

B&H KIDS PARENT Connection



While You Sleep, Little Love

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REMEMBER

He gives sleep to the one he loves.—Psalm 127:2

THINK

1. What is your favorite part about bedtime?
2. The Bible says that God never sleeps—He doesn't need rest like we do! Can you name three other things God does not need?
3. We need sleep for our bodies to grow and stay healthy. That's how God made us! What other things keep our bodies healthy?
4. Psalm 3:5 tells us that God is watching over us while we sleep. How does that make you feel?