

## Luke 23:44-49

It was now about noon, and darkness came over the whole land until three in the afternoon, for the sun stopped shining. And the curtain of the temple was torn in two. Jesus called out with a loud voice, **“Father, into your hands I commit my spirit.”**

When he had said this, he breathed his last.

## Luke 23:44-49

The centurion, seeing what had happened, praised God and said, “Surely this was a righteous man.” When all the people who had gathered to witness this sight saw what took place, they beat their breasts and went away.

But all those who knew him, including the women who had followed him from Galilee, stood at a distance, watching these things.

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# THE FINAL WORDS OF CHRIST

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"FATHER, FORGIVE THEM"

"TODAY YOU WILL BE WITH ME IN PARADISE"

"BEHOLD YOUR SON...BEHOLD YOUR MOTHER"

"WHY HAVE YOU FORSAKEN ME?"

"I THIRST"

"IT IS FINISHED"

"INTO YOUR HANDS"

## Psalm 31: two distinct sections

Section 1: affliction, betrayal, anguish

Section 2: trust, praise, hope

## Adam Hamilton

I find this a beautiful thought: that Mary may have taught this prayer to Jesus when he was a boy; and that Jesus, before he died, offered this simple prayer to his heavenly Father. On the cross, Jesus was again teaching us how to pray.

## Psalm 31:1-5

In you, O Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness. Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me.

Since you are my rock and my fortress, for the sake of your name lead me and guide me. Free me from the trap that is set for me, for you are my refuge. Into your hands I commit my spirit; redeem me, O Lord, the God of truth.

Father, into your hands

I commit my \_\_\_\_\_.




*God, into your hands I commit...*


*God, into your hands I commit...*

Past Hurt:

Present Need:

Future Concern:

Specific Person:

Path of Pain



Better (draw close)

Bitter (turn from)

God, into your hands I commit...

Why would I ask God to take away the very things that force me to rely on Him?

God, into your hands I commit...

Why would I ask God to take away the very things that force me to rely on Him?

More God > less pain

# God, into your hands I commit...

Why would I ask God to take away the very things that force me to rely on Him?

I praise you for sufficient grace, all-powerful Christ: I thank you for the weakness that forces me to rely on your strength, for the pain that makes me seek your comfort, for every harassment that drives me to live by your peace. Amen.

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