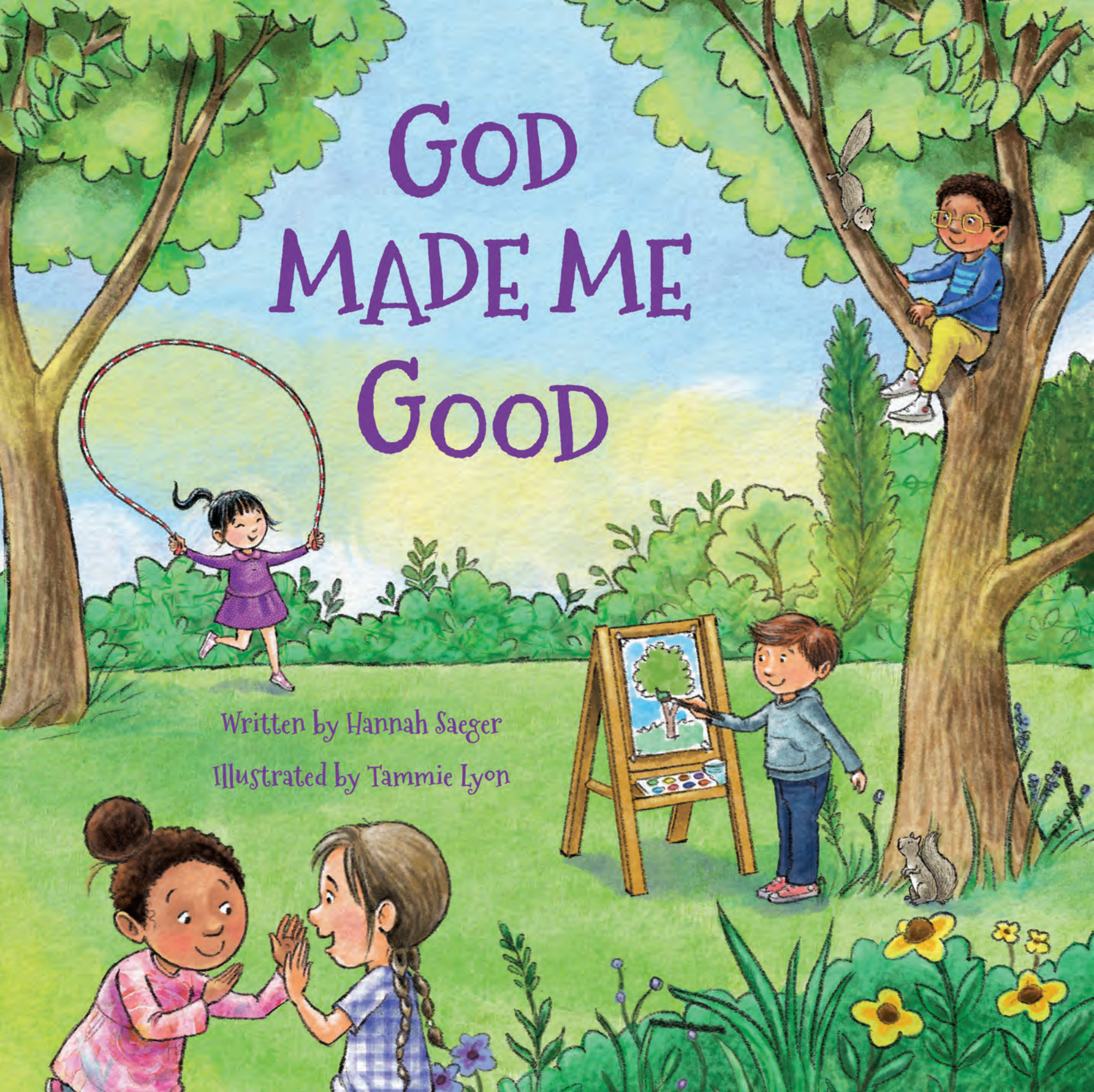


# GOD MADE ME GOOD

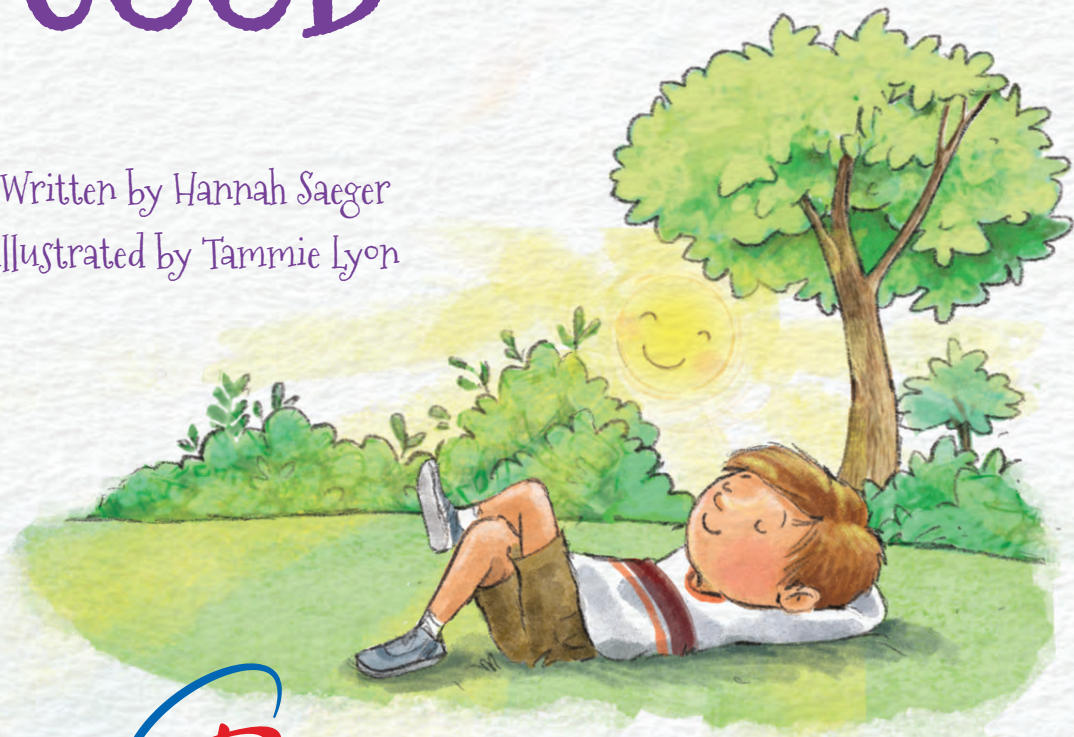
Written by Hannah Saeger

Illustrated by Tammie Lyon



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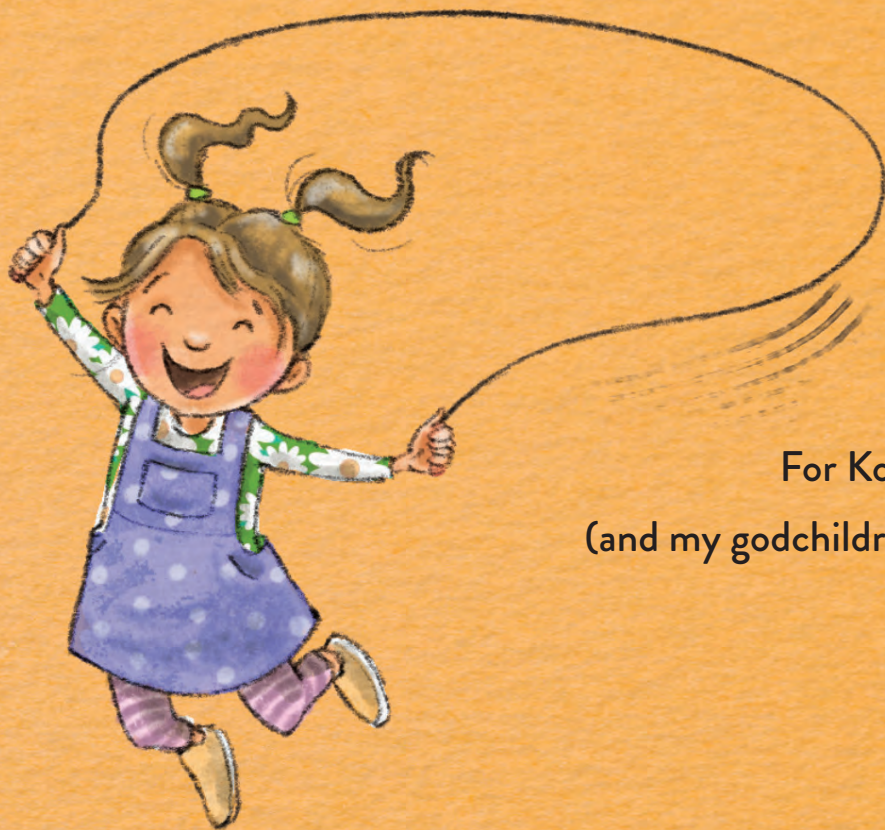
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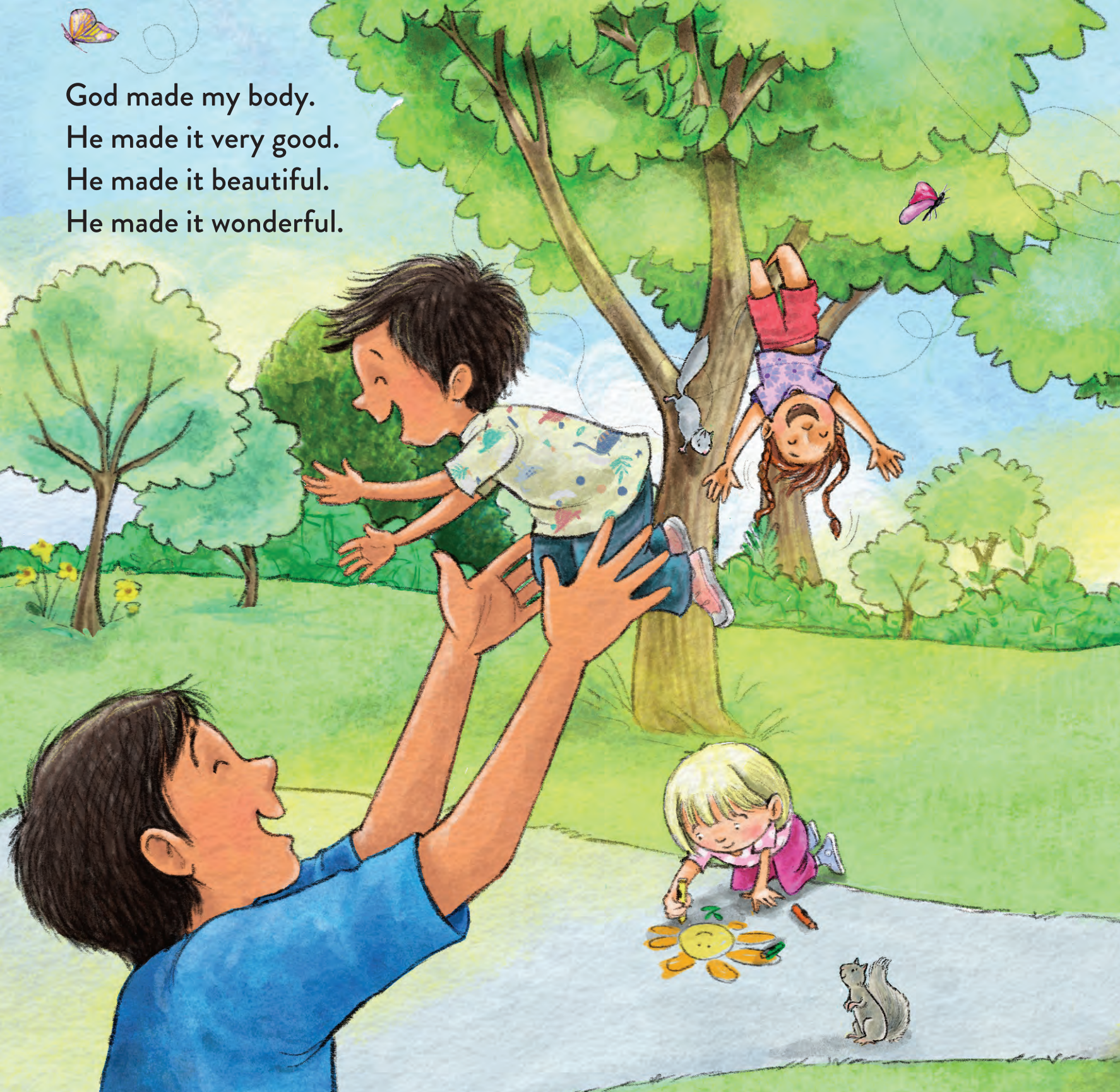


For Kolbe and Beckett  
(and my godchildren: Sadie, Regina, and Ezra)





God made my body.  
He made it very good.  
He made it beautiful.  
He made it wonderful.

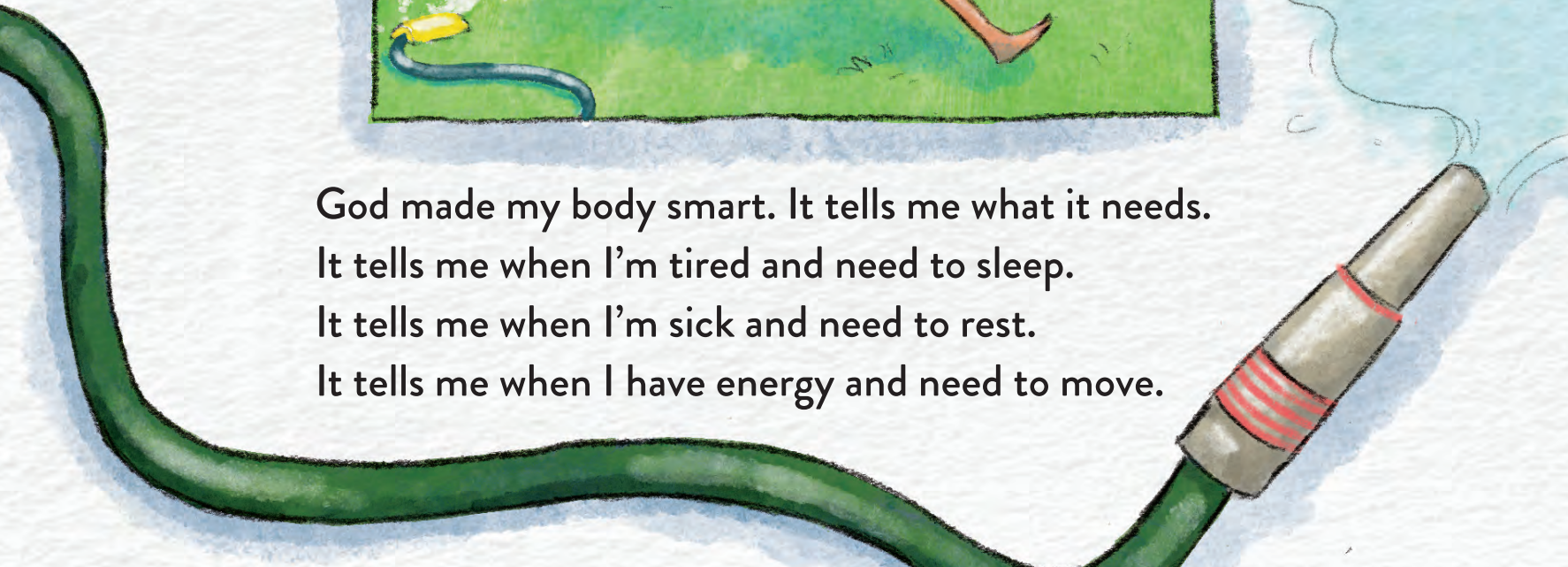


God designed my body in my mother's womb.  
He gave my body everything it needs to be me.





God made my body smart. It tells me what it needs.  
It tells me when I'm tired and need to sleep.  
It tells me when I'm sick and need to rest.  
It tells me when I have energy and need to move.





When my tummy feels hungry—that means I need to eat.

When my tummy feels full—that means I have enough for now.

I can listen to my body

because . . .

God made my body.  
He made it very good.





God made my body so other people can know me,  
and I can know them.

I can talk to them to share what I am thinking.

I can listen so they know that I care.

I can speak words that encourage and uplift.

I can ask questions to learn about my friends,  
and they can learn about me!

