

Freedom From Fear and Worry



David Wilkerson (1931-2011) October 9, 2019

While walking up a country road in New Jersey, I had a good talk with my Lord. I cried, "Lord, I can't live with fear and worry of all kinds. I want to face whatever the future holds with rest, joy and simple trust! I want total freedom from all fear and worry!"

The Holy Spirit quickened me: "The key to freedom from all fear and worry is found in two words — sparrows and hair. Remember what I said in Matthew 10:28-33. 'One of them (sparrows) shall not fall on the ground without your Father. But the very hairs of your head are all numbered'" (verses 29-30).

It sounds so elementary, so very simple — but what Jesus tells us here is very profound.

Out of 9,000 species of birds, God singled out the sparrow to reference in his Word. Sparrows are wonderfully made, their thin, small bones are strong and specially equipped for flying. In fact, modern science still cannot copy the intricate wing system that allows them to migrate up to three thousand miles. God designed every bone, every feather — and he counted every one of them.

Every hair on our heads is counted by our Father in heaven. Between 100,000 and 150,000 hairs blanket the average human head and even those who are bald have the vellus variety hair which is unseen by the human eye. God made hair useful — eyebrows keep sweat out of our eyes and eyelashes protect our eyelids when dust or tiny insects get too near. Tiny hairs in the ears and nose filter out incoming particles. Every hair is a cylinder of cells that has tunneled deep into the skin to reach the blood vessels that nourish it.

It's no wonder David said, "I am fearfully and wonderfully made; marvelous are Your works" (Psalm 139:14). Being mindful of the intricate design of God's creation should make us even more attentive to our heavenly Father's watchful care of us. "Therefore do not worry about tomorrow, for tomorrow will worry about its own things" (Matthew 6:34). He knows what we need and will gladly supply it.

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