

Jesus Is Able to Sympathize With Our Weaknesses

Hebrews 4:14–16

Friday, June 12, 2026

EPISODE SUMMARY

A Lord's Supper meditation on Hebrews 4:14–16 — a high priest who passed through the heavens, yet is not distant from our weakness. The old high priest disappeared behind a curtain once a year; Jesus passed through the heavens themselves and stayed. He has been tempted in every way as we are — hunger, exhaustion, grief, betrayal — yet without sin, and his sinlessness is the purity of the offering whose blood paid for our sins at the cross. Because of him, the throne we approach is a throne of grace, and the invitation is to come boldly — right at the point of our need.

KEY THEMES

- A great high priest who passed through the heavens — and stayed (Heb 4:14).
- Hold fast to our confession — the table as holding on, out loud, together.
- Tempted in every way as we are — he is not a stranger to our struggle (Heb 4:15).
- Yet without sin — the spotless Lamb whose blood was sufficient at the cross.
- The throne of grace — approached boldly, not because we are strong, but because he is.

KEY SCRIPTURE

"For we do not have a high priest who is unable to sympathize with our weaknesses, but one who has been tempted in every way as we are, yet without sin. Therefore, let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us in time of need."

— Hebrews 4:15–16, CSB

TAKEAWAY TRUTH

We come to the table to a high priest who has felt our weakness and shed his blood for it. That is why we can approach the throne of grace boldly — not because we are strong, but because he is, and he understands.

APPLICATION FOR TODAY

As the bread and cup come to you, bring the very weakness you would rather hide — the struggle you did not tell anyone about this week, the temptation that almost won. The One you are remembering already knows it, already died for it, and is waiting at the throne of grace to meet you with mercy, right at the point of your need.

SERIES FOCUS

Lord's Supper Meditations · CT061, CT065, CT069, CT073