

# GOD MADE AND TAKES CARE OF ME



by Heather Molendyk



Presbyterian Church in America

**DISCIPLESHIP MINISTRIES**

1700 North Brown Road | Suite 102 | Lawrenceville, Georgia 30043  
www.pcabookstore.com | 1.800.283.1357

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Although many publishers do not capitalize terms, and particularly pronouns which refer to the Trinity, in this study CDM publications has capitalized those elements for clarity of reference.

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# DEVOTIONAL 1: GOD MADE LIGHT AND DARK

## For the Mama's Heart

### *Feasting on the Word*

Read Genesis 1:1-5.

Read John 1:1-5.

### *Digesting the Word*

*Read through the devotional passages. Fill in the blanks with words found in the scripture passages indicated as you go along.*

Darkness is dispelled by light. Just as God's first act of creation pierced the physical darkness by creating light, so, too, Jesus as the Light of the World (John 8:12) pierced the darkness of sin the moment He arrived in the flesh. Jesus brought with Himself life, and the "life was the \_\_\_\_\_" (John 1:4).

Light is powerful. Think about this question: how dark does a room need to become to extinguish a candle? It's impossible! When The Light (Jesus) came, no matter how hard it tried, the darkness could "not \_\_\_\_\_ it" (John 1:5). Science and Scripture agree. Darkness can never overpower light.

Take comfort in that fact, sweet mama. You—who has received Christ, who has believed the name of Jesus, who has become a child of God, who has been born again—belong to a powerful God. This God is full of light that can *never* be conquered by darkness!

## *Writing the Word*

Copy John 1:12-13 in the space below.

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## *Praying the Word*

List some people in your life who need to know the Light of light. Pray John 1:12-13 over them.

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## *Activity for Mom*

Jesus is the Light of the World. Light a candle to remember that truth.

- Add candles to the dinner table.
- Place a scented candle in a space that could use some refreshment.
- Add candlelight for your nightly shower or bath.

- Add a candle with your morning coffee or afternoon tea.
- If the child(ren) in your life don't allow you the current pleasure of candles, set a flashlight up in your bathroom while you grab that quick shower before bed. The effect is like candlelight while eliminating the risk of something (or someone) getting burned.

## For the Child's Heart

### Reading the Word

*If the following activities will be spread out over the week, plan to read the Bible passage to your child(ren) each day before engaging in the selected activity.*

Read Genesis 1:1-5 (printed below). The bold type is the scripture for you to read aloud. The italics are optional hand motions to do with your child as you read the scripture. Feel free to show your own pictures as you read to your child if you prefer.

**In the beginning God created the heavens and the earth.** *Trace the shape of a big circle in front of your body with both hands.*

**The earth was without form and void, and darkness was over the face of the deep,** *Cover both eyes with both hands.*

**and the Spirit of God was hovering over the face of the waters. And God said, "Let there be light," and there was light.** *Remove hands from eyes.*

**And God saw that the light was good,** *Make the sign for "good" by placing the fingers of your right hand*

*against your lips and moving your right hand into the palm of your left hand. Both hands should be facing upward.*

**And God separated the light from the darkness.**

*Move left hand and right hand away from you as though you are pushing heavy things away.*

**God called the light Day, Make a sun with hands.**

**and the darkness He called Night.** *Put hands together like you're praying. Put your hands to the side of your head like you're going to sleep.*

**And there was evening and there was morning, the first day.** *Hold up 1 finger.*

## **Craft Time: "God Made Light" Lanterns**

### **Materials:**

- Small empty water bottle
- Glow sticks (1 or 2)
- Yellow construction paper
- Scissors
- Liquid glue
- Black marker



### **Directions:**

1. Before craft time, cut a 1 ½ inch diameter circle out of yellow construction paper. Write "God made light" inside the circle.
2. Hand your child one or two glow sticks. Have him/her crack glow sticks to make them light up.
3. Help your child insert glow sticks inside the empty water bottle. Screw lid on.
4. Hand your child a "God made light" yellow circle. Put liquid glue on the back of the yellow circle.



5. Have your child glue the yellow circle to the water bottle.

### **Snack Time: “Light” in a Bowl**

#### **Materials:**

- Yellow Jell-O\*
- Bowls
- Spoons

#### **Directions:**

1. Say a prayer thanking God for making light and for providing a yummy snack.
2. Serve your child a bowl of Jell-O.
3. Talk about how wonderful God is while eating your “light” snack.

\*If desired, allow your child to help make the Jell-O prior to snack time. Let your child assist as much as you are comfortable with.

### **Action Activity: Chase the Light Game**

#### **Materials:**

- Flashlight
- Clear, open space to move around in

#### **Directions:**

1. Dim the lighting in the room.
2. Click on flashlight and point light beam on floor.
3. Have your child run to stand on the spot of light.
4. Move the light beam to a new spot on the floor.
5. Have your child run to stand on the new spot of light.
6. Continue as long as there is interest.

## **Outdoor Exploration: Silly Shadow Shapes**

### **Materials:**

- Bright sunlight

### **Directions:**

1. Take your child outside. Stand in a sunny spot where you can see your shadow on the ground.
2. Move and bend your body to make silly shadow shapes on the ground.
3. Play as long as there is interest.

## **Sensory Bin: “Let There Be Light” Box**

### **Materials:**

- Large plastic storage tub with clear lid
- Aluminum foil
- Clear tape
- Tissue paper (white)
- Push-on, battery-powered puck lights (at least 4–6, depending on the size of plastic storage tub)
- Sandbox sand
- Large, plastic tarp (optional)\*

### **Directions:**

1. Line inside of plastic storage tub with aluminum foil.
2. Line the underside of the clear, plastic lid with 2-3 sheets of white tissue paper. Secure with clear tape.
3. Stick the battery-powered puck lights evenly spaced inside on bottom of the storage tub. If the storage tub is large, more lights may be needed. Turn on lights.
4. Set lid on top.
5. Cover the lid with sandbox sand.

6. Let your child “discover” the light by moving his/her fingers through the sand.
7. Play as long as there is interest.

\*Activity is messy. Consider setting up this activity outside or using a tarp to help keep sand off the floor.