

Read: Hebrews 4:14-16

Jesus Understands

Hebrews 4:14-16

Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. 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. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

In the name of the Father and of the Son and of the Holy Spirit. Amen.

Grace would never forget the night her dad came home and told the family he had taken a new job and they were moving to Chicago. The first couple of months in her new home had been a challenge. She was having a hard time making new friends and getting used to how different everything was. Her parents and teachers kept telling her it would get easier, but she had her doubts.

Then one day Grace was paired up with a classmate for a school project. As they were talking, her partner told her she had just moved to Chicago last year. She explained that at first it was hard to adjust to a new city and school, but over time things were a lot better. "What a relief," Grace thought, "there is someone who actually knows what I am going through."

There is relief in being around someone who understands the challenges we face—like moving to a new city, trying a new activity for the first time, getting glasses, or dealing with an unexpected setback.

What about those temptations we face which others don't know we struggle with? The temptation to gossip about others, or the temptation to cheat at school, or the temptation to watch shows or videos we know we shouldn't. These temptations can make us feel crushed and alone, with nowhere to turn.

We can find comfort and peace in knowing that Jesus completely understands what we are going through and that he cares greatly for us. While living here on earth, he experienced temptation in every way just like us.

While Jesus understands our struggles, there is one big difference between him and us. We all too often fall into sin when we are tempted. On the other hand, even though Jesus was tempted more than we can imagine, he never sinned, not even once.

During our life here on earth, we will face temptations day after day, and many times we will fail. That's why it is important to be in God's Word day after day. It gives us the strength to stand up

to temptation and points us to God's grace. It also helps to surround yourself with other Christians who can encourage you in your struggles and remind you of God's forgiveness.

Remember, you are never alone. Jesus is always with you, and he did everything needed for you to be with him forever one day in heaven.

The questions below are to help families discuss this devotion. The questions are divided by age group as suggestions, but anyone could reflect on any of the questions as they desire.

Questions for the Younger Children

- Take a moment to tell at least two problems that you face.
- Now name at least two people that you know can help you with your problems.

Questions for Elementary Age Children

- What are a couple of temptations that you struggle with?
- Why is it so important that even though he was tempted Jesus never sinned?

Questions for Middle School and Above

- Why do you think it is hard for people to talk with others about temptations or sins that they struggle with?
- How does knowing Jesus was tempted in every way just like you bring comfort?

Closing Prayer:

Lord Jesus, forgive us for the times we fall into sin when we are tempted. Give us the strength to follow your example to say no to sin and to find peace in your forgiveness. Amen.