

# Hebrews *Moving Forwards*

## 2. A Priest Who Understands! Hebrews 4.14-16 and 7.25-28

**Aim of the study:** To consider Jesus' humanity, his empathy and intercession for us and how that affects the way we can relate to and rely on him.

### To start with:

Who are you most likely to sympathise with and why?

- A student stressing about their exams
- A teenage boy who's been dumped by his girlfriend
- A girl who has got herself into terrible debt by living a lifestyle she can't afford
- A new mum who feels isolated
- A highly paid businessman juggling work/life pressure
- A graduate who is drinking too much to cope with his new job
- A teacher with a horrible class

### Studying the text:

1. When Jesus became a man he experienced human life with all its joys and sorrows. What examples can you come up with of the different physical, emotional and spiritual experiences Jesus lived through? (*You might want to make a list for people to reflect on.*)

*Note to leaders: Here are some examples.*

*Physical - there were times when he:*

- was tired (John 4.6)
- was hungry and thirsty (Matthew 4.2, John 19.28)
- was hounded by the crowds (Mark 5.31)
- was in danger of his life (Luke 4.29)
- experienced natural dangers (Mark 4.37)
- experienced extreme physical pain (John 19.1-2)

*Emotional - there were times when he:*

- was misunderstood by his family (John 7.3-5)
- faced opposition (Mark 3.1-6)
- carried the burden of leadership responsibility (Luke 9.51-52)
- had unreasonable demands made on his time and energy (Mark 3.20)
- was deserted and let down by his closest friends (Mark 14.50, 72)

*Spiritual - there were times when he:*

- faced temptation (Matthew 4.1)
- experienced spiritual highs (Mark 9.2-4)
- followed by spiritual lows (Mark 9.14-19)

2. What strikes you about these things? Read Hebrews 4.14-16. What thoughts do you have about them?
3.
  - a. Who do you tend to turn to when you are experiencing difficulties? Why do you choose them?
  - b. Where does Jesus fit into your 'support network'? (i.e. do you turn to him first, as a last resort etc?)
  - c. Read Hebrews 2.18. How might this help?



4. a. According to Isaiah 53.12 and Hebrews 7.25-8 what is Jesus currently doing for us?
  - b. What IS intercession? (NB. Literally it means 'standing in the gap', on someone's behalf, or mediating for them.)
5. Re-read Hebrews 4.16. What do you think tends to prevent people from genuinely doing this when they are free to do so through Jesus? How far DO you approach God with this attitude? If not, how might you change that?

**Reflect and pray:**

- On the things that have been particularly pertinent from this discussion.
- Praise God that we have access directly to him and pray for those who struggle to approach Father God in the way they have permission to!