

Session



## Personal Study Guide

### Into Your Hands I Commit My Spirit

*April 5, 2020*

#### Introduction

? If you were going on an extended trip by yourself, what would be the most difficult thing to leave in someone else's care? Why? What about that item makes it so special?

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? How well do you function when you know you have no control over a situation? What brings you peace of mind in moments like that? How much effort do you exert to learn about the person who is in charge?

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? When you ponder the events of Palm Sunday, what are the elements that grab your attention the most? What adjectives would you use to describe them?

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#### 1. God is Trustworthy and Faithful (Luke 23:46; Ps. 31:5)

? What impact does suffering usually have on your faith—particularly when you view it as undeserved? What conclusions do you think those who witness how you handle difficult seasons would make about your view of God?

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? Application: Who are you praying for that is struggling with a particularly hard situation or burden of some sort? How does the model of Jesus on the cross give you words for your next gospel conversation with that person?

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#### 2. God is Present in Hardship (Ps. 31:7-8)

? How have you experienced God's faithful love carrying you through hardship or trials? When was the last time you had a conversation with someone about that?

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❓ Application: With whom in your life do you share the afflictions you face? How do you ask them to pray for you? How do the prayers of others minister to you in hardship? How does it make you feel to know that Jesus does that for His people ceaselessly?

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### 3. God Gives Courage to Those Who Trust Him (Ps. 31:23-24)

❓ How would you describe your worship habits in seasons of hardship and suffering? What thoughts of God do you tend to have in those seasons?

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❓ Application: How does reading of the psalmist's resolve and courage in the face of horrific affliction challenge your heart?

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### Conclusion

❓ Who is God placing on your heart as a person you need to extend "refrigerator rights" to? Who do you know who would benefit from knowing how God has proven Himself faithful to you? Whose story has been the most encouraging to you in a difficult season?

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❓ Considering the testimony of the psalmist, why is Bible engagement so important for growing in one's ability to trust in and anchor themselves in God? What would you say if someone asked where in the Bible they should start reading for the first time? Why?

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❓ How would you rate your current level of boldness and courage in facing affliction or hardship? How would you like that to change this year? What are some steps you can take even this week to move in that direction?

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### Daily Readings

- Monday - Ephesians 2:8-9
- Tuesday - Titus 3:5
- Wednesday - Acts 4:12

- Thursday - John 14:6
- Friday - 2 Corinthians 5:21
- Saturday - Colossians 2:13-15