

“I will bless the LORD who guides me; even at night my heart instructs me.”

~ Psalm 16:7

---

1. Have you ever read a story before bed and then dreamed about something in that story?
  
2. Do you feel like your brain works better when you're rested or when you're tired?
  
3. This verse talks about being so close to God that we can hear His instructions and guidance even when we're sleeping. Do you know the Bible that well? Knowing what's in our Bible is how we know about God and who He is and everything that He has done for us and the world. This is why a good thing to know is all of the books of the bible and what order they're in so you can easily find a scripture passage and read along. Take a moment and thank God for giving us His word to teach us more about Himself and ask for His help in learning more about who He is through His word.

**DRAW:** a picture of a dream you've had recently