

My special prayer bear:

Grab yourself one of your cuddly toys. Put it on your bed. Have it there every night to be a prayer buddy. Hold it close and feel its warmth and say the following prayer.

Now I lay me down to sleep. I pray the Lord my soul to keep. Angels watch me through the night, and wake me with the morning light. Bless my friends, the whole world too. I ask for forgiveness for me from you. Keep me ever in your sight, so to all I say goodnight! AMEN

If you have a bit more time or can get hold of a baby t-shirt. You could decorate it and make your prayer bear extra special. Or decorate a bag to keep your fluffy friend in.

