

Seven Last Sayings – Part 7

THEME: CONTENTMENT

Luke 23:46 (44-46) – ESV

⁴⁴ *It was now about the sixth hour, and there was darkness over the whole land until the ninth hour,*
⁴⁵ *while the sun's light failed. And the curtain of the temple was torn in two.*

⁴⁶ *Then Jesus, calling out with a loud voice, said, “Father, into your hands I commit my spirit!” And having said this he breathed his last.*

The last words of a dying man tell us a great deal about the person.

Many who passed away expressed words of discontentment and dissatisfaction.

But there is One man in history whose last words not only tell us a great deal about Him, but also tell us a great deal about ***how we should live our lives.***

More than 2000 years ago, a man, Jesus of Nazareth, hung dying on a cross and in the darkest hour of His life, was able to commit His spirit to the hands of His Father.

Jesus knew that the wisest thing that He could do in life was to commit/entrust everything to the only wise and sovereign God, who knew everything from beginning to the end.

And in doing this, He found, joy, peace, comfort, and contentment.

Jesus quoted **Psalm 31:5** that says, “*Into your hands I commit my spirit; deliver me, LORD, my faithful God.*”

That verse was the prayer every Jewish mother would instruct a child before going to bed.

CONTENTMENT is falling asleep in the loving arms of the Father.

But what does CONTENTMENT mean?

It refers to “**that happiness or joy which consists in being satisfied with the present condition.**”

It reflects a sense of **peace** and **acceptance**.

CONTENTMENT is not having what we want, it is wanting what we have!

How did Jesus find contentment while He was going through that painful death on the cross?

Jesus found contentment in His intimate relationship with the Father

Jesus said, “*Father...*”
He knew His Father.

Matthew 11:27

“No one knows the Father except the Son and those to whom the Son chooses to reveal him.”

John 10:15

... I know the Father; and I lay down My life for the sheep.

For most of us, when we were little, whenever we fell and hurt ourselves, our tendency was to run to our parents, to our father.

Why? Because we knew that we were in safe hands. We knew that they were they would always protect us because we know parents have their children’s best interest in mind.

We run to them for protection and for security.

In the same way, Jesus knew where to run.

Contentment comes from accepting the fact that **God our Father, is sovereign**, and that God is involved in the

affairs of men and that everything is already under control by someone who is far greater than you and I.

Because God is SOVEREIGN, therefore God is in control.

Jesus found contentment knowing that He is in the hands of the Father

Jesus said, “*Into your hands...*”

Up until this point, there has been a lot of hands that have been handling Jesus. From the day He was born, He was placed in the hands of Joseph and Mary.

When the time came for Him to sacrifice His life, He was placed in the hands of the religious leaders and the Roman centurion.

When Jesus was placed in the hands of many people, they all misused, abused, and mistreated Him.

Jesus said... “*into your hands...*”

Jesus knew that His Father always had His best interest. Jesus knew that He was secured in His Father’s hands.

Because Jesus knew that He was in the hands of God, He knew that everything was going to be all right, that nothing can abort the plan of God and that everything would happen exactly according to His divine plan.

Jesus found contentment knowing He is committing everything to God.

Jesus said, “...*I commit my spirit.*”

To commit simply means *to fully entrust or to place yourself at another person’s disposal.*

Jesus was saying, “*I’m fully committing everything to you, have your way and be in total control of my life.*”

Jesus knew that even though His body was going to the grave, His spirit would live on, and death would not be the end of it.

Jesus knew that even in death He was secured in the Father’s hand.

The last words of Jesus on the cross are a message to us of what His life was about and what our lives should be.

A life that is totally surrendered and committed to God is what brings **CONTENTMENT.**

CONTENTMENT is exactly falling asleep in the loving arms of the Father.

Contentment is having that assurance, joy, satisfaction, and peace knowing that our life is in the hands of a good, good Father, who is extravagant, lavish and extremely generous.