

Heavenly Hair

By April Barr

Many times we look at other women and wish for their lovely locks. I had a friend in high school who had beautiful curly hair, yet she always longed to have straight hair. I had another friend with beautiful blonde hair who desired black locks similar to the Disney character Snow White.

You may have experienced some similar feelings. Ladies with wavy hair often use straighteners; while those with straight hair use rollers or chemical perms. As we start getting older and getting grey hairs, most of us head straight to the stylist so we can hide that visible sign of aging from the world.

Why do we women often long for different hair colors or textures? Why do we want to hold on tight to youth as our hair starts showing our age? Some of us want our hair to look good for our own personal enjoyment. Though if we take time to evaluate deeper, many of us would have to admit our desire for other people to pay attention to our hair too.

That's because we all like to be noticed, appreciated, and complimented. We like to feel like at least one person is "into" us — knowing and caring for us! Someone who is interested in whether our day has been terrific or terrible; someone who notices a new outfit, accessory, or hair style; or someone who knows our favorite color, movie, song, and food.

There may be times that we may not think anyone is "into" us; yet, let's discover what God has to say about this matter: "What's the price of a pet canary? Some loose change, right? And God cares what happens to it even more than you do. He pays even greater attention to you, down to the last detail — even numbering the hairs on your head! ...You're worth more than a million canaries." (Matthew 10:29-31 MSG)

God cares what happens to all of his creation; however, he has greater interest in humans because he formed us in his image. (Genesis 1:27) His vast awareness of us extends to the exact details — even the number of hairs on your head! No matter how much we care for our hair, like washing it regularly, using conditioning treatments, and being careful not to damage it with too much blow-drying and chemical treatments, God is more concerned about our hair than we are. It does not stump God if, after grooming our hair, some of the strands are left on our brush or on the sink; he still knows the precise calculation of hairs on our head!

God cares for *every detail* of your life — He is "into" you! If God cares that much for our marvelous manes, imagine how much he cares for our hearts — growing our inner character. Psalms 139:1-3 declares, "LORD, you have searched me and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways." (NIV) As Psalms 139 continues in verses 16 and 17, we see that God knows every day ordained for us, beginning and end. His thoughts about us are immeasurable — outnumbering the grains of sand!

April's beauty tips for your hair

Volumize! Moisturize! Revitalize! Shampoos, conditioners, scalp treatments, and styling and finishing products are essential categories to consider for proper hair care. There are numerous products boasting of providing rich, radiant hair. Evaluating the thickness, color, and texture of your hair will help you select the most beneficial products for your luxurious locks! Remember, for heavenly hair, it is essential to use products correctly. Thus, ask your hair stylist for recommendations and instructions for usage. Here are a few of my favorite hair tips:

1. Basic Hair Care

- Dry hair: Moisturize.
- Damaged hair or hair that lacks vitality (usually seen in older ladies): Protect, revitalize, strengthen, and nourish. You may consider using a scalp treatment.
- Delicate, thin, fine hair: Volumize.
- Normal, healthy, chemically treated, or thick hair: Light moisturizing will help maintain natural structure.
- Thick, coarse hair: Moisturize.

2. After shampooing and conditioning your hair, rinse hair with cool water to seal the hair cuticle. This will help the hair shine more brilliantly, as well as protect chemically treated hair.

3. Overly processed hair occurs from excessive coloring and styling often with hair dryers, curling irons, and flat irons. If your hair dryer has an option for cool air, after drying and styling, use the cool air to help set the hair.

4. With the fun summer months around the corner, remember to use products that will protect your hair from the sun's rays and chlorine.

Throughout the Bible, we see how God sees and hears us when we call. He knows us intimately, all the good and bad – the depths of our hearts, and still cherishes and seeks after us. He longs for a personal, growing, love relationship with us!

As we groom our hair, we can remember how much God cares for our hearts and every detail of our lives. When we carefully wash and condition our hair to keep it healthy, we can ask God to guide us in ways to become spiritually and emotionally healthy. Since God cares deeply for our lives, as well as others, we can ask him to reveal particular ways that we can show his care by meeting the needs of those in our sphere of influence.

Will you be aware of God paying attention to the details of your life? Hopefully while grooming your hair, your heart and mind will be volumized, moisturized, and revitalized as you reflect on God's extravagant love!

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