

A Bedtime Song for Anxious Children

Words by W. David O. Taylor Music by Paul Zach

About the Song

from W. David O. Taylor:

This is a song that I wrote for children who might be feeling anxious—at any time to be sure, but perhaps especially so during this global pandemic.

I've heard from so many parents recently that their children are struggling with anxiety, fear, frustration, sadness, anger, and restlessness, and so I thought a little song reassuring them of God's care at night, when they're most vulnerable, might help their hearts. Our hope is that the melody might be simple enough for parents and children to be able to sing it when they go to bed.

Paul Zach wrote a sweet lullaby melody to go with the words, which I'm copying below. A heartfelt thanks, as always, to Blythe for singing it with me.

My good Shepherd, shepherd me
Hear my prayer and my plea
May I sleep in peace tonight
In your warm and shielding light

Help me not to feel alone
Be my refuge and my home
Please protect my heart from fear
And to trust that you are near

Guard me from all things that harm
And enfold me in your arms
Thank you, Lord, for your sweet care
And for hearing this my prayer

