Jesus Understands

Do you feel alone in your suffering? Do you sometimes think others just can't get it? What about God, does he understand?

> *For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Hebrews 4:15 ESV*

Mark 0-3 for the following: 0 for not experienced, 1 for little impact, 2 significant impact, 3 lasting impact. Then pick 3-5 of the most impacted areas and read the corresponding Bible verses. Jesus understands so much of our suffering.

Rejection & Relational Pain

Experience	Bible Reference	0-3	Prayer / Reflection
Betrayed	Luke 22:47-53; Matt 26:48-49; John 18:1-11		
Denied or disowned by someone who claims to love you	Matt 26:69-75		
Not supported in hour of need	Matt 26:38-46		
Rejected/condemned	Matt 27:21-23		
Felt forsaken by God	Matt 27:46		
Encouraged to condemn someone	John 8:1-11		

False Accusation & Injustice

Experience	Bible Reference	0-3	Prayer / Reflection
Found innocent but treated as guilty / Wrongly accused	Luke 23:13-16		
False testimony / False witness / Slander	Matt 26:59-67		
Betrayed for gain	Matt 27:6		
Plotting/gossip/ manipulation	Matthew 22:15–22; Luke 11:53–54		
Abandoned by authorities	Matt 27:24-26		

Humiliation & Public Shame

Experience	Bible Reference	0-3	Prayer / Reflection
Embarrassed publicly	Matt 27:28-30		
Public humiliation, mocked, spat on, shamed	Matt 27:28-30; Matt 27:41,44;		

	Luke 20:19–20		
Struck	Matt 26:59-67		
Pressure to perform	Luke 23:8		

Physical Suffering

Experience	Bible Reference	0-3	Prayer / Reflection
Scourged	Matt 27:28-30		
Bound	Matt 27:2		
Distress/anguish	Luke 22:44		

Fear, Pressure & Spiritual Anguish

Experience	Bible Reference	0-3	Prayer / Reflection
Tested	Matthew 4:1–11; Hebrews 4:15		
Desired to kill you	John 5:18; John 7:1; John 11:45-53		
Suffering	Psalm 22; Psalm 53		

Loss, Hardship & Life Circumstances

Experience	Bible Reference	0-3	Prayer / Reflection
Moved a lot as a child	Matthew 2:13–15; Matthew 2:19–23		
Stuff taken	Matt 27:35		
Demands of people	Matthew 4:25; Mark 3:7–9		
Grief for friend	John 11:32-36		

There may be something specific that you have experienced that isn't exactly on the list; is there something similar on the list? We also struggle with sin, Jesus was tempted in ever way, but he did not choose sin.