



Finding Peace as a Child in the Night



A 7-day Bible study to help children overcome nighttime fears through God's promises and presence.



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Introduction

Fear in the dark is a common experience for many children, but it doesn't have to hold power over your nights. When shadows seem to grow too large and the quiet feels heavy, God's Word shines brightly with comfort and courage. This Bible study is designed especially for children and their caregivers to explore Scripture and discover how God's love can replace fear with peace during nighttime hours.

Children are precious in God's sight, emphasized throughout the Bible, and He promises to be with us always—especially when we feel most alone and afraid. Over the next 7 days, we'll learn about God's protection, His perfect peace, and the truth that darkness and fear cannot defeat us when we trust Him. Through Psalms that speak of God as our refuge, stories of His faithfulness, and encouragements from Jesus Himself, you will grow in confidence to say, "I am not afraid."

As we study, take time each night to pray, journal feelings or worries, and ask God to wrap you in His peace. Remember, God's love is stronger than any fear, and He watches over you every moment—day and night. Let's walk this journey together, trusting that in every shadow, God's light is shining just for you ✨.





Day 1: 🌙 God's Protection in the Night



Day 1: 🌙 God's Protection in the Night

Your Verse

Psalm 4:8 - "In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety."

Supporting Scriptures

- *Psalm 91:1 - "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty."*
- *Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God."*



Day 1: 🌙 God's Protection in the Night

Devotional: Resting Safely Under God's Care

When night comes, our minds can play tricks, filling the dark with scary thoughts. But God's Word reminds us that He is our safe place. Psalm 4:8 tells us that we can lie down and sleep peacefully because the Lord protects us. Imagine God's presence as a warm, strong blanket that keeps us safe from all fears.

God is like a shelter. Just like a sturdy house keeps us safe from wind and rain, God keeps us safe in the dark. Isaiah 41:10 encourages us not to be afraid because God is right there with us. When you feel scared at night, remember this promise: God is your protector who never goes away.

Tonight, as you prepare for bed, thank God for His protection and ask Him to help you feel brave and safe. Practicing this will help your heart rest in His peace.



Reflect and Apply

1. What are some fears or worries you feel when the lights go out?

2. How does it make you feel to know that God is your protector at night?

3. Can you think of a time when God helped you not be afraid?



Day 1: 🌙 God's Protection in the Night

Journaling Prompts

1. Write about what makes you feel scared when it's dark.

2. List things that make you feel safe and protected.

3. Describe how knowing God watches over you changes your feelings about night.



Day 1: 🌙 God's Protection in the Night

Prayer for Today

Dear God, thank You for being my protector when I am scared at night. Please help me feel Your peace and remember that You are always with me. Help me to trust You more than my fears. Thank You for keeping me safe and letting me rest. Amen. 🙏 🌙 ❤️ 🛡️





Day 2: ✨ God's Light in the Darkness



Your Verse

Psalm 27:1 - "The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?"

Supporting Scriptures

- *John 8:12 - "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."*
- *2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*



Day 2: ✨ God's Light in the Darkness

Devotional: Letting God's Light Chase Away Fear

Darkness can feel scary because we can't see what's around us. But God tells us He is our light! Psalm 27:1 says the Lord is our light and salvation, which means when we have Him, fear doesn't have to rule our hearts.

Jesus said He is the light of the world, shining brightly to show us the way and keep us from walking in darkness. When you feel afraid tonight, imagine Jesus shining His light all around your room, chasing the shadows away. This light brings love, courage, and power instead of fear.

Remember, God has given us His Spirit to help us be brave and loving, not afraid. Trust this truth and let His light fill your heart and mind.



Day 2: ✨ God's Light in the Darkness

Reflect and Apply

1. What does it mean that God is your light?

2. How can Jesus being the light of the world help you at night?

3. In what ways can you invite God's light to shine in your fears?



Day 2: ✨ God's Light in the Darkness

Journaling Prompts

1. Draw or write about a light that makes you feel safe.

2. Write about a time when God helped you be brave.

3. List ways you can remember Jesus' light when you feel scared.



Day 2: ✨ God's Light in the Darkness

Prayer for Today

Dear Jesus, thank You for being the light that shines in my darkness. Please help me feel Your bright light in my heart when I'm afraid. Fill me with Your courage and love so I can rest peacefully tonight. Amen. ✨ 🕯️ ❤️ 🙏





Day 3: God Is Our Refuge



Your Verse

Psalm 46:1 – "God is our refuge and strength, an ever-present help in trouble."

Supporting Scriptures

- *Psalm 121:3 – "He will not let your foot slip—he who watches over you will not slumber;"*
- *Deuteronomy 31:6 – "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."*



Devotional: Running to God's Safe Refuge

When we hear scary noises or feel alone at night, our hearts might start racing. But the Bible teaches us that God is our refuge—a safe place where we can hide and find strength.

Psalm 46:1 tells us that God is always present to help us in trouble. He never takes a break from watching over us. **Psalm 121:3** reminds us that He is always awake, guarding us closely so we won't fall or be harmed.

Knowing that God never leaves us gives us courage to face the night. When you feel afraid, imagine running into God's strong arms, a place where no danger can reach you.




Reflect and Apply

1. What does it feel like to have a safe place when you are scared?

2. How does knowing God never sleeps help you feel safe at night?

3. What can you do when fear feels overwhelming?



Day 3:  God Is Our Refuge

Journaling Prompts

1. Write about a safe place where you feel calm and loved.

2. Describe how you think God watches over you at night.

3. Write a prayer asking God to be your refuge when afraid.



Day 3: 🛡️ God Is Our Refuge

Prayer for Today

Dear Heavenly Father, thank You for being my refuge and strength. Help me remember that You are always awake, watching over me, especially when I'm afraid at night. Please wrap me in Your protection and peace. Amen. 🛡️ 🌙 ❤️





Day 4: 🌈 God's Peace Replaces Fear



Your Verse

Philippians 4:6-7 - "Do not be anxious about anything...but present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."

Supporting Scriptures

- *John 14:27 - "Peace I leave with you; my peace I give you. I do not give to you as the world gives."*
- *Isaiah 26:3 - "You will keep in perfect peace those whose minds are steadfast, because they trust in you."*



Day 4: 🌈 God's Peace Replaces Fear

Devotional: Accepting God's Peace in Your Heart

Fear and worry try to take over when we imagine scary things at night. But God invites us to give Him our worries through prayer. Philippians 4:6-7 tells us that when we ask God for help and trust Him, He gives us a peace that we can't even fully understand.

Jesus promises to give His peace to us, a peace different from anything the world offers. This Peace guards our hearts and minds so fear cannot take control.

Tonight, when fears creep in, pause and talk to God about your worries. Trust that His perfect peace will hold you safely, like a calm river flowing gently through your heart.



Reflect and Apply

1. What worries do you have when it is dark?

2. How can praying about your fears help you feel peace?

3. What does God's peace feel like to you?



Day 4:  God's Peace Replaces Fear

Journaling Prompts

1. Write down your fears and then write a prayer giving them to God.

2. Describe what it feels like when peace fills your heart.

3. List ways you can remember to pray when you feel afraid.



Day 4: 🌈 God's Peace Replaces Fear

Prayer for Today

Dear God, thank You for Your peace that calms my heart when I am afraid. Help me to tell You my worries and trust You more each night. Please fill me with Your perfect peace so I can sleep peacefully. Amen. ✨🕊️❤️🙏





Day 5: God Gives Us Courage



Your Verse

Joshua 1:9 - "Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Supporting Scriptures

- *2 Timothy 1:7 - "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."*
- *Deuteronomy 31:6 - "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."*



Day 5:  God Gives Us Courage

Devotional: Receiving God's Courage and Strength

Sometimes fear feels so big it seems impossible to be brave. But God doesn't want us to be frightened. He tells us to be strong and courageous because He is with us every step of the way.

Joshua 1:9 reminds us that **God goes wherever we go**, even to our bedrooms at night! When you feel scared, remember that God's Spirit inside you gives power, love, and self-discipline—not fear.

Ask God to fill you with courage to face the dark and to feel His presence close beside you. With God's help, you can be brave and experience peaceful nights free from fear.



Reflect and Apply

1. When have you felt scared but still found courage?

2. How does knowing God is always with you help you be brave?

3. What does it mean that God's Spirit gives you power and love?



Journaling Prompts

1. Write about a time you felt brave with God's help.

2. List ways God's Spirit helps you overcome fear.

3. Write a prayer asking for courage to trust God tonight.



Day 5: 🧑🏫 God Gives Us Courage

Prayer for Today

Dear God, thank You for giving me strength and courage when I feel afraid. Help me to remember that You are always with me, especially at night. Fill me with Your Spirit so I can be brave and trust You fully. Amen. 🧑🏫💪❤️🙏





Day 6: 😊 Jesus Loves You Always



Day 6: 😊 Jesus Loves You Always

Your Verse

Matthew 19:14 – "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."

Supporting Scriptures

- *1 John 4:18 – "There is no fear in love. But perfect love drives out fear."*
- *Zephaniah 3:17 – "The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing."*



Day 6: 😊 Jesus Loves You Always

Devotional: Resting in Jesus' Perfect Love

Jesus loves children and wants them to come to Him. His love is perfect—that means it is without any mistakes or conditions and it completely drives out fear. When you feel afraid at night, remember that Jesus' love surrounds you like a warm hug that never lets go.

1 John 4:18 tells us that **perfect love removes all fear**. God delights in you and sings over you with joy because you are His precious child. No matter what the dark looks like, His love is bigger and stronger.

Tonight, rest in Jesus' loving embrace and feel His joy and peace holding you close. Let His love chase all your fears away.



Day 6: 😊 Jesus Loves You Always

Reflect and Apply

1. How does Jesus show His love to children?

2. What does it mean that perfect love drives out fear?

3. How can you feel God's love when you are scared?



Day 6: 😊 Jesus Loves You Always

Journaling Prompts

1. Write about a time you felt loved by Jesus.

2. Draw a picture of Jesus holding you or protecting you.

3. Write a prayer thanking Jesus for His perfect love.



Day 6: 😊 Jesus Loves You Always

Prayer for Today

Dear Jesus, thank You for loving me so much and for chasing away my fears with Your perfect love. Help me to feel Your hug tonight and to know I am safe and special to You. Amen. 😊💖🎵🙏





Day 7: ✨ Trusting God Every Night



Your Verse

Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

Supporting Scriptures

- *Psalm 56:3 - "When I am afraid, I put my trust in you."*
- *Romans 8:38-39 - "Nothing can separate us from the love of God."*



Day 7: ✨ Trusting God Every Night

Devotional: Choosing Trust Over Fear Each Night

As we finish this study, remember that trusting God means believing He cares for you deeply and is always guiding your steps. Proverbs 3:5-6 reminds us to lean on God's understanding, not our own, especially when things seem scary or confusing.

When you feel afraid at night, choose to put your trust in God, like Psalm 56:3 says. No matter how dark it feels, nothing can separate you from God's love, and He is always near to help you.

Make a habit of trusting God every night before sleep, asking Him to lead you safely through the night and into a new day filled with His peace and joy.



Reflect and Apply

1. What does it mean to trust God with your whole heart?

2. How can trusting God help you when you feel afraid?

3. What steps can you take each night to remember God's love?



Day 7: ✨ Trusting God Every Night

Journaling Prompts

1. Write a promise to yourself about trusting God at night.

2. List ways God has helped you overcome fear.

3. Write a nightly prayer asking God to guide and protect you.



Day 7: ✨ Trusting God Every Night

Prayer for Today

Dear Lord, help me to trust You with all my heart every night. When fear tries to bother me, remind me of Your great love and care. Lead me safely through the night and help me sleep peacefully. Amen. ✨❤🛏🙏





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