Use this prayer as a guide, either after talking about the Bible story or sometime before bed tonight:

“Dear God, right now a lot of things seem impossible. But we know that we can trust You no matter what, and You promise that You’re ALWAYS with us. Help us remember that You’re there for us, especially when we can’t feel Your presence and when everything feels really difficult. Help us to keep going, putting one foot in front of the other, with determination and strength. In Jesus’ name we pray. Amen.”