



Week of June 21 – 27, 2026

4th Sunday after Pentecost

FOCUS VERSE

Matthew 10:30

³⁰And even the hairs of your head are all counted.”

SERMON NOTES:

What stood out in this week’s sermon? (Theme, phrase, reference, etc.) What questions stir up within you? What do you want to explore further?

FOR FURTHER THOUGHT by Rev. John Locke

My wife is a hair stylist (and a very good one, I must say, even though I admit to being just a little biased!). According to her, the average human head has between 90,000 and 150,000 hairs. What makes this fun-fact so amazing to me, is that the number is continuously and frequently changing. We lose hair strands every day – when we brush, comb, wash, or dry our hair; we are also growing new strands every day as well. The average hair strand will live between 2-7 years. So, here’s some possible math: Average head 125,000 hairs. If one hair lives five years, and the number of hairs lost are replaced with the same number, then that’s a turnover of about 25,000 hairs per year, or over 65 per day, or 2-3 an hour!

CONSIDER:

What areas of your life change 2 or 3 times per hour? Perhaps Matthew is telling us that God knows the number of hairs on our head at any given moment – very minute and detailed info. How might that affect our understanding of how God cares for and loves us?



BEYOND SUNDAY:

**Readings intended to help you reflect and digest this week’s worship service.*

MONDAY: Micah 7:1-7 (*Even in hopeless times, we look to the Lord*)
Most **MEMORABLE** verse for you, in this passage, at this time?

What makes this verse so **MEANINGFUL**?

TUESDAY: Revelation 2:8-11 (*John’s vision encourages Sardis*)

Memorable: _____

Meaningful: _____

WEDNESDAY: Matthew 10:7 (*The Kingdom of Heaven is near*)

Memorable: _____

Meaningful: _____

THURSDAY: Psalm 89:1-4 (*God’s covenant to David*)

Memorable: _____

Meaningful: _____

FRIDAY: Jeremiah 25:1-14 (*The Babylonian Captivity Foretold*)

Memorable: _____

Meaningful: _____

SATURDAY: Luke 17:1-4 (*Jesus teaches about forgiveness*)

Memorable: _____

Meaningful: _____

Read Ahead: June 28, 2026 – 5th Sunday after Pentecost (Prop 8A)

Jeremiah 28:5-9; Psalm 89:1-4, 15-18; Romans 6:12-23; Matthew 10:40-42