Is there anything you are feeling that Jesus has not already felt?

THE PASSAGE · HEBREWS 4:12-16

Hebrews 4 says we do not have a high priest who is unable to empathize with our weaknesses. We have one who has been tempted in every way, just as we are, and yet He did not sin. So the chapter ends with an invitation. Come to the throne of grace with confidence, and receive mercy and grace to help in the time of need.

HE KNOWS, BECAUSE HE LIVED IT

HE KNOWS	WHERE HE LIVED IT
Rejection	Despised and rejected by mankind (Isaiah 53:3). His own town took offense at Him (Mark 6:3).
Isolation	In Gethsemane His closest friends slept while He prayed alone (Matthew 26:40).
Fear	Deeply distressed and troubled, in anguish as He prayed (Mark 14:33; Luke 22:44).
Injustice	False witnesses twisted His words at a night trial (Matthew 26:59-61).
Temptation	Forty days in the wilderness, tempted when He was hungry and alone (Matthew 4:1-11).
Expectation	Crowds demanded signs, healings, and a crown (Mark 1:37; John 6:15).
Uncertainty	He asked if the cup could pass, then surrendered to a road not yet walked (Matthew 26:39).
Deception	Greeted with a kiss that was the signal for His arrest (Matthew 26:48-49).
Betrayal	Sold by Judas for silver, denied three times by Peter before morning (Matthew 26:75).

WHAT THIS CHANGES

- You are not the only one. Every feeling on this page was His first (Hebrews 4:15).
- He sympathizes with our weaknesses. That is the word Hebrews uses (Hebrews 4:15).
- The invitation runs toward Him, to mercy and grace in your time of need (Hebrews 4:16).

REFLECTION QUESTIONS

1. Which line in the list is yours in this season?
2. When did you last hide a struggle, sure you were the only one carrying it?
3. What would you pray if you believed Jesus understood before you spoke?
4. Who can you tell this week, so the lie of being alone loses its ground?

YOU ARE UNDERSTOOD. COME BOLDLY.

PRAYER

Lord Jesus, You know this feeling from the inside.
You carried it without sin, and You never turned away.
When my heart says I am the only one, remind me of Gethsemane.
Teach me to come to You first, and to come boldly.
Thank You for understanding what I cannot explain. Amen.