



## WEEK 6

by Suz Skinner

*“It was 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: 44-46 (NIV)*

The scene of this moment is complete and utter darkness, when all hope seemed to be out of reach. Even the sky became dark, mirroring the hearts and minds of those who wondered, with broken hearts and souls, “How can this be?”, “Where is God?”, “What will become of us?”. Jesus, the one in whom his followers had put their hope, had been delivered into the hands of sinful men and was dying on a cross!

### *Into the **hands** of sinful men*

For the followers of Jesus, the circumstances of the past couple of days started out with an amazing praise filled procession of “Hosannas,” as Jesus came into the gates of Jerusalem; but then everything quickly went from bad to worse. It went from Jesus talking about being betrayed and killed, to seeing him actually taken from them, to watching him suffer humiliation, beating, and crucifixion! It must have felt like their whole world was coming unglued and out of control. They were at a loss for knowing what to do. It was out of their hands.

### *Out of their **hands***

On some level, we can identify. Our current times have also felt like things are coming unglued and, in many ways, are out of our hands. The circumstances of our world in the midst of a pandemic have significantly changed our lives in ways we weren’t prepared for. It challenges our thinking and our feelings and pares things down to pondering what is most important in life. It invites us to consider what and who we put our trust in. In whose hands do we put our trust?

## *In whose **hands** do I put my trust?*

Jesus' very last words, as he is dying on the cross, teach us where to put our trust. His full attention is on his Father, and his last breath utters words of full surrender and faith in his Father who has always been, and always is, in complete control.

*“Father, into your **hands** I commit my spirit.”*

Many who heard him say this would have quickly recognized his cry of faith as coming directly from Psalm 31, a heartfelt expression of complete trust in God in the face of suffering.

In this Psalm, we read,

“Into your hands I commit my spirit:  
Deliver me, Lord, my faithful God” v. 5

“ ...I trust in you, Lord; I say, ‘You are my God.’  
My times are in your hands:  
Deliver me from the hands of my enemies.” v. 14-15

## *My times are in your **hands***

When our circumstances or even our inner thoughts and fears cause us to confront the core questions of life and loss, or even death, Jesus' example on the cross reminds us that we are God's beloved children. He is our refuge, our deliverer, and our help in times of need. He is inviting us to place our lives into his loving hands, in life and in death.

Questions for Reflection:

1. What are you experiencing in your life that feels out of your control/out of your hands?
2. What would it look like for you to give over that area of your life by intentionally placing it in your heavenly Father's hands?



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