

## The Very Hairs on Your Head

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The very hairs on your head are all numbered.

Matthew 10:30

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People often quote this verse because it's such a crazy thing to imagine. Just how many hairs *are* on our heads? As crazy as it is to try to count them, we really do serve a God who knows the exact amount. We can't lose a hair or grow a new one without him knowing. He knows when each one turns gray (and whether we promptly yank it out or dye it).

How can we doubt a God like this? He knows what's going on in our relationships, in our families, in our jobs, in our hearts. He knows and he cares. So next time you're feeling alone, run your fingers through your hair!

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*He who cares for the sparrows, and numbers  
the hairs of our head, cannot possibly fail us.*

Hannah Whitall Smith

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