

Bedtime Routine

Deuteronomy 6:4-9, “Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.”

The importance of knowing scripture cannot be overestimated. It is an integral part of our understanding of who God is and what His love for us means. In fact, the first direction after, “be fruitful and multiply” as far as raising children God gives, is to teach them His ways. He makes it crystal clear that it is the parent’s responsibility to teach their children about Him! Think of the time King Josiah (8 years old when he took the throne) re-discovers the Scriptures in 2 Kings 22 and after reading them, he tears his clothes considering all that was lost by the Israelites not teaching their children God’s commandments.

God’s commandments teach us about God. They teach us He is good, He is sovereign, He is compassionate and merciful, He is jealous, He is powerful. They give us the framework we need for an abundant life, a functioning society, and direction. We must prioritize this for our children.

This does not mean that you have to be a Bible scholar. It simply means be intentional about discussing God and spiritual truths with your children. I remember very clearly my father teaching me the Lord’s prayer. I felt very important because my dad was focusing on me and it was called The Lord’s Prayer! I remember my mom comforting me over and over again, “God has not given you a spirit of fear, but of power, and love, and a sound mind.” These things stuck with me for my whole life!

I teach my boys these same things. Before bed every night we say our “Bible verse” and then I pray for them. I believe in saying the same thing over and over, because I want them to hear what I am asking God for them. I pray, “Thank you Lord for ... Please help them to be strong, courageous, kind, and wise. Help them to know You and to follow You always. Give them Your favor and someday give them wives who love You and fear You, and come from families that love and fear You. In Jesus’s Name, Amen.”

It does take a few minutes every night, but it only takes a few minutes every night! You don’t have to pray that prayer, or use the verses I use, but I do encourage you to teach your children who God is, and what He has commanded us.

God bless!



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