

PRAY EVERY DAY April 9, 2023 Resource

Praying the Psalms: Psalm 31:1-2 (NRSV)

In you, O LORD, I seek refuge;
do not let me ever be put to shame;
in your righteousness deliver me.
Incline your ear to me;
rescue me speedily.
Be a rock of refuge for me,
a strong fortress to save me.

Pray Jesus' prayer from the cross when you wake

"Father, into your hands I commend my spirit."

The Bible in a Year with KUMC

This plan is available at KUMC and on the church website. This plan can be started at any time.

Small Group or personal study

- What was your furthest moment from God this week?
- What was your closest moment to God this week?
- Read Luke 23:44-46 and 24:1-12.
- Before dying on the cross Jesus prayed, "Father, into your hands I commend my spirit" (v. 46). Compare that verse to Psalm 31:5. This could certainly be a case of Jesus remembering, praying, or singing Psalm 31 while dying on the cross. Read all of Psalm 31 and consider how Psalm 31 relates to Jesus on the cross and praying before his death.
 - When Jesus was on the cross he prayed to God three times: (1) "Father, forgive them..."; (2) "My God, my God..."; and (3) "Father, into your hands...". If anyone could do something on their own it might have been Jesus. Jesus prays to God three times (at least!) on the cross. When do you go to God in prayer? How often do you reach out for help from God or others?
 - That prayer, "Father, into your hands I commend my spirit" are the last words of Jesus from the cross but they were not his final words. In the resurrection of Jesus, Jesus reveals that we are in the best hands when we are in God's hands. Even from death, God can raise us to life as revealed in the resurrection of Jesus Christ. What have you put into God's hands, trusting in God's salvation? What have you not yet put in God's hands, but perhaps held onto in your hands?
 - William Barclay in his commentary on John notes the possibility that Jewish people were taught "Father, into your hands I commend my spirit" from Psalm 31:5 as a bedtime prayer. Mary and Joseph may have prayed that prayer with Jesus at bedtime while he was growing up. Rev. Adam Hamilton has encouraged people in his congregation to pray that prayer on waking up each day and at bedtime as a way to put their lives into God's hands for waking and sleeping. Try praying Jesus' prayer from the cross this week on waking up and as a bedtime prayer. Put your whole life in God's hands each day for God's salvation and purposes.

Spend time in silence

Prayer for others and yourself

The Lord's Prayer

Share the Love of Jesus because It's All about Relationships

How will you or how did you share the love of Jesus with neighbor today with no strings attached?

Pray Jesus' prayer from the cross at bedtime

"Father, into your hands I commend my spirit."

Praying the Psalms: Psalm 31:3-4 (NRSV)

You are indeed my rock and my fortress;
for your name's sake lead me and guide me,
take me out of the net that is hidden for me,
for you are my refuge.
Into your hands I commit my spirit;
you have redeemed me, O LORD, faithful God.