

HOW TO LIVE THROUGH A BAD DAY

The Final Step

Luke 23:44-46

It was now about the sixth hour, and darkness came over the whole land until the ninth hour, for the sun stopped shining. And the curtain of the temple was torn in two. Jesus called out with a loud voice, “Father, into your hands I commit my spirit.” When he had said this, he breathed his last. (Luke 23:44–46, NIV)

The **Final Step**: Finally surrender you day to God, and let it go!

How?

*Free me from the **trap** that is set for me, for you are my refuge.*

Into your hands I commit my spirit;

redeem me, O LORD, the God of truth. (Psalm 31:4–5, NIV)

The trap of worry

*You will never sense the **presence** of God or experience God’s **peace** until you decide to **give it all** to God.*

How?

1) Get to know God.

Free me from the trap that is set for me, for you are my refuge.

Into your hands I commit my spirit;

redeem me, O LORD, the God of truth. (Psalm 31:4–5, NIV)

2) Choose to trust God.

Free me from the trap that is set for me, for you are my refuge.

*Into your hands I **commit** my spirit;*

redeem me, O Lord, the God of truth. (Psalm 31:4–5, NIV)

It’s not, **try** harder.

It is **trust** more!

*To live through a bad day—indeed, to conclude it—
is to **place** it into the hands of God and **leave** it there.*