

Powerful Christian bedtime story for kids aged 5 to 9: A Gentle Bible Story About Facing Fear

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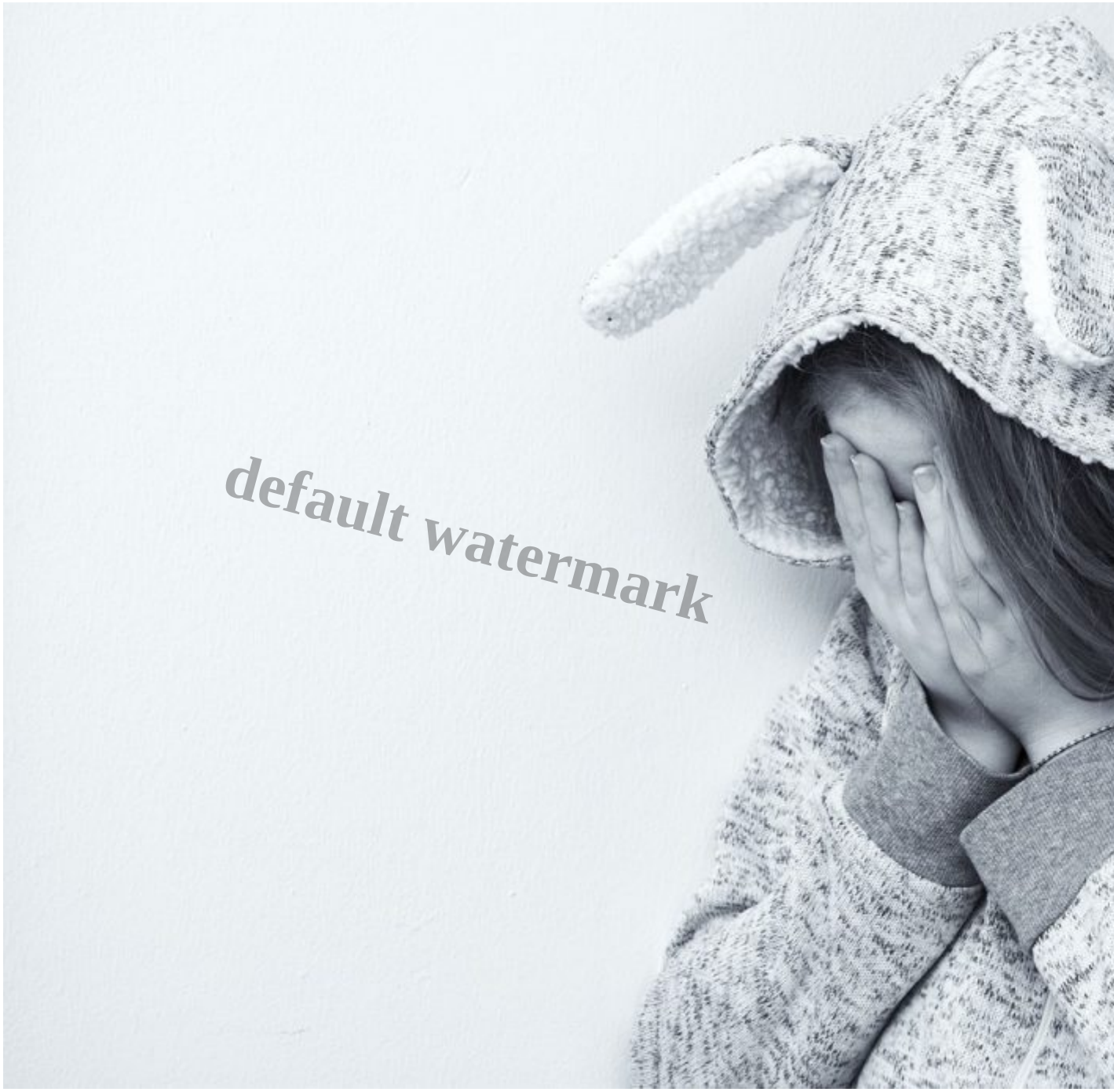

Looking for a faith-filled bedtime story to comfort your child? Today we share a christian bedtime story for kids, based on 1 Peter 5:7, which gently teaches them how to trust God when they feel afraid or anxiousâ??perfect for school worries and nighttime peace. This story is about a new school experience and this is the first in our series of stories on the blog. We hope you enjoy these stories with your kids. Todayâ??s bedtime story is entitled â??Emmaâ??s new schoolâ?•.

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Short Bedtime story- Part 1

Emma Cartery sat in the back seat of the family car, hugging her backpack to her chest. The trees outside blurred by as they drove home from the store, but she hardly noticed. Her heart felt like it was thumping too loud.

Tomorrow was her first day at a new school.

â??Emma,â?• Dad said, glancing at her in the rearview mirror, â??youâ??ve been quiet since we left the school office. Whatâ??s going on in that head of yours?â?•

Emma hesitated. She wanted to say she was fineâ??but she wasnâ??t.

â??I donâ??t want to go,â?• she mumbled, barely above a whisper.

Mom turned in her seat and smiled gently. â??Is it because you donâ??t know anyone yet?â?•

Emma nodded, eyes stinging. â??What if I get lost? Or donâ??t find my class? What if no one talks to me?â?•

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Dad reached over and squeezed her knee. â??Itâ??s okay to feel nervous, sweetheart. Starting something new is a big deal.â?•

Emma just stared out the window.

That evening, she barely touched her mac and cheese, even though it was her favorite. Her little brother, Caleb, gobbled his food and told a story about a lizard he saw at the park. But Emma didnâ??t laugh like she usually did.

Christian bedtime story to help kids with anxiety -Part 2

After dinner, Mom walked into her room, where Emma was sitting cross-legged on the bed, hugging her stuffed puppy, Brownie.

â??Hey, baby girl,â?• Mom said softly, sitting beside her. â??Want to talk about tomorrow?â?•

Emma sighed. â??I donâ??t know how to stop being scared.â?•

Mom nodded slowly. â??You know, when I was your age, I had to move schools too. I remember sitting in the car and praying, â??God, I donâ??t know if Iâ??ll make a friend today. But can You be with me, just so I donâ??t feel so alone?â??â?•

Emma looked up. â??Did it help?â?•

â??It did,â?• Mom said. â??Not because the whole day was perfectâ??but because I remembered I wasnâ??t alone. God went with me.â?•

She reached over to Emmaâ??s nightstand and picked up her pink Bible. â??Letâ??s read something together.â?•

Emma scooted closer as Mom turned to 1 Peter 5:7.

â??Cast all your anxiety on Him because He cares for you.â?•

â??What does that mean?â?• Emma asked.

â??It means when your heart is heavy and your thoughts feel like a tangled knot of worries, you can give them to God. He actually *wants* you to. He cares about every part of your day.â?•

â??Even my new school?â?•

Mom smiled. â??Especially that.â?•

Emma thought for a second. â??How do I â??castâ?? my worry on God?â?•

â??Well,â?• Mom said, â??it starts with being honest with Himâ??just like you were honest with me. Want to try praying together?â?•

Emma nodded. She closed her eyes tight and whispered:

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â??Dear God, Iâ??m really scared about tomorrow. I donâ??t know if Iâ??ll make any friends. I donâ??t want to get lost or eat lunch by myself. But I know Youâ??re big. And You care. Please come with me. Amen.â?•

When Emma opened her eyes, Mom looked proud.

â??Thatâ??s exactly what God wants from you, Emma. Just you. Talking to Him.â?•

That night, Emma fell asleep a little easier.



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Childrenâ??s bedtime story about trusting God-Part 3

The next morning, her stomach still fluttered, but it didnâ??t feel quite as heavy. She got dressed, brushed her hair, and even helped Caleb tie his shoes.

As they pulled up to *East Elementary*, Emma gripped her backpack straps tightly.

â??Remember what you prayed,â?• Mom whispered. â??Youâ??re not walking in there alone.â?•

Emma nodded.

Mrs. Lopez, her new teacher, greeted her at the door with a warm smile. â??Welcome, Emma! Weâ??re so glad youâ??re here.â?•

Emma managed a small smile.

The classroom felt big, and the kids already seemed to know each other. But Mrs. Lopez showed Emma to her seat near a girl with glasses and a pink headband.

â??Iâ??m Mia,â?• the girl whispered. â??Wanna be partners for science?â?•

Emmaâ??s eyes lit up. â??Okay!â?•

At lunch, Mia waved Emma over to sit with her. Another girl shared her fruit snacks. The butterflies in Emmaâ??s belly started to fly away.

That afternoon, when Mom picked her up, Emma jumped into the car grinning.

â??I made a friend!â?• she shouted.

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â??Thatâ??s amazing!â?• Mom said. â??Tell me everything.â?•

As Emma chatted about her dayâ??science projects, silly jokes, and how Mia liked the same books she didâ??Mom listened, thankful.

That night, as Emma brushed her teeth and got ready for bed, she glanced at her Bible on the nightstand.

â??Can we read that verse again?â?• she asked.

Mom opened it up and handed it to her.

â??Cast all your anxiety on Him because He cares for you.â?•

Emma nodded. â??I think I did that today.â?•

â??You sure did,â?• Mom said, hugging her tight. â??And God showed up, didnâ??t He?â?•

â??Yeah,â?• Emma said. â??And even if I feel nervous again tomorrowâ?¦ I know I can talk to Him.â?•

1 Peter 5:7 childrenâ??s bedtime story-Message

Bible Bedtime Story Message Reflection

Kids like Emma you face real worriesâ??new schools, making friends, or just feeling different. But God never tells us to handle these things alone. He invites us to bring our fears to Himâ??because He cares deeply. The same God who made the stars cares about your first day at school. And Heâ??ll be right there, walking beside you every step of the way.

Bedtime Story Memory Verse

1 Peter 5:7 â?? â??Cast all your anxiety on him because he cares for you.â?•

Bedtime Story Prayer

Dear God,

Thank You for being with me today.
Sometimes I feel scared, like Emma didâ??
when I have to do something new,
or when I donâ??t know whatâ??s going to happen.

But Your Word says I can give You all my worries,
because You care about me.
So right now, I give You my fears.
Please help me feel brave and safe.

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Thank You for loving me and never leaving me,
even when I feel nervous or alone.
Help me sleep peacefully tonight,
knowing Youâ??re with me and tomorrow too.

Amen.

Bedtime Story

We hope you enjoyed this bedtime story. We will be happy if you leave a comment for us about this story. If you would like other bedtime stories you can check out this playlist and for more resources check out our blog post on bedtime stories.

Category

1. Stories & Books

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