

**Week 30**  
**Philippians 4, Philemon, and Hebrews 1-3**

**Theme:** Jesus understands us.

**Conversation Starter**

**What action option did you choose to do after our discussion last week? What went well? What did not go well?**

**What questions do you have from the reading this week?**

**Weekly Review/Intro**

This week we finished Philippians, read Philemon, and we started the book of Hebrews. We are going to jump over Philippians and Philemon to dive into Hebrews. Hebrews starts out by talking about Jesus and by talking about Jesus' place in the universe. Hebrews 1 and 2 go into the discussion of who Jesus is in relation to angels.

**Have you ever had questions about angels?**

**Have you ever studied angels?**

Be careful when studying angels because that could lead you down the mysticism path we discussed in a previous session. However, the Bible clearly mentions the Angels many times over. We see angels as heralds, as bringers of death, and as soldiers. The mention of angels is throughout the Bible. In Hebrews 1, the author spends time comparing Jesus and angels, and he ends with verse fourteen.

**Read Hebrews 1:14**

**What does this verse tell us about the role of angels in the world?**

**Are we supposed to worship angels?**

We are only supposed to worship God and not angels. As this verse says, angels are sent to serve Christians. We are not going to dive further into this topic, but the main point is that angels are servants that are not to be worshipped whereas Jesus is.

## Application

**We have talked a lot about Jesus in these discussions. How would you describe Jesus?**

**What characteristics of Jesus do you think are the most important?**

There is a lot we can say about Jesus. It is impossible to describe him completely, but we can learn a lot about his characteristics from the Bible. In Colossians 1, we studied seven key characteristics of Jesus. Hebrews carries on that idea in chapter 2.

**Read Hebrews 2:10-18**

This section of scripture is heavy with Biblical truth and gives us insight into four more characteristics of Jesus. Let's look back at these verses.

**Reread Hebrews 2:10**

**According to this verse, how was Jesus' made perfect?**

**Why did God make Jesus perfect through sufferings? What was the purpose of that?**

Verse 10 is a little hard to read. This verse is telling us that Jesus was made perfect through sufferings so that we, Christians, could be saved. This idea may be challenging because we already know that Jesus was perfect and the fullness of God. However, 2 Corinthians and Ephesians gives us insight into what is being said.

**Read 2 Corinthians 5:21 and Ephesians 2:13-16**

**How do these three sections connect?**

**How did Jesus' sufferings allow us to be saved?**

This is a three step process. First, Jesus became sin for us (2 Cor. 5:21). Because Jesus became sin, he had to suffer to pay the price for us (Heb. 2:10 and Rom. 6:23). When Jesus took sin upon himself and suffered, he made the law void and paid the price for us (Eph. 2:13-16).

**How do you feel knowing that Jesus suffered for your salvation?**

**Does that make you love him more or less?**

The first characteristic we see is that Jesus was willing to suffer for us. Let's continue in Hebrews to learn more about him.

### **Reread Hebrews 2:11-13**

**Who are the people that verse 11 is talking about?**

**What do these people have in common?**

Verse 11 is saying the both Jesus and us have one father who is God.

**Continuing in verse 11, what does it say about how Jesus views us?**

The next characteristic we see comes from verse 11. Jesus is not ashamed to call us brothers and sisters.

**Have you ever had someone act ashamed to be out with you? How did it make you feel?**

**How do you feel knowing the Jesus is not ashamed to claim you as part of his family?**

We all have been embarrassed by a friend or family member before. As a teen, you may have wanted to be invisible while your dad was wearing his jean shorts and sock/sandal combo in public. However, Jesus is not ashamed to claim us as family.

### **Reread Hebrews 2:14-16**

**Based on these verses, what is another thing that we and Jesus have in common?**

**What is the reason that Jesus took on human form?**

These verse reiterate the fact that Jesus become flesh like us. Jesus had a body like us, he was tempted like us, and he was hurt like us. Verses 14 and 15 are clear that the purpose of doing this was the free us from our bonds of sin.

**Do you think it would be humiliating for a king to step down to being a common man?**

**What do you think this says about Jesus? What kind of man would willingly step down like that?**

The third characteristics of Jesus: Jesus shared in our human suffering. Jesus became like us to save us. Jesus was the ultimate picture of humility because he loved us. Afterwards, he was raised in glory. However, Jesus lived as we do, and he knows what it is like to be a human on Earth.

### **Reread Hebrews 2:17-18**

**According to these verses, what are the two reasons why Jesus had to be like us in every way?**

**What do these reason mean to us?**

Jesus was like us for two reasons: 1) so he could save us from our sins and 2) so he could be “a merciful and faithful high priest.”

**What does the phrase “walk a mile in someone shoes” mean?**

**What are the benefits of trying to understand someone elses life?**

**How did Jesus illustrate this in his life?**

The fourth characteristic of Jesus is that he understands what we are going through. Jesus became like us. He understands everything we go through because he did it as well.

**What hope can we gain from reading verse 18?**

**How does this help you in your walk?**

Jesus can help us in our temptation because he suffered in temptation as well. Jesus knows what we are going through.

**Do you ever feel like you have done something so bad that you cannot go to Jesus?**

**Have you ever felt ashamed and not wanted to talk to God?**

**Do you think it is easier or harder to talk to someone who has had a similar experience to you?**

Next time you feel like you cannot go to God because of your shame, remember that Jesus is coming from a place of empathy and understanding. Jesus experienced that same things we are going through. Jesus humbled himself and suffered because of his love for you.

**Week 30**  
**Reflection**

During this week, you are being charged with answering these questions about yourself and your walk with God. Hopefully these will force you to pray and consider what God wants you to do in your life.

- 1) Have you ever caught yourself worshipping other things besides God? How did you change that?
- 2) How do you feel about Jesus?
- 3) Are you investing time into your relationship with Jesus?
- 4) What are you ashamed to talk about with God? Why aren't you going to him?

**Week 30**  
**Action**

Choose one of the following actions to do as part of your walk this week.

- 1) Act like Jesus and humble yourself this week. Go to someone and ask how you can serve them.
- 2) Act like Jesus and show love to someone else. Write an encouraging note and send it to someone.
- 3) Go to a trusted believer and confess what you are ashamed of doing. Pray together and ask God to help you forgive yourself.