



## **Bedtime Prayer**

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.

*Favourite of:  
Lynda Joyce, St. Patrick's, Napanee*

*"This is my favourite prayer that I say all the time.  
This is a prayer that I started saying when I had  
children and each night. We would say this prayer at  
bedtime. I continue to say it every night."*

*Joseph Addison (1672-1719) wrote earliest known  
version*

*When I lay me down to Sleep,  
I recommend my self to his Care;  
when I awake, I give my self up to his Direction.*

---

## **Children's Bedtime Prayer**

*Rebecca Weston (1835-1895)*

Father, we thank Thee for the night,  
For the pleasant morning light;  
For the rest and food and loving care,  
And all that makes the day so fair.

Help us to do the things we should,  
To be to others kind and good;  
In all we do, in work or play,  
To grow more loving every day.  
Amen.

*Favourite of:*

*Janet Murphy, Holy Name of Mary, Marysville  
Cathy Whalen, St. Patrick's, Napanee*

## **Bedtime prayer**

Oh Jesus, dear, before I sleep I thank You and I pray,  
that You will take away my sins committed throughout  
the day.

Holy Mary, Mother Virgin, dear, St Joseph Guardian  
bless,  
My Angel and my Patron Saints, care for me while I  
rest.  
Amen.

*Favourite of:*

*Annette Norton, St. Mark the Evangelist, Prescott*

## **Guardian Angel Prayer**

*Reginald of Canterbury, Benedictine Monk  
(1050-1109) (attributed to)*

Angel of God, my guardian dear,  
to whom God's love commits me here,  
Ever this day be at my side,  
to light and guard, to rule and guide.  
Amen.

*Favourite of:  
Janet Murphy, Holy Name of Mary, Marysville  
Gertrude Conners, St. Patrick's, Napanee  
Anne Kerr, St. Anthony of Padua, Centreville*

*Anne adds: God blessed and protect (name immediate family members), my animals, my relatives and friends. Especially those who have no one to pray for them. That they may be forgiven their sins and brought to life everlasting. Amen.*

*The day I discovered  
the depth of love  
I have for my children  
is the day I discovered  
God's love for me.  
Thank you!*



*Favourite of:  
Jane Kelly, St. Joseph, Kingston*

## **Christian's very own Guardian Angel!**

*A story for children*

Once upon a time there was a very busy young boy. He had big blue eyes, blonde wavy hair and a big happy smile. Christian had friends at play school. He had friends that he visited with his Daddy and Mommy. His Gramma and Grampa were his friends. His Aunts and Uncles were his friends.

But Christian wanted a very special friend. He looked here and there, he looked under the bed, he looked in his play car, he even looked under the computer but he couldn't find that special friend.

One night when going to bed Christian asked his Daddy and Mommy, "do you know where my special friend is?"

Christian's Daddy and Mommy sat on the floor by Christian's bed. They sat Christian down beside them, held his hands and told him a story about his special friend and how he could find him.

Long time ago a little baby was born and His name was Jesus. Jesus had many friends. The sheep were His friends, the cows were His friends, the birds were His friends and even the little chickens were His friends.

When Jesus was still a little fella, about 3 years old, He also needed a very special friend. God looked down, He checked under the rocks, He lifted the flower petals, He even looked into the rabbit's tunnel, where could He find that special friend for the baby Jesus? God scratched His head and thought and thought, who can be that friend for Jesus?

Mary thought it was a good idea for all little children to have a special friend to walk with them, play with them, smile with them and even cry with them.

Then Mary, Jesus's mommy leaned over and whispered into God's ear. The stars began to twinkle and the sky turned the prettiest blue. Mary had come up with the answer. Jesus's special friend would be His own Guardian Angel.

His own special Angel who would play with Him when He was sad, when He was happy and especially when He was sick.

“So you see Christian, his daddy and mommy said, your special friend whom you've been looking for, your own special Guardian Angel is right here with you. So close your eyes and say your goodnight prayers and your own special friend, your own special Guardian Angel is right there in your heart.

*Author:  
Barb Fitzgerald, St. Francis De Sales / Blessed  
Sacrament, Smiths Falls / Lombardy*

