



*“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 23:46*



**Theme:**  
Trusting God Fully,  
Even in the Face of Death

### Discussion Questions

- What’s one thing you’ve recently had to trust someone with (big or small)? Was it easy or difficult? Why?
- Jesus’ final words were shouted. Have you ever experienced a moment where you had to “shout your trust” to God?
- How does knowing Jesus placed His spirit into the Father’s hands encourage you in your own circumstances? [Consider John 10:28-29]
- The cross looked like the end, but it was only the beginning. Can you share a time when what looked like a loss in your life turned into a breakthrough?
- What does it mean to commit your spirit (your life, your will, your plans) into God’s hands on a daily basis?
- Is there an area of your life that you’re holding onto instead of surrendering?
- What is God asking you to place into His hands today?
- This week, each time you face worry, fear, or control, pause and pray, “Father, into Your hands I commit this.”



### Prayer Time

“Father, into Your hands we commit our spirits. Thank You for Jesus, who showed us how to trust even through the cross. Help us to live, love, and surrender in light of the resurrection. Amen.”