

**Heb 4:14-16 (NLT)**

*That is why we have a great High Priest who has gone to heaven, Jesus the Son of God. Let us cling to him and never stop trusting him. This High Priest of ours understands our weaknesses, for he faced all of the same temptations we do, yet he did not sin. So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it.*

“Nobody understands what I’m going through.” We have all felt that way at one time or another. But there is someone who knows exactly what you are going through, and that is Jesus! Or sometimes we wonder if God really understands how hard it is being tempted. The answer once again is, yes He does, because Jesus was tempted in “ALL” things. The original Hebrew word for “all” is “all” and that’s all, all means.

Think of the temptations that you battle with, and how hard they are for you. But what about the ones you are not tempted with, or consider to gross or unspeakable that we would never think of being tempted or falling into those kind of sins. Well, Jesus was tempted with those sins also. The difference is He did not give into the temptation, but rather overcame the temptation.

Jesus also knew what it’s like to have his closet friends, and even own family reject Him.

† **John 7:5** *For even His brothers did not believe in Him.*

† **Mark 14:50** *Then they all forsook Him and fled.*

He knew what it was like to be homeless.

† **Matthew 8:20** *And Jesus said to him, "Foxes have holes and birds of the air have nests, but the Son of Man has nowhere to lay His head."*

He also had one of his best friends die, and what did Jesus do?

† **John 11:35** *Jesus wept.*

We could go on and on, as you read through the bible and realize that Jesus went through all the same things we all do.

So next time you don’t think anybody understands or even that God doesn’t understand what you are going through. Remember this verse from our devotional, and remember that Jesus does sympathize with you and understands, because He was tempted the same way. So, cling to the one who really cares. Jesus Christ our redeemer!

† **Heb 4:15** *For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin.*