

Fat Cat



Best Use As a bedtime prayer activity

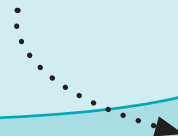
Ingredients Needed None

Nutritional Value Affirms the unique value of your child

Serve It Up Follow these steps for a great experience:

1. As you tuck your child into bed, explain that you want to play a game where you create word pairs that rhyme—like “fat cat” or “funny bunny.”
2. To play, one person thinks of a word pair and gives clues to the other so they can guess what it is. For example, the clue for “funny bunny” might be “laughable rabbit.” For “fat cat” you might say “chubby kitty.”
3. Here are a few ideas to help you get started:

* Rude dude	* Dragon wagon
* Old cold	* Snake cake
* Tan man	* Ant’s pants
4. Now share the rhyme you have about that child—
[CHILD’S NAME] is an “enjoyable boy” or a “jewel daughter.”





5. Let the child attempt to guess. Then tell him or her to listen for it in the following bedtime prayer that you pray while laying one hand on the child:

Dear Father in heaven, Thank you for all the fun You give us. And thank you for a “fun son/pearl girl” like [CHILD’S NAME] to share it with. Amen.



Memory Pantry

Attach a picture and jot down what happened to remember later or to share a taste with others.

A large yellow rounded rectangle with a pink border, containing horizontal dotted lines for writing. A decorative starburst graphic is centered in the lower half of the rectangle.

Adapted from *Bedtime Blessings*, John Trent, PhD (Colorado Springs, CO: Focus on the Family Publishing, 2000), 7.



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Parent Picture



Best Use As a bedtime prayer activity

Ingredients Needed A photo of yourself as a child—about the age of your son or daughter

Nutritional Value Creates a fun way to share your own story with your child

Serve It Up Follow these steps for a great experience:

1. While tucking your child into bed, pull out the photo of yourself and show it to him or her.
2. Ask the child to guess the name of the person in the photograph. Give him/her clues if needed, such as:
 - * We are both very close to this person
 - * He or she was born many years before you
 - * He or she remembers when you were born
3. If your child doesn't guess correctly, reveal that you are the person in the picture. Briefly describe the house you lived in, your bedroom, your family, what you enjoyed doing, the church you attended (if any), and any other details that might interest your child.
4. Ask whether your son/daughter has any questions for the child in the picture. Respond on the pictured child's behalf.
5. Ask your child whether he/she thinks the two of you might have been friends if you were both little kids together instead of parent/child.





6. Share that “Even though I’m a grown-up, there’s still a part of me that’s a little child who likes to play and hear stories. And I still like to be with certain little children—especially you!”

7. Lay one hand on the child and pray this blessing:

Dear God, thank You for [CHILD’S NAME] whom You’ve given me. Help us, as we grow older, always to be great friends. In Jesus’ name we pray, Amen.



Memory Pantry

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Handwriting practice area with horizontal dotted lines. A decorative starburst graphic is centered in the lower right portion of the area.

Adapted from *Bedtime Blessings*, John Trent, PhD (Colorado Springs, CO: Focus on the Family Publishing, 2000), 25.



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Great Gifts



Best Use As a bedtime prayer activity

Ingredients Needed

- * A gift-wrapped box containing a picture of your child (optional)
- * A Bible

Nutritional Value Reminds your child that he or she is a gift from God

Serve It Up Follow these steps for a great experience:

1. Start by asking your child to describe the best present they ever received.
2. Pull out the box and/or tell the child “I want to tell you about one of my best presents ever! But before I tell you, I want to give you a clue.”
3. Read Psalm 127:3 together as your clue; then ask, “Now can you guess what one of my best presents is?”
4. Open the box to show the picture or simply point to the child and say, “You are!”
5. Take several minutes to share with your child a story about how he or she joined your family through birth or adoption.
6. Ask the child, “When we get a really great gift, what are we supposed to do?”

Wonderfully Made



Best Use As a bedtime prayer activity

Ingredients Needed A Bible

Nutritional Value Celebrates the gift of our bodies

Serve It Up Follow these steps for a great experience:

1. As you tuck your child into bed, hold up his or her thumb in the air and ask, "What could we not do if we didn't have thumbs?" (HINT: Turn a doorknob, throw a ball, etc.)
2. Place a book in front of your child and invite him or her to pick it up. Now have your child fold down his/her thumb and try to pick up the same book.
3. Next, touch your child's elbow and say, "Imagine if we didn't have any joints. What would that be like?" Instruct the child to stand up and try to stiffen all joints with the exception of hips and shoulders. Have him/her try walking, picking something up, etc.
4. Now point to your child's eye and guide his/her hand to feel the bones that create the protective socket. Ask, "Why do you think our eyes are sunken into these sockets?" Discuss how they protect our eyes from injury, keep them in place, etc.
5. Read Psalm 139:14 together where David says, "I praise you because I am fearfully and wonderfully made" (NIV).





6. Tell your child you want to do that together now, lay a hand on their back and pray the following:

Dear Lord, thank You that [CHILD'S NAME] is fearfully and wonderfully made. Everything has a purpose. Every part of us exists either to serve us or to protect us. Tonight we especially thank You for our thumbs and our joints and the sockets around our eyes. Amen.



Memory Pantry

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Handwriting practice area with horizontal dotted lines. A decorative starburst graphic is centered in the lower half of the area.

Adapted from *Bedtime Blessings Volume 2*, John Trent, PhD (Carol Stream, IL: Tyndale House Publishers, 2001), 32.



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Fun with Faces



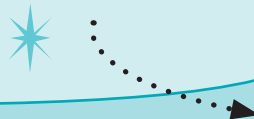
Best Use As a bedtime prayer activity

Ingredients Needed None

Nutritional Value Affirms your child's unique face

Serve It Up Follow these steps for a great experience:

1. While tucking your child into bed, ask, "Have you ever thought about the magic of faces?"
2. Make a sad face and ask your child, "If you saw me with this face, what would you think I was feeling?"
3. If they guess "sad" celebrate and say, "Do you see what I mean? I didn't say a word to you, but my face magically told you my feelings!"
4. Invite your child to try the "magic" by showing you a face that says "I'm angry!" another that says "I'm happy!" and a third that says "I'm shocked!"
5. Ask, "What do you like best about your face?"
6. Tell your child, "Tonight I am going to draw your face. It's really very easy, but it can tickle a little bit. Close your eyes and I'll 'draw' your face."





7. Now lightly trace the oval of your child's face with your finger tip—then lovingly and trace his/her, ears, nose, lips, chin, etc.

8. Keep your hand resting gently on child's cheek and pray:

Dear God, thank You for the faces You've given us. I love [CHILD'S NAME] so much that I love to look at his face. Thank You for how good [CHILD'S NAME] can make people feel when he shows them his smile. Amen.



Memory Pantry

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Adapted from *Bedtime Blessings*, John Trent, PhD (Colorado Springs, CO: Focus on the Family Publishing, 2000), 166.



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Bedtime Quiz



Best Use As a bedtime prayer activity

Ingredients Needed None

Nutritional Value Connects you to your child's daily activities and perceptions

Serve It Up Follow these steps for a great experience:

1. As you tuck your child into bed, gently rub his/her arm and run through the following "pop quiz" to give him/her a chance to talk about the day:

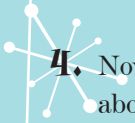
- * What did you eat today?
- * Where did you go?
- * Who did you talk to?
- * What was the best part of your day?
- * What was the worst part?
- * Did anything make you really angry or sad?
- * Did you learn anything new?



2. Now let the child brush his/her fingers over your arm and ask you the same kind of questions.

3. While gently touching your child's arm, form a customized prayer based upon your child's responses—such as:

Dear God, thank You for giving [CHILD'S NAME] a special day including a delicious bowl of Cheerios for breakfast, a chance to visit the playground with his/her friend, and learning more about writing the alphabet. Amen.



4. Now, invite the child to pray a prayer based upon what he/she learned about your day.



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