

# MY Tender Heart DEVOTIONS



Written by **LAURA SASSI**  
Illustrated by **SANDRA EIDE**



**THIS BOOK IS FOR:**

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**GIVEN IN LOVE FROM:**

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**ON THE SPECIAL DAY OF:**

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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.

2024 First Printing

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ISBN 978-1-64060-901-3

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Library of Congress Control Number 2023058152

10 9 8 7 6 5 4 3 2 1

Cover design: Paraclete Design

Cover image: Sandra Eide

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Published by Paraclete Press

Brewster, Massachusetts

[www.paracletepress.com](http://www.paracletepress.com)

Manufactured by Thomson Press, India. Printed in March 2024.

This product conforms to all applicable CPSIA standards.

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PARACLETE PRESS  
BREWSTER, MASSACHUSETTS

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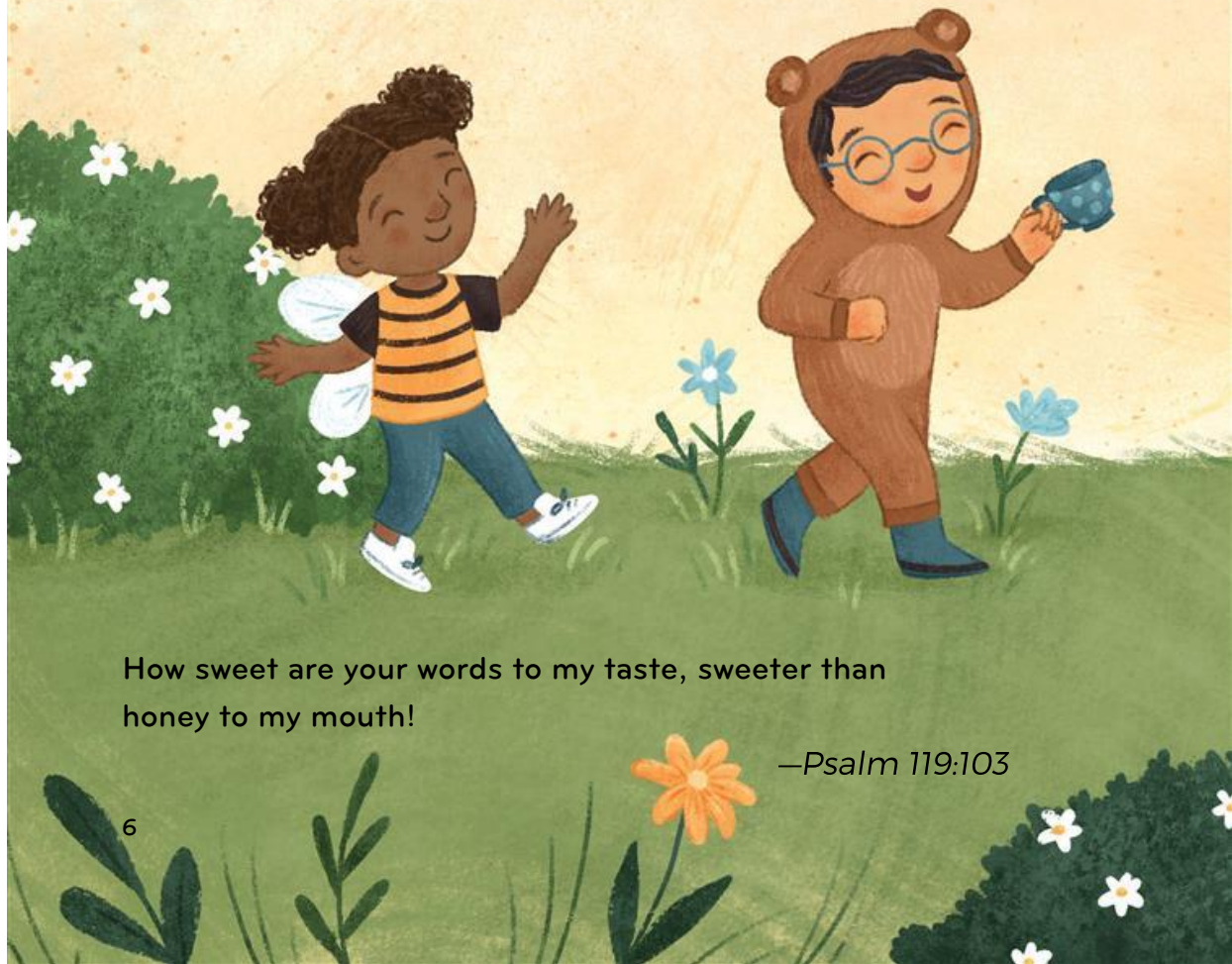
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# HONEY CUBS

## 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!

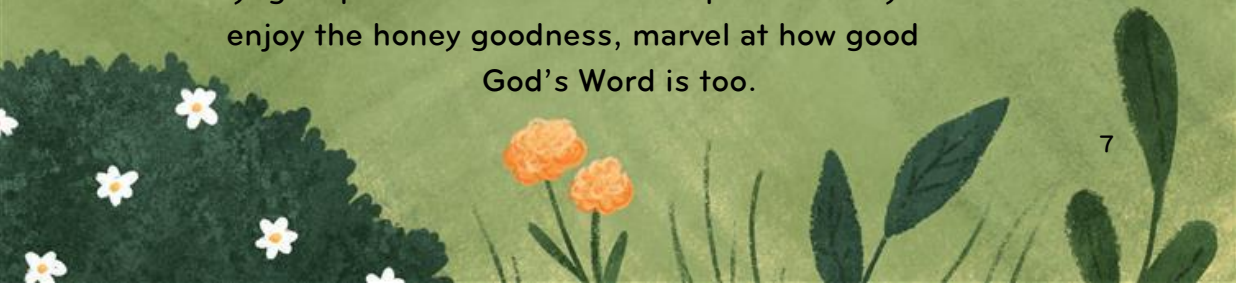
—Psalm 119:103



**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!