

FATHER, INTO YOUR HANDS

Luke 23:26-31, 44-49

Awareness

Before listening, reflect:

- 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?

Even in his death, Jesus Christ models for us the life of faith. As Jesus breathes his last breaths, he prays “Father, into your hands I commit my spirit.” By studying these words, the last words that Luke records from the cross, we remember the seriousness of our sin, we gain a deeper understanding of the profound gift Jesus Christ offers us, and we learn what it means to live and die with Christ.

Listen: [*Father, into Your Hands*](#)

Reflection

After listening, consider:

- 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

- **John 3:16**
- **Revelation 6:15-17**
- **Psalms 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"?

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

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