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Bedtime Blessings for Little Ones

Copyright © 2025 by Emily Lex
Published by Harvest House Publishers
Eugene, Oregon 97408
www.harvesthousepublishers.com

ISBN 978-0-7260-8744-3 (hardcover)

Library of Congress Control Number: 2024942794

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Printed in China

24 25 26 27 28 29 30 31 32 / LP / 10 9 8 7 6 5 4 3 2 1

A NOTE FROM EMILY

It's been a long day, filled with sweet moments of connection, laughter, and delight, of course—but also, you're tired. You've fed, bathed, clothed, cuddled, played, corrected, consoled, and loved. You have given yourself fully to this gloriously exhausting role of raising a child.

No matter how things have gone, bedtime comes each evening with the invitation to rest and the chance to end the day well. A time for gentle, meaningful moments to pray blessings over your little one, tenderly speaking encouragements and words of truth to fill their heart and mind with peace as they sleep.

And yet, if you're anything like me, by the end of the day your deep thoughts and eloquent words have been all used up.

My little ones are grown now, and I look back on my time as a young mama with such tenderness. The gift of perspective makes room for reflection on what I most wanted to impress on my babies. The gift of sleeping through the night offers clarity to thoughtfully compose blessings now that I didn't have the words for at that sleep-deprived time. I offer them here for you to borrow as part of your bedtime routine.

As you read each page, I imagine you gently touching your child's head or shoulder, rubbing her back, or holding him close to you. May the gift of your presence be a safe place for each little one to tuck into as they discover the God who knows them best and loves them most.

Sometimes you will face hard things
or worry about what might happen next.
Remember, sweet one,
you don't have to go through life afraid.



May the spirit of fear be far from you.
Instead, may you be full of power and love,
and may your mind be calm.



The Bible says...

*For God has not given us a spirit of fear and timidity,
but of power, love, and self-discipline.*

2 Timothy 1:7 NLT

Imagine a mountain so tall that it reaches the clouds!

Now think of the deepest part of the sea,
far below where the sailboats sail.

As far as from the top of the tallest peak to the
bottom of the deepest sea is how much God loves you.



Even though it is too great to understand fully,
may you experience the depth of Jesus's love for you.



The Bible says...

*And I pray that you, being rooted and established in love, may have power,
together with all the Lord's holy people, to grasp how wide and long and
high and deep is the love of Christ, and to know this love that surpasses
knowledge—that you may be filled to the measure of all the fullness of God.*

Ephesians 3: 17-19