In showing how the Creator is intimately involved with His creation, Jesus Christ said that the very hairs of our heads are numbered by Him. This means that no detail is too small to escape His attention; no change misses His careful and loving eye.

The hair that you see is nothing more than dead protein that is produced by the cells of the hair follicle anchored inside the layers of the skin. The total number of hair follicles on the adult body is about 5 million; only about 100,000 of them are on the scalp. Each hair grows out of one follicle for about three to five years. Then the hair is shed and the follicle rests for about three months before starting to grow hair again.

So, you see, once you know how many hairs are on your head, it's still no easy job to keep track of their changing number. The average scalp hair grows about one inch every two or three months. This means that each day your head is growing the equivalent of one hair, 100 feet long - that's nearly 7 miles per year!

Yes, it's true, the Creator cares so much about you that He knows from moment to moment how many hairs are on your head. He has not created our world and then left us to drift through space and life all alone. He has even expressed His love and purpose for you in the Bible. Take a look today at what Scripture says about His Son, Who loved you so much He even gave His life for you!

**Prayer:** I confess, dear Lord, that I cannot understand how You can keep track of all the details of the creation as Your Word says You do. But You are God and I am only human. Don't let my weakness limit or weaken my faith in Your day-to-day involvement in my life. In Jesus' Name. Amen.

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