

# Father, into Your Hands

As we observe Jesus' final moments on the cross, he continues to exemplify for us the faith and conviction of a strong believer. He identifies both what it means to be abandoned by God and intimately close with God. Through these same words Jesus teaches us profound truths about our relationship with God and life after death. In the finality of Jesus Christ's dying words we discover hope.

**AWARENESS** Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- What do you think happens after death?
- Can you identify a time in your life when you experienced two conflicting emotions at once? What were they and what was that like?



**LISTEN TO THE EPISODE:** [Father, into Your Hands](#)

**READ** [Luke 23:26-31, 44-49](#)

**REFLECTION** After listening, consider the following questions:

- In reflecting on Christ's dying prayer, William Willimon writes, "In one last, instructive word, Jesus teaches us: No one took my life. I gave my life. I committed my life to my Father" (*The Seven Last Words from the Cross*, p. 101, Books). Why does this distinction matter? Why does it matter that Jesus Christ's life was not *taken*, it was *given*?
- At the end of segment 2, host Dave Bast considers what Christ's prayer "Father, into your hands I commit my Spirit" reveals to us about how Jesus Christ viewed death. "...for him death was not a leap into the void; it was not just sort of a journey into nothingness or who knows where; it was a committing of himself to his Father..." How does thinking of Christ's words in this way impact your view of death?
- In segment 3, Dave and host Scott Hoezee discuss the tension between "My God, my God, why have you forsaken me" and "Father, into your hands I commit my Spirit." Can you identify with this tension? Why or why not?
- Considering all the last words Christ could have said and who he could have spoken to with his last breaths, why do you think Jesus begins and ends by speaking to the Father in prayer? What significance do you find in this for your own life and faith?

**RELATED PASSAGES** for further study

[John 3:16](#), [Revelation 6:15-17](#), [Psalm 31](#), [Hebrews 10:31](#), [Mark 12:1-12](#)

## CONCLUSION

In life and in death, Jesus Christ committed himself fully to the Father. Examine your heart. Examine your choices and how you're living. Have you fully committed your life to God? What would it take for you to dwell in close relationship with the Triune God? What might you need to let go in order to pray "Father, into your hands I commit my spirit"?

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**<https://groundworkonline.com/episodes/father-into-your-hands>**

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