

## **He Knows Our Struggle**

### **Ready:**

“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 4:15-16

### **Set**

I used to coach a group of nine-year-old girls. One day at practice, I walked up to find that one of my cones had been stomped on and broken.

I gathered the team and asked them who was responsible for the broken cone. No one claimed responsibility. After practice, one of the girls approached me with tears in her eyes and admitted that she had broken the cone when she got angry that she missed her shot. At this point, she started to cry, and I asked her what upset her. She said she didn't want to confess because she was ashamed that she got so angry. I hugged her and told her I forgave her but, more importantly, that I understood her anger because I had felt it, too. Afterward, you could tell that a weight had been lifted from her shoulders due to her confession.

When Jesus was on earth, He was tempted in every way possible. Even though He never succumbed to the temptation, He understood what we go through daily. Because of this, we do not need to hide our sins from Jesus but approach Him with humility. Our sin does not shock Jesus. As Hebrews 4 says, He can “sympathize with our weaknesses.”

When we go to Him, we can receive His power through our confession. Just like that little girl, the weight of our sin will no longer hold us down once we confess and seek His guidance.

How wonderful it is to know we have a Savior who understands what we go through each day but has the perfect power to overcome it!

### **Go**

- What do you need to confess today?
- What is one temptation that you need the strength of Jesus to overcome?

### **Workout**

James 5:16

1 John 1:9

### **Overtime**

“Jesus, we come before You seeking Your strength to make it through each day. We desire to honor You with our life but know we fall short. Give us the confidence to come before You and confess our sins so we can have Your strength to fight. Amen.”



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