

Week THREE

FEAR NOT

DAY TWO

God Knows Me

6 Are not five sparrows sold for two pennies? And not one of them is forgotten before God. 7 Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows.

Luke 12:6-7

I am one of four women in my immediate family. Growing up, my dad consistently complained about our hair. He was shocked to find it everywhere: attached to his clothes, stuck on his shoe, clogging the drain, suffocating the vacuum. It became a joke within the family, and he could never understand how any of it was still on our heads!

These verses describe how much the Lord values us. He knows the exact number of hairs on your head—even after a full day of losing some here and there! He assures us our lives are precious, and He will remember us, no matter what we face in this life. The Lord is faithful to care for the sparrows; He values their coming and going. Even more so, **He values you** and me! This should bring us comfort in moments of doubt and fear, assuring us **we are known, valued, and loved.**

Follow the SHINE Time devotional tool to dive deeper into today's scripture!

S

Seek the Lord in prayer.

H

Highlight a characteristic of God.

I

Identify a truth about yourself or people.

N

Notice what the Holy Spirit is communicating to you.

E

Engage in the next action step. Think of a way to respond in obedience to what God has revealed to you today.