

Bedtime Stories for Anxious Kids ages 5 to 9

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Looking for a realistic, faith-filled bedtime stories for anxious kids. Well, we have just that for todayâ??s bedtime story. In the first story, a young boy named Ben learns to trust God at night through prayer, Scripture, and support from his parents. Todayâ??s story is entitled Benâ??s big night. Do enjoy these bedtime stories for anxious kids as well as the free bedtime plan we have later in this post.

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Bedtime Stories For Anxious Kids: Part 1

Ben was seven years old and full of energyâ??except at bedtime.

Every night, when the lights went off and the world got quiet, a strange feeling came over him. His chest would feel tight, and his mind would race.

â??What if something bad happens while Iâ??m asleep?â?•
â??What if I hear a scary sound and Mom doesnâ??t come in time?â?•

No one else in his house seemed to struggle with sleep. His little sister Grace fell asleep in minutes. His mom and dad said bedtime was their favorite time of day.

But for Ben? Bedtime was hard.

One evening, after brushing his teeth and crawling into his rocket-ship bedsheets, Ben called out, â??Mom?â?•

She appeared almost instantly, like she always did. â??What is it, Ben?â?• she asked.

He hesitated. â??I donâ??t feel good. I meanâ?¦ my stomachâ??s fine. But I just feel scared.â?•

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Mom sat beside him, smoothing out the blanket.

â??What are you scared of?â?•

Ben looked down. â??I donâ??t know. The dark. The quiet. Likeâ?¦ what if something bad happens and I canâ??t do anything?â?•

Mom nodded slowly. â??Thank you for telling me. Thatâ??s a really big feeling.â?•

Bedtime Stories For Anxious Kids: Part 2

Mom reached over to turn on the small lamp by Benâ??s bed.

â??You know, I used to feel exactly like this when I was your age,â?• she said. â??And sometimes, I still do.â?•

Ben blinked. â??Really?â?•

â??Of course. Everyone feels afraid sometimes. But do you want to know something that helped me thenâ??and still helps me now?â?•

â??I donâ??t know.â?• Ben replied.

â??Psalm 56:3,â?• Mom said. â??It says, *â??When I am afraid, I put my trust in You.â??* Thatâ??s David talking to God. He had real enemies chasing himâ??and he still learned to trust.â?•

Ben thought for a moment. â??But how do you trust God when youâ??re scared?â?•

â??Thatâ??s a great question,â?• Mom said. â??Trusting God doesnâ??t mean pretending youâ??re not afraid. It means *telling* Him about your fear and remembering Heâ??s bigger than it.â?•



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Bedtime Stories For Anxious Kids: Part 3

Just then, Dad walked into the room.

Ben sat up. â??Dadâ?¦ do you ever feel afraid at night?â?•

Dad raised his eyebrows. â??At night? Not as much. But I do feel afraid when I donâ??t know whatâ??s going to happen at workâ?¦ or when somethingâ??s wrong with someone I love.â?•

â??So what do you do?â?• Ben asked.

â??I pray,â?• Dad said. â??And sometimes I write things down. That helps me remember Iâ??m not alone.â?•

He reached into his pocket and pulled out a small folded card.

â??I keep this in my wallet,â?• he said. â??Itâ??s Psalm 56:3. I wrote it down years ago.â?•

He handed it to Ben. â??Wanna keep it in your room?â?•

Ben took the card carefully, like it was something precious.

Bedtime Stories for anxious kids: Part 4

That night, instead of rushing out, Mom and Dad sat on either side of Benâ??s bed.

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Mom said, â??Letâ??s talk to God together.â?•

So they did.

â??Dear God,â?• Ben whispered, eyes closed tight,
â??Iâ??m scared of the dark and the quiet. Iâ??m scared of something bad happening while I sleep. But I know Youâ??re bigger than my fear. Help me remember Youâ??re with me, even in the dark. I trust You. Amen.â?•

Dad added, â??God, thank You for giving Ben a heart that feels deeply. Help him feel safe tonight, and remind him that nothing can happen that surprises You. Amen.â?•

After the prayer, Mom said, â??Letâ??s make a bedtime plan.â?•

â??What kind of plan?â?• Ben asked.

â??A plan for when you feel scared.â?•

Bedtime Stories for anxious kids: Part 5

They wrote the plan together on a small paper and taped it near his nightstand:

Benâ??s Bedtime Plan

1. **Breathe slowly.**
2. **Say Psalm 56:3 out loud.**
3. **Talk to God (even just whisper).**
4. **Hold my prayer card.**
5. **Remember: Iâ??m never alone.**

Ben read the list out loud.

â??I can do this,â?• he said.

â??You absolutely can,â?• Mom said.

â??And even if you wake up afraid,â?• Dad added, â??God is still with you. Weâ??re just in the other room. You are safe.â?•

Bedtime Stories for anxious kids: Part 6

Ben woke up to morning sun filtering through his curtains. He blinked and sat up slowly.

He had done it.

He had slept through the night.

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The fear hadnâ??t gone away entirelyâ??but it didnâ??t win.

He grabbed his prayer card and whispered, â??Thank You, God.â?•

Bedtime Stories for anxious kids: Bible Message

Benâ??s Big Night is a story for kids who struggle with nighttime anxiety. If you are a kid or a parent who struggles with anxiety, this story reminds both children (and parents) that **fear is normal**, but **faith is stronger**. Trusting God doesnâ??t mean fear disappearsâ??it means fear doesnâ??t get the final say.

Bedtime Stories for anxious kids: Memory Verse

â??When I am afraid, I put my trust in You.â?• â?? Psalm 56:3

Bedtime stories for anxious kids

If you want a free copy of the bedtime plan and Bible verse card that Ben used in this story, you can get it here.

Are you ready for another story? Well the next story is entitled Mayaâ??s first sleepover. It is another in our post bedtime stories for anxious kids. It also focuses on being afraid but this time the fear comes because of a new situation. It is a Christian bedtime story for anxious kids about overcoming fear at a first sleepover using prayer and Scripture. It uses the Bible verse from Deuteronomy 31:6.



Bedtime stories for anxious kids: Part 1

Maya stood on the front porch of her best friend Leahâ??s house, her small suitcase bumping against her legs. Her backpack held pajamas, her toothbrush, a book, andâ??most importantlyâ??her favorite stuffed dog, Bobo.

â??Maya, itâ??s okay,â?• her mom whispered, kneeling beside her. â??Youâ??ve been looking forward to this sleepover all week.â?•

â??I know,â?• Maya said, fidgeting with the zipper on her hoodie. â??But now my tummy feels weird.â?•

Mom looked her in the eyes. â??Is it a scared kind of weird?â?•

Maya nodded.

It wasnâ??t that she didnâ??t love Leahâ??s house. She did. It was justâ?¦ sleeping somewhere *not home* felt strange. What if she missed her parents? What if she woke up in the middle of the night and didnâ??t know where she was?

Bible Stories for anxious kids: Part 2

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That evening was fun at first. Maya and Leah played board games, ate pizza, and sang silly songs but when the sun went down and Leahâ??s mom turned off the lights, a strange silence filled the room.

Leah was already drifting off to sleep, breathing quietly in her sleeping bag. Maya lay still in hers, eyes wide open, staring at the dark ceiling.

Everything was differentâ??the walls, the noises, even the smell.

She clutched Bobo tightly.

Her heart thumped faster.

â??I want to go home,â?• she whispered to no one.

She didnâ??t want to wake Leah or embarrass herself. So she slowly sat up and reached for her backpack. At the bottom, tucked inside a small zipper pocket, was the note her mom had slipped in earlier that day.

In big letters it read:

â??Be strong and courageous. Do not be afraidâ?¦ for the Lord your God goes with you.â?• â?? Deuteronomy 31:6

Beneath the verse, her mom had written in blue ink:

â??Wherever you are tonight, God is right there too.â?•

Bedtime stories for anxious kids: Part 3

Maya read the verse again.

She didnâ??t *feel* strong or brave. But maybe being brave didnâ??t mean not feeling scaredâ??it meant trusting God even when you *were* scared.

She closed her eyes and whispered quietly:

â??God, I donâ??t like how this feels. But I know Youâ??re here. Please help me not be so scared. Please help me sleep.â?•

She waited. The room didnâ??t magically light up. She didnâ??t feel completely better right away. But her heartbeat slowed. Her hands stopped shaking. It was a little easier to breathe.

She pulled the blanket up to her chin, hugged Bobo close, and whispered one more thing:

â??Iâ??m not alone.â?•

Bible Stories For Anxious Kids: Part 4

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Maya opened her eyes to morning sun peeking through the curtains. Leah was already awake, yawning and smiling.

â??You fell asleep fast last night!â?• Leah said.

Maya blinked. â??Iâ?¦ did?â?•

She remembered the fear, the verse, the prayer. And thenâ??sleep. Peaceful sleep.

â??I think God helped me,â?• Maya said quietly.

Leah grinned. â??Thatâ??s what my mom says, too. He listens to prayers, even whispered ones.â?•



Bible Stories For Anxious Kids: Message for Kids

Mayaâ??s story shows that itâ??s normal to feel anxious in new places, especially at night. But just like Maya, we can **talk to God when weâ??re afraid**. We can remember that **God goes with us**â??no matter where we are.

You donâ??t have to be strong on your own. God gives strength when we ask.

Bible Stories For Anxious Kids: Memory Verse

â??Be strong and courageous. Do not be afraid or terrifiedâ?¦ for the Lord your God goes with you.â?• Deuteronomy 31:6

Bible Stories For Anxious Kids: Prayer for When Youâ??re Scared Away from Home

Dear God,
Sometimes I feel scared when Iâ??m not in my own bed.
Thank You for always being with me, no matter where I go.
Please help me remember that Iâ??m never alone,
and that You give me courage, even when things feel new or hard.
In Jesusâ?? name, Amen.

Bible Stories For Anxious Kids

We hope you enjoyed these Bible stories for anxious kids. If you did please leave a comment below and for more Bible stories. Check out our blog post on bedtime stories here or watch our stories on our YouTube channel here. We pray that these bedtime stories for anxious kids helped your child facing anxiety develop a plan for bedtime. God bless.

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1. Stories & Books

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