

WHAT HE SAID ABOUT TRUST - 7

Seven Sayings From the Cross

Into your hands
I commit my spirit.
– LUKE 23:46

Principle #7:
Surrender your day
to God and let go.

The Cross not only calls us to *Jesus*, it also calls us to *a life*, to the wisdom of God's ways in all our relationships and pursuits, and to the pattern of Jesus' model in the face of our deepest struggles and most difficult trials.

- Forgive anyone—no, *everyone*—who seems set on ruining your life.
- Though beset yourself, focus on encouraging others who are struggling and uncertain.
- Be sure you are sensitive and loving, certain to take care of those who are near you.
- When seemingly impossible questions come, aim them at God, not man.
- Whatever your adequacy, never be above making known your need for help.
- Embrace the certainty that God's "finishes" *always* have a purpose and an end.
- And finally when it is all said, one thing remains to be done:
- Surrender everything to God and let go.
- It's how to live through a bad day.

When you come to the end of any day that's been a hard day, it's usually as difficult to conclude as it has been to live. This is one reason why we often have trouble sleeping at night! Jesus' words of trust (they aren't words of resignation), surrendering everything into the strong hands of the almighty God, are His concluding lesson to us about how to live through a bad day.

Bad days can be weeks, even months long. This principle of discipleship is all the more important when you know that the day you're ending might not be much different tomorrow.

WELCOME/WORSHIP

Share a particularly difficult "season" from your life.

As you conclude your group study, focus your worship around songs of confidence and trust in the Lord. 794—"Unto Thee, O Lord," 393—"The Lord's My Shepherd," 470—"Victory in Jesus," 524—"I Know Whom I Have Believed," 786—"Precious Lord, Take My Hand."

WORD

Read Luke 23:44-49

1. Jesus' final statement from the Cross is a quote from Psalm 31:5. What feelings are expressed in this psalm? How do you account for the fluctuation of the psalmist's feelings? How might this psalm have "ministered" to Jesus?
2. Can you express feelings of abandonment or rejection by God? Does it show a lack of faith? Why or why not?
3. Jesus could have easily given into self-pity or allowed himself to fall into a "victim mentality." In what areas of your life are you tempted to do the same?
4. A "bad day" is not necessarily 24 hours; it can be a short or long period of time—a season of stress or difficulty. Regardless, at the end of every physical day we can either allow become preoccupied with our problems or surrender everything to God and let go. In what situation do you presently need to "surrender your day to God and let go"? What from Psalm 31 could help you do just that?
5. In what ways have you witnessed the reality of the statement, "*Everyone dies basically like they've always lived?*" What are the implications of this for your own life?

WORKS

In Jesus' last moment, He practiced what He preached—He entrusted Himself to God. And someday, the very last thing you will need to do is give yourself to God. But perhaps today—that is the very first thing you need to do!

What have you learned in this series about sharing in the "the fellowship of His suffering" (Philippians 3:10)? In conclusion, read this prayer aloud as a group: "*Lord, teach me how to walk as a disciple as I go through the tough times—the "Fridays" of my life.*"