**Sermon Guide – Aug. 9, 2020 – Into Your Hands**

Psalm 31:3-5, 9-10

3You are my rock and my fortress.  
    For the honor of your name, lead me out of this danger.

Pull me from the trap my enemies set for me,  
    for I find protection in you alone.  
5I entrust my spirit into your hand.  
    Rescue me, Lord, for you are a faithful God.

9Have mercy on me, Lord, for I am in distress.  
    Tears blur my eyes. My body and soul are withering away.  
10I am dying from grief; my years are shortened by sadness.  
Sin has drained my strength; I am wasting away from within.

I talked about rocks today. Do you or someone in your family have a fascination with rocks? What makes rocks special to you?

The psalmist identifies God as his/her “rock” and “fortress.” How do you experience God as a rock or a fortress?

Jesus quoted verse 5 on the cross. In fact, they were his final words. “I entrust my spirit into your hand.” You probably know the words better as “Into your hands, I commend my spirit.” Even through the cruelty of crucifixion, Jesus completely trusted in God.

Are you able to trust God that completely? If your answer is NO, then what is standing in your way? How can I be helpful to you in growing that trust in God?