

## **He Knows the Struggle**

### **Ready:**

“Therefore, since we have a great high priest who has passed through the heavens — Jesus the Son of God — let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who has been tempted in every way as we are, yet without sin. Therefore, let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us in time of need.” – Hebrews 4:14-16

### **Set**

Whenever we see professional athletes on TV or play in person, it’s easy to think about how different their lives are from ours.

In our culture, we even go as far as to treat superstars as almost “god-like” because of their talent in their sport. Yes, they are very good at what they do, making it hard to remember that they started just like us. Even the best athletes are humans who struggle, fail, grow and learn. It’s crazy to think that superstars were once T-ball and rec league players simply learning how to do the basic skills.

An even more fascinating thing to think about is how our perfect Father sent His son Jesus down to earth as a human to walk with us. Jesus, who lived a perfect life, experienced the same world you and I live in today. He was tempted, hurt and laughed at. Plus, He cried and He loved. Unlike the superstars on TV, Jesus never messed up; He is the one we should be admiring.

How special is knowing that our Lord knows what we go through? Not because of what we tell Him but because He experienced it. We can feel connected to Christ more because of His closeness to us here on earth. When we bring Him concerns about life, He is not shocked. He saw it, too.

Think of a time when you felt a connection to your favorite player by learning something about them that is similar to yourself. You may be from the same city, play the same position, or even struggle with the same thing.

Now, think about how much of a stronger connection we can have with our Lord by realizing that He walked this same path we walk each day.

### **Go**

- Do you believe that Jesus knows what we are going through?
- Do you feel comfortable bringing your problems before God?

### **Workout**

2 Corinthians 5:21

1 Peter 2:21

### **Overtime**

“Lord, You knew no sin; You came into this world and saw and suffered at our hands. Help us to know that when we talk with You, You know our pain and see our struggles. Help us not to feel distant from You but see You as the God who longs to connect and know us personally. Help us to see You today. Amen.”



Fellowship of Christian Athletes © 2024  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:** <https://fcaresources.com/devotional/he-knows-struggle>