

## Jesus Understands Us

### Ready:

“For 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.” -- Hebrews 4:15

### Set

In a year full of so much chaos and turmoil, it has been hard for me to dismiss the lie in my head about God’s ability to understand what I am going through. It all can often feel isolating, and it is so easy to feel alone. But that is the beautiful thing about Jesus, He is not a high priest who is unable to empathize. Jesus humbled himself, was tempted in every way and experienced death on a cross. He came to our level, to know and understand our human experiences. We often misunderstand how much God understands our pain. Jesus was well acquainted with grief, loss and sorrow. Nothing we are experiencing right now is a surprise to Him, He is accustomed to all levels of suffering. He dwelled among us. **He gets it.**

So, when the temptation comes to sit in the loneliness this season has brought upon us, we must continue to dive into the Word of God. There are countless stories of Jesus being tempted, mocked, experiencing sorrow or moments where He wept. We have to continue to root ourselves in His Word. **He is with us.** We aren’t alone. His Word teaches us that, time and time again.

**Jesus is the end game.** He is the main character of the story of our human experience. He gets it. And we get to know more of who He is and how much He loves us by reading His Word and spending time with Him. It is so important. It is what grounds us, even as the world around us continues to spin out of control.

### Go

- What has been the thing you have run to this year?
- How can you shift your focus and anchor yourself in the Word of God?
- What would it look like to encourage those around you to do the same?

### Workout

Philippians 2:1-10; Isaiah 53:3

### Overtime

“Jesus, thank You that You are not a high priest who is unable to empathize with our weaknesses. Thank You that You humbled Yourself to death, even death on a cross so that I

can live. Help me to know You and trust You more as I dive into Your Word. Help me to live it out and share it with those around me. Amen.”

**Bible Reference:**

Hebrews 4:15

Philippians 2:1-10

Isaiah 53:3



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