



***A Bedtime Blessing
from Head to Toe***
by Solomon Rexius

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REMEMBER

“Love the LORD your God with all your heart, with all your soul, and with all your strength.” —Deuteronomy 6:5

READ

Read Psalm 139:13–16. Did you know that God made every part of you for a reason? Your mind can learn what is true. Your mouth can speak kind words. Your hands can help people. Your feet can walk in God’s ways. Your heart can love God and love others. You really were fearfully and wonderfully made!

In this book, each part of the body is connected to a blessing: eyes that look for beauty, ears that hear the Good News of Jesus, hands that help others, feet that follow God’s ways, and hearts full of faith, hope, and love.

Jesus perfectly showed us how our bodies are made to do good and to show God’s love. He used His hands to heal, His feet to go to people in need, His mouth to speak truth, and His heart to love people completely. As we follow Jesus, God helps us grow to become more like Him every day.

ASK

1. What is one part of your body you are especially thankful God gave you? Why?
2. The book talks about asking God to bless different parts of our bodies. Which blessing was your favorite? Why?
3. In the next week, how can you use your words to help someone? The book says our hands can help those who need a friend. Can you name someone at school, church, or in your neighborhood who you could be a friend to this week?
4. Look back at the page about having a strong backbone. Sometimes it is hard to stand up for what is right. What are some ways kids can show courage and choose what is right?
5. While He was on earth, Jesus used every part of His life to love people and obey God. What is one way you want to be more like Jesus this week?