

Week 3: Sinless Human

Message Overview: This week **makes it personal**. **Jesus understands our struggles** because He lived as a human, yet He was **without sin**. Students will be encouraged to **turn to Jesus in their struggles** because He sympathizes with our weaknesses and helps us to resist temptation.

Key Scripture: Hebrews 4:14-5:1

Key points:

- Introduction
 - Illus: Talk about a time someone tried to give you advice on something they had never experienced (ie: someone who never played a sport trying to tell you how to be a better athlete)
 - We often feel like no one understands what we're going through
 - The amazing truth about Jesus is that He DOES understand – because He lived as one of us.
- Jesus understands our struggles (Hebrews 4:14-16)
 - Jesus is our High Priest, meaning He is our representative before God (v. 14)
 - He was tempted in every way we are, yet without sin (v. 15)
 - Because of this, we can approach Him with confidence (v. 16)
 - Illus: Think about having a best friend who has been through the same thing as you – Jesus is like that, but perfect.
- Jesus is the perfect mediator (Hebrews 15:1)
 - High priests were chosen to represent people before God, but still had their own sins
 - Jesus is different
 - He can relate to us because He was human
 - But He is perfect, so He can truly save us.
- How should we respond?
 - Bring our struggles to Jesus – He isn't shocked by our weakness
 - Stop excusing sin – Just because Jesus understands, doesn't mean we stay in sin
 - Find strength in his example – Jesus showed that we can resist temptation through God's power
- Closing: Other religions teach about distant Gods – ours became human to rescue us. Jesus invites us to bring everything to Him, even our struggles.
- **Gospel Proclamation:** Because Jesus lived a perfect life, He could take our place on the cross. He understands our struggles, but He alone can free us from them.

Key question/application: Do you turn to Jesus when you struggle, knowing He understands and can help? What is one struggle you can bring to Jesus this week?

Community Group questions:

- Read Hebrews 4:14-16. Why is it important that Jesus understands our struggles? Is this comforting to you?
- Have you ever felt like no one understands what you're going through? How does knowing Jesus gets it change that?
- What is one temptation or struggle you need to bring to Jesus?