**Trust and Follow Jesus**

**Today: Commitment – Into Your Hands**

**Speaker: Ronnie Norman**

**Photo of sheep –**

https://external-content.duckduckgo.com/iu/?u=https%3A%2F%2Fthenypost.files.wordpress.com%2F2017%2F11%2F171107-sheep-recognize-faces-feature1.jpg%3Fquality%3D90%26strip%3Dall%26w%3D1200&f=1&nofb=1

**Psalm 31**

*4Keep me free from the trap that is set for me,  
    for you are my refuge.  
5Into your hands I commit my spirit;  
    deliver me, Lord, my faithful God.*

*12I am forgotten as though I were dead;  
    I have become like broken pottery.  
13For I hear many whispering,  
    “Terror on every side!”  
They conspire against me  
    and plot to take my life.*

*14But I trust in you, Lord;  
    I say, “You are my God.”  
15My times are in your hands;  
    deliver me from the hands of my enemies,*

***Psalm 31:5***

*Into your hands I commit my spirit; deliver me, Lord, my faithful God.*

***Luke 23:46***

*Jesus called out with a loud voice, “Father, into your hands I commit my spirit.” When he had said this, he breathed his last.*

**Into your truth, I commit my spirit.**

(is it possible to have the word “hands” transition to the word “truth”

***2 Timothy 4:2-4***

*2Preach the word; be prepared in season and out of season; correct, rebuke and encourage—with great patience and careful instruction. 3For the time will come when people will not put up with sound doctrine. Instead, to suit their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear. 4They will turn their ears away from the truth and turn aside to myths.*

**Into your grace, I commit my spirit.**

**(same transition request as above)**

***Hebrews 4:14-16***

*14Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. 15For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. 16Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

**Helpless**

**Open**

(have the word “helpless” visible first and then make the word “open” visible later on my cue)

**Psalm 31**

*21Praise be to the Lord,  
    for he showed me the wonders of his love  
    when I was in a city under siege.  
22In my alarm I said,  
    “I am cut off from your sight!”  
Yet you heard my cry for mercy  
    when I called to you for help.*