

THIS BOOK IS FOR:

GIVEN IN LOVE FROM:

ON THE SPECIAL DAY OF:

See what love the Father has given us, that
we should be called children of God.

—1 John 3:1

For my dad.
—L.S.

To my nieces, Emma and Eevi.
—S.E.

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My Tender Heart Devotions

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MY Tender Heart DEVOTIONS



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HONEY CUBS

PSALM 119:103–104



Buzz, buzz, buzz.
We are busy, busy bees.
Buzz, buzz, buzz.
Sipping nectar as we please.
Clomp, clomp, clomp.
Now, we're bears who want to eat.
Paw, dip, slurp.
Three cubs gobble. What a treat!



How sweet are your words to my taste, sweeter than
honey to my mouth!

—Psalm 119:103



STICKY! YUMMY! Bees make honey from the pollen and nectar they get from flowers. The honey is so delicious, bears can't resist it. Maybe you like honey too. King David sure did. We know this because he compared God's Word to honey—full of tasty truth, sweet promises, and wise advice. As King David knew so well, God's Word helps us understand just how much God loves us and that His love is sweet indeed.



HEART MOMENT: Pretend you are bears at a tea party. Drizzle honey on toast. Put it on top of a yogurt parfait or stir it into a cup of tea. As you enjoy the honey goodness, marvel at how good God's Word is too.

BIKE ARMOR

EPHESIANS 6:10–18

I'm all zipped up. My shoes are tied.
My water bottle's by my side.
My helmet's strapped beneath my chin.
Brring, brring. This ride can now begin!



Put on all of God's armor. Then you can remain strong against the devil's evil plans.

—Ephesians 6:11, NIV

SNAP. CLICK. Bike armor keeps you safe when riding. Did you know God also gives us invisible *spiritual* armor or gear for the ride called life? This armor includes things like the belt of truth, the shield of faith, and the helmet of salvation. You can't see or hold God's armor. But it's *like* armor because it helps protect us against the devil's evil ways. And how do we wear God's invisible *spiritual* armor? We wear it by reading and understanding the Bible, by inviting Jesus to be our Savior, and by praying to Him every day.



HEART MOMENT: What armor do you have around your house? Put on items such as a bike helmet, shin guards, gloves and more. Then, thank God for protecting us by giving us *spiritual* armor too!

FAMILY RULES

EXODUS 20:12

Mommy says to look both ways
before I cross the street,
and not to grab and reach for food
when we sit down to eat.

Daddy tells me every night
to put my toys away.
It's all because they love me,
so I listen and obey.



Children, obey your parents in everything, for this is
your acceptable duty in the Lord.

—Colossians 3:20

LOVE, CARE, PROTECT. God has given special grownups in your life an important job—taking care of you! That's a big job, but they do it gladly because they love you so much. Their special job includes loving you, taking care of your daily needs, and teaching you what is good and true and right. How can you love them in return? One way is by listening and obeying. It's like this with God, our heavenly Father, too. He loves it when we listen and obey.



HEART MOMENT: Name some of the ways your parents, or other special guardians, care for you. Then take out paper and crayons and make a card that says, "Thank You for Caring for Me." Draw some of the ways you care for and love each other.

FAWN FAITH

PROVERBS 15:3

See that fawn in the shade?
She looks ready to sleep.
I will count all her spots
but I won't make a peep.

I'll just blow her a kiss
as I gently pass by,
for I know that her mama
is watching nearby.



The LORD will keep your going out and your coming in
from this time on and forevermore.

—Psalm 121:8

TIPTOE. HUSH. A baby deer is called a fawn. When first born, a fawn will wobble and need extra rest. If you spot a fawn curled up alone, let it be. Its mama carefully chose that spot so her baby will be safe while she looks for food. But, don't worry. That mama is keeping careful watch. The Bible says God is always keeping watch over you, too. We can have faith. He is always near.



HEART MOMENT: Play "Find the Fawn" with your family. Hide a baby stuffed animal in a cozy spot. See if your loved ones can find it. When they do, whisper, "Hush, there's a fawn on the lawn." After playing, give thanks that like a mama deer who watches over her fawn, God is watching over you!

TOY SAILBOAT

MARK 4:35–41

In the fountain, safe and sound,
tiny boats float all around.
Mine has a sail and sturdy mast.
With my stick, I push it fast!
It's fun until, *drip-drop*, oh no!
A summer storm! Quick—home we go!



And they were filled with great fear and said to one another, "Who then is this, that even the wind and the sea obey him?"

—Mark 4:41

SPLASH! BOUNCE! One day Jesus was asleep in a boat when a big storm came. His disciples were scared, so they woke Him. "Save us!" they hollered. Can you guess what Jesus did? He commanded the storm to stop. And it did! Then He reminded His disciples of something very important: They needed to put their faith in Him. Jesus can calm the storms in our lives too. Will you trust Him to quiet the wind and the waves?



HEART MOMENT: Construct a little boat for your tub or pool. Make waves with your hands, then stop and wait for the water to be still again. As you do, give thanks that Jesus is with you through every storm.