift.
- Enlarge and frame to decorate baby's nursery.
- Enlarge, laminate and use in your church nursery or preschool room.
- Gift a framed print to your child's preschool or Sunday school teacher.

Glennys Nellist

Bookmark

FRONT

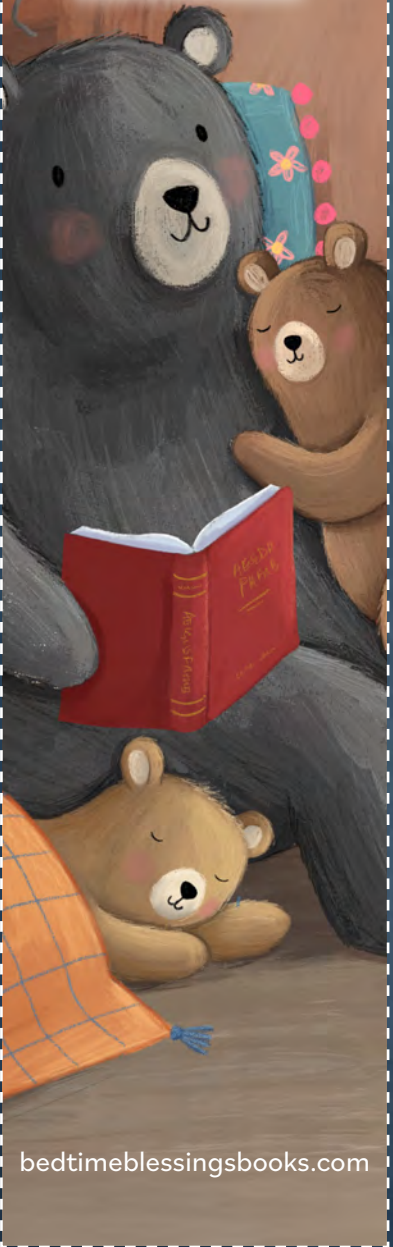
BACK

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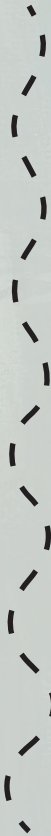
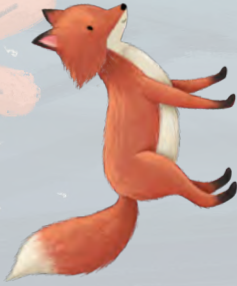
God's Perfect Peace

Match the Mama Animal to Her Baby
Draw a line from left to right to match the animals.



God's Perfect Peace

Follow the lines to take each animal to its home!









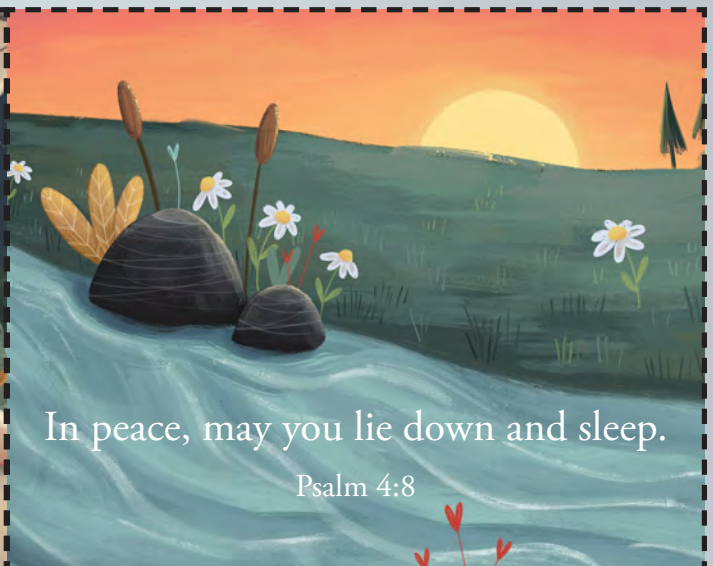
Bedtime Blessings

God's Perfect Peace Blessing Cards



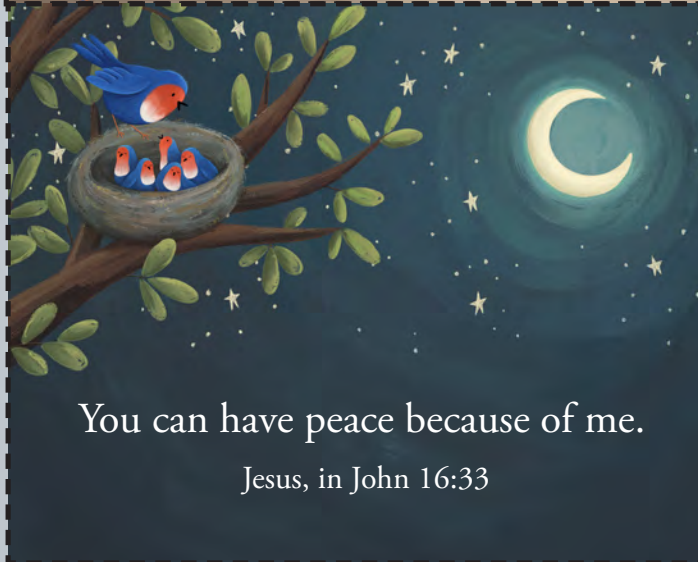
May God fill you
with perfect peace.

Isaiah 26:3



In peace, may you lie down and sleep.

Psalms 4:8



You can have peace because of me.

Jesus, in John 16:33



May the God of hope fill you
with joy and peace.

Romans 15:13

Bedtime Blessings

God's Perfect Peace Blessing Cards



Peace I leave with you.
John 14:27



The God of peace will be with you
Philippians 4:9



Peace I give you.
John 14:27



You are a blessing,
and I love you

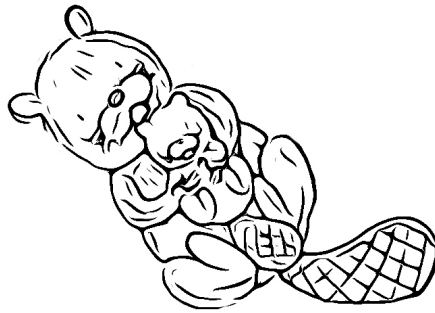
Instructions:

1. Print on cardstock.
2. Color and decorate the box.
3. Cut out.
4. Fold along the dotted lines.
5. Glue tabs inside to make the box

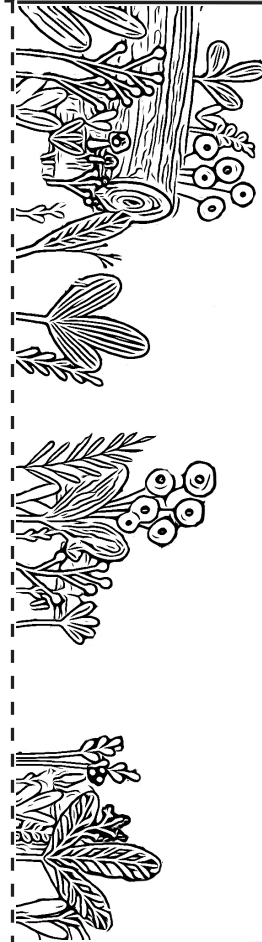
Bedtime Blessings

God's Perfect Peace

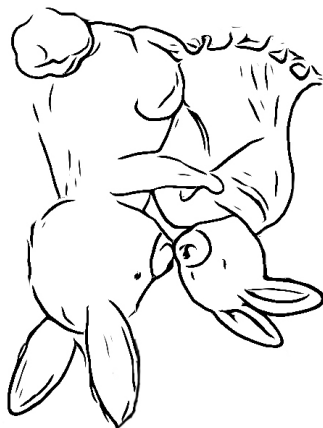
Blessings Box



Blessings Box



Blessings Box



*May God fill
you with perfect peace.*

Isaiah 26:3





In peace, may you lie down
and *sleep.*

Psalm 4:8

May the God of hope fill
you with **JOY** and
peace.

Romans 15:13

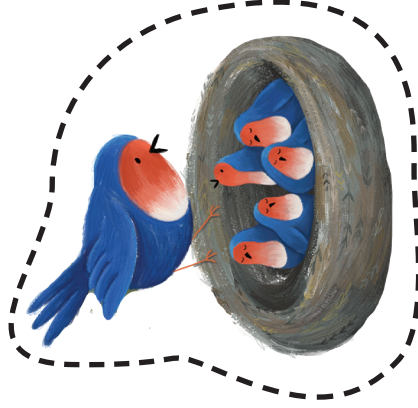
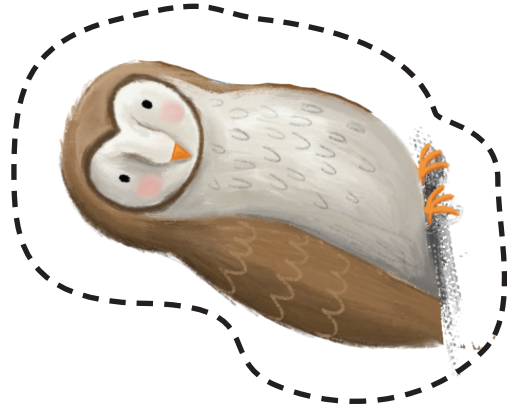
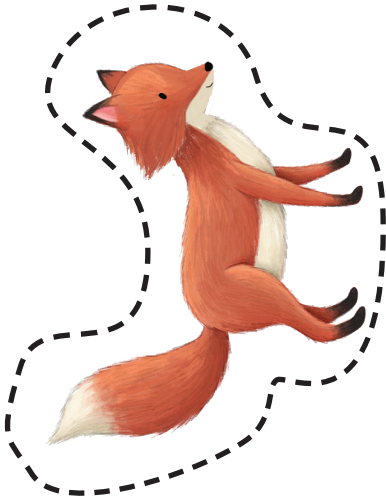


The God of peace will be
with **you**

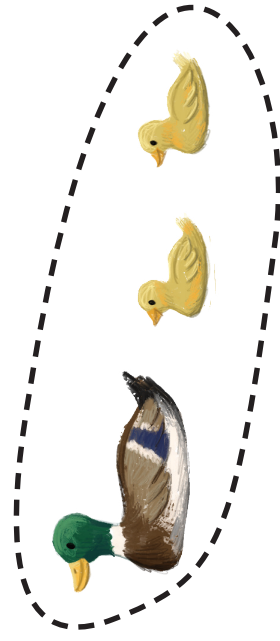
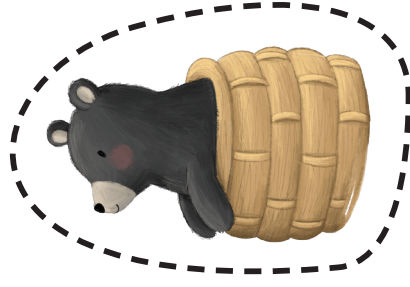
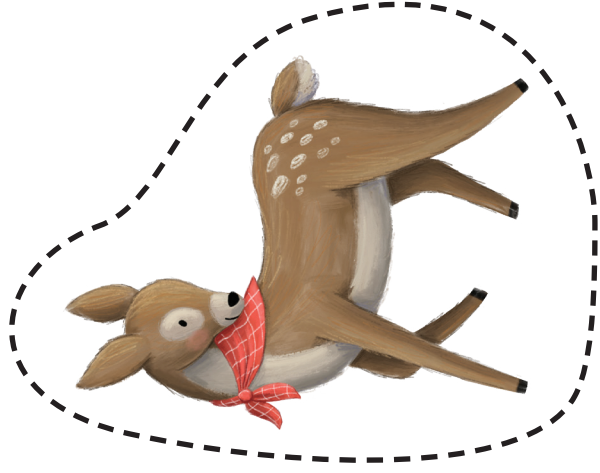
Philippians 4:9







Cut and paste the animals into their woodland home.



Cut and paste the animals into their woodland home.