

## DAMELLA BITES

10 SEP 2025 HEBREWS 4:14-5:10

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During Jesus' time, priests were appointed to make atonement for people's sins and mediate between God and humans.

High priests were regarded as the highest religious authority.

In this passage, Jesus is referred to as the *great* high priest.

That means His authority surpasses that of the appointed high priests.

## JESUS, OUR PERFECT INTERCESSOR

Jesus' authority stems not only from appointment but from identity.

He is God incarnate – fully divine, fully human – enabling Him to truly empathise with our weaknesses and struggles, yet never succumbing to a sinful response.

This makes Jesus the perfect intercessor for us before God, our "priest forever" (Hebrews 5:6) – an ever-present help in our times of need.

How reassuring it is to know we have a God who knows exactly what we are going through!

And how encouraging it is to know we can face our struggles without giving in to sin.

## JESUS, OUR MODEL IN TIMES OF TRIAL

Jesus also modelled for us what we can do when facing trials and sufferings:

- > Pray with fervour and submit to God in reverence (Hebrews 5:7)
  - > Learn obedience from our sufferings (Hebrews 5:8)

## REFLECTION

- > Is there an area in your life that you are struggling with in particular?
  - > Might there be something God wants you to learn from this experience?
- > Knowing we have a perfect intercessor in Jesus – our source of comfort and encouragement – have you submitted your troubles to Jesus in reverence and fervent prayer?

Be assured that God hears us when we pray, not because of our own effort, but because He is pleased with our obedience and surrender.

And the more we chase and model after Jesus, the more our lives and will align with His.

In time, perhaps even our trials and troubles will grow strangely dim in the light of His pleasure with us.

"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."

Hebrews 4:16