

## **'Seven Last Words of Jesus'**

### **Reflection 6**

#### **'Father, into your hands I commit my spirit.'**

'It was now about the sixth hour and, with the sun eclipsed, a darkness came over the whole land until the ninth hour. The veil of the Temple was torn right down the middle; and when Jesus had cried out in a loud voice, he said, 'Father, into your hands I commit my spirit.' With these words he breathed his last.' (Luke 23: 44-6)

'In Jesus Christ our lives... find their true meaning. He who became one of us, lived as we do, has made holy all that we are and all that we do, except of course, when we sin.' 'Our joys and laughter, our daily tasks, as well as our suffering and death are now holy things, sanctified because He has touched them.'

If we are willing, 'the divine life first given to us at our Baptism will grow, and it is often through pain and suffering that this happens.' Our daily trials and difficulties, our suffering and death all 'have within them the joy of resurrection.' Our Good Friday experiences will lead us 'to a greater understanding of and sharing in the joys and triumph of Easter Sunday.'

Jesus' words, 'Into your hands I commit my spirit,' can be our prayer too. Suffering of any kind can become a means of surrender to God. 'Into your hands I commit my spirit.' These words have been uttered by men and women down the ages, in their daily struggles and anxieties. In their pain and in their death.

We cannot, and must not of course, rejoice in suffering, this would be to do violence to our very nature, but we can 'rejoice in the carrying of our cross.' It must however 'be for His sake, to be like Christ and so with Him, He in us and we in Him.'

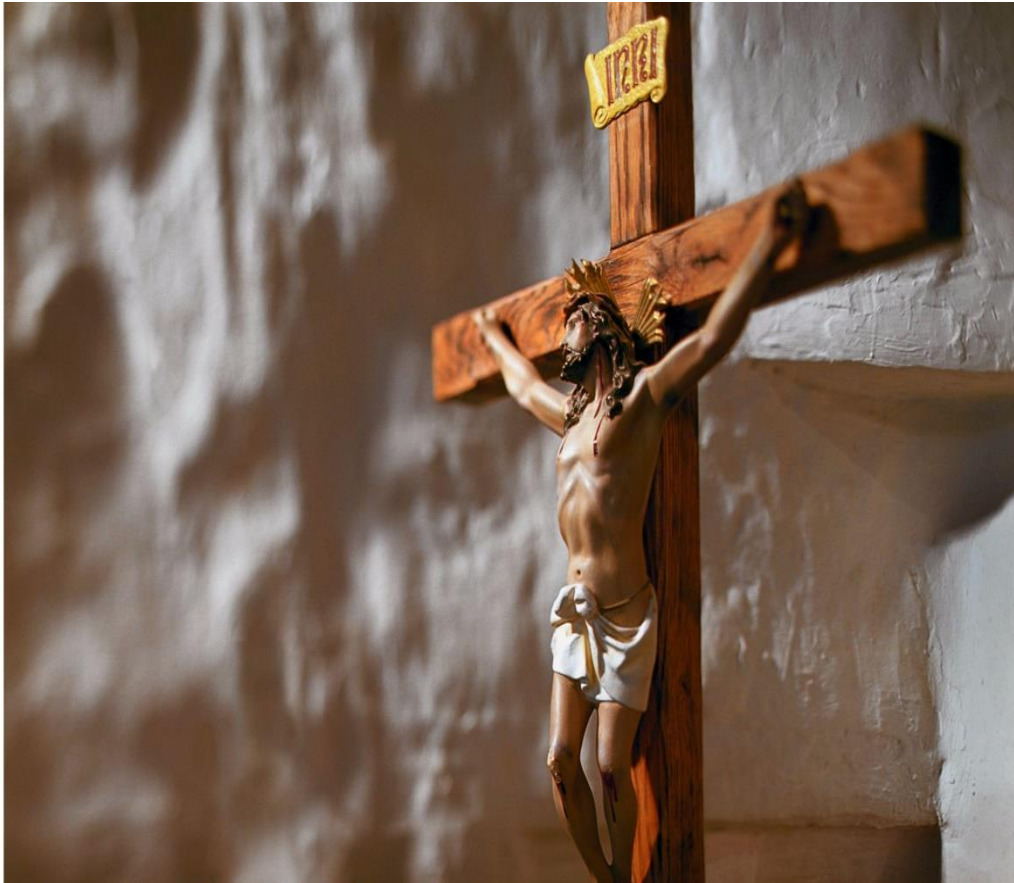
#### **Prayer**

**Dear God, at times of suffering, help us to kiss the crucifix,**

**And so, 'discover Him, who suffered like us and for us.'**

**Help us as we pray, 'Father into your hands I commit my spirit',**

**Then our yoke 'will be sweeter, our burden lighter.' Amen.**



**In the carrying of our cross, we can discover ‘the secret of the resurrection – that new life comes from the dying seed.’**

This reflection is with reference to, and with quotations from ‘Seven Last Words,’ by Cardinal Basil Hume. The prayer is an adaptation of the Cardinal’s words.