

# DIOCESE WIDE Lenten Book Study



## Chapter Seven Reflection

The Seventh and Final Word: *"Father, into your hands I commit my spirit."*

By Bishop John Keehner

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It has been a joy to have each of you join this Lenten study. As we approach the most Holy Triduum, let us keep Christ's last words close to our hearts, especially the ones that stood out to us most. I pray that each of you have been brought deeper to the heart of the Father and trust in his unwavering love for you. May you know the mercy, hope, and peace this Easter season. May God bless you!

### Reflection

How fitting that both the first and last words of Jesus on the cross lead us directly to the Father. His final words, *"Father, into your hands I commend my spirit"* reveal a humble and confident trust in the Father. As easy as it could have been, Jesus does not protest or attempt to flee the suffering experienced on the cross. Instead, he rests completely in the faithfulness of the Father by offering himself in total surrender.

As Catholics, we are invited to make this same act of surrender to the Father. When things in our lives feel uncertain, it's a natural inclination to want to control or fix the situation. The complete loss of control can make us become angry or distrusting towards the Father's will. Jesus teaches us in his final moments that total surrender is not a weakness but an incredible act of faith. Surrender is a conscious and deliberate choice to trust the Father at all times, but especially in moments we feel hopeless. When we place ourselves completely into the hands of the Father, we make room for Him to transform our hearts and let his grace work within us.

As we meditate upon the final prayer of Christ to the Father, let us allow this prayer to become our own - a prayer of total surrender, trust, and hope: *"Father, into your hands I commend my spirit."*

