

Jesus understanding us
because He lived a as one of us.



Jesus Understands Us—Because He Lived It Too

By Alice Presswood

Introduction

Theme Overview: This activity set is designed to help participants deeply explore the incredible truth that Jesus fully understands and empathizes with our human experiences because He lived as one of us. Rooted in Hebrews 4:15-16, this study will guide individuals to recognize that Jesus faced the same struggles, joys, and challenges we do. Because of this, He is not only our Savior but also our perfect companion and source of comfort. Unlike distant deities of human-made religions, Jesus chose to walk among us, experience suffering, resist temptation, and show us the power of faith in action. Through in-depth discussions, reflective activities, and practical applications, participants will learn how Jesus' empathy can strengthen their relationship with Him and empower them to show the same compassion to others.

Jesus did not live in an isolated palace or watch from a distance—He walked the dusty roads, felt the sting of rejection, wept over loss, and experienced the depths of human emotion. This makes Him the perfect mediator between us and God. When we bring our struggles to Him, we are not speaking to someone who merely sympathizes, but to a Savior who truly understands.

Key Scripture: Hebrews 4:15-16: "For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. 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."

Memory Quote: "Jesus understands not because He watched from afar, but because He walked beside us, felt our pain, and overcame the struggles we face."



1. Reflective Discussion Questions

Understanding Jesus' Humanity:

- Why is it significant that Jesus chose to become fully human?
- What are some examples in the Bible where Jesus experienced emotions like joy, sorrow, anger, or compassion?
- How does knowing that Jesus felt pain, loss, and temptation make Him more relatable to us?
- What does Hebrews 4:15 teach us about Jesus' ability to empathize with our struggles?
- How does Jesus' suffering on the cross deepen our understanding of His love for us?

Finding Comfort in Jesus' Understanding:

- How does it bring comfort to know that Jesus understands our struggles firsthand?
- What situations in your life have been easier to endure because you knew Jesus went through similar experiences?
- Why does Jesus' perfect response to temptation give us confidence in overcoming our own challenges?
- How can we approach Jesus more openly, knowing that He truly understands what we're going through?
- How does this truth change the way we pray and seek guidance?

Showing Empathy to Others:

- How does Jesus' example teach us to be more compassionate toward others?
- What are ways we can show empathy to people in need, just as Jesus did?
- Why is it important to listen and support others rather than judge them?
- How can we use our own struggles to relate to and comfort those around us?
- How does bearing one another's burdens reflect the love of Christ?

2. Interactive Activities

Activity 1: "Jesus Walked in Our Shoes" Reflection Exercise

Objective: Help participants relate their personal struggles to Jesus' experiences on earth.

Materials Needed:

- A large sheet of paper with a drawing of sandals labeled "Jesus' Journey"
- Small note cards or sticky notes
- Markers or pens
- Printed scriptures about Jesus' life experiences (Matthew 4:1-11, John 11:33-35, Luke 22:44-46)

Instructions:

1. Read passages from the Gospels where Jesus experienced emotions, temptations, and hardships.
2. Ask participants to reflect on a personal challenge they have faced.
3. On a note card, they write how their experience relates to something Jesus went through.
4. Participants place their note cards on the "Jesus' Journey" drawing to symbolize that Jesus walked a similar path.
5. Discuss together how Jesus' experiences help us feel understood and comforted.

Reflection:

- What new insights did you gain from connecting your experiences to Jesus' life?
- How does knowing Jesus faced struggles make you feel about approaching Him in prayer?
- What can we learn from how Jesus responded to pain, grief, and temptation?

Activity 2: "Walking in Someone Else's Shoes" Empathy Challenge

Objective: Encourage participants to develop empathy by imagining themselves in another person's situation.

Materials Needed:

- A variety of different shoes (sandals, boots, sneakers, etc.)
- Scenario cards describing different life struggles (e.g., losing a loved one, feeling left out, struggling with fear, dealing with illness)
- Journals or notebooks

Instructions:

1. Participants randomly choose a scenario card and a pair of shoes.
2. They put on the shoes and reflect on what it might feel like to be in that person's situation.
3. Write in a journal about how Jesus would respond with love and understanding to someone experiencing that struggle.
4. Discuss how this activity changed their perspective on showing kindness and support to others.

Reflection:

- How did this activity change the way you view people going through struggles?
- What are practical ways we can be more compassionate toward others?
- How does Jesus' empathy inspire us to care for those in need?

3. Practical Applications for Daily Life

Turning to Jesus for Comfort and Strength:

- Make it a habit to pray openly and honestly about your struggles, knowing Jesus understands.
- Read and reflect on the Gospels to see how Jesus responded to different challenges.
- Keep a journal of moments when you felt God's presence and guidance in difficult times.

Practicing Christlike Empathy:

- Actively listen to people's struggles instead of rushing to offer advice or judgment.
- Look for opportunities to help others in tangible ways—whether through a kind word, support, or prayer.
- Be patient with those who are hurting, just as Jesus was patient with those He encountered.

Encouraging Others in Their Faith Journey:

- Share a personal testimony of how Jesus' empathy has comforted you.
- Check in on friends and family members who may be facing difficulties.
- Pray for those in your community who are going through trials.