

The Brave Night Prayer Guide

Helping your child find courage through God's light

A NOTE FROM CORY

Hi, I'm Cory Toscano — author of *The Night God Made Me Brave* and a guide for families walking through fear, anxiety, and the hard in-between moments.

God meets our children in the dark. This guide gives you a simple, sacred bedtime routine to help your child breathe, speak truth, and rest in His presence. No perfect words needed — just your calm voice, your steady presence, and your faith. This is my gift to your family.

WHEN THE LIGHTS GO OUT...

Sometimes the dark can feel big and scary.

But even when we cannot see it, God's light is always with us. Use these 3 steps to turn bedtime into a moment of courage and connection.

1

Pause + Snuggle

Sit close and remind your child: "I am here, and God is here too."

2

Speak Truth

Repeat slowly: "God is with me. God keeps me safe. I am not alone. I am brave."

3

Pray Together

Use the Brave Night Prayer on the next page as your bedtime courage moment.

Speak this over your child

God is with me. God keeps me safe. I am not alone. I am brave.

God's light is in my heart.

Tonight's Prayer

A gentle script for worried or restless nights

The Brave Night Prayer

*Dear God,
When the night feels dark,
remind me You are near.*

*Wrap me in Your love,
and take away my fear.
Fill my heart with peace,
and help me rest tonight.*

*I am safe with You,
surrounded by Your light.*

Amen.



Scripture for Tonight

“Be strong and courageous. Do not be afraid... for the Lord your God will be with you wherever you go.”

Joshua 1:9

After the Prayer

Ask your child: *“Where do you feel God’s light right now?”*

There is no wrong answer. This is where faith conversation begins.

You just gave your child something powerful.

*A moment of peace. A breath of faith.
A reminder that God is near.*

When you're ready for more, I'm here.

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Grab a copy of *The Night God Made Me Brave*
now available on Amazon.

CoryToscano.com



From the book, The Night God Made Me Brave