

HEBREWS 4:14-16

GOSPEL REALITIES & RHYTHMS

Hebrews 4:14-16 – *“Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. 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. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.”*

A healthy disciple of Jesus is someone who is learning from Jesus the gospel rhythms of resting and running.

Mark Sayers – *“When we withdraw, we learn new movements. We move from striving to abiding, from competing to communing, from broadcasting to being. We make a break with the anxiety that drives so much of modern life...”*

What are our gospel realities?

- Jesus is our great high priest.
- Jesus is able to sympathize with our weaknesses.
- Jesus has lived the life we could never live.

How can we live into the gospel rhythms of resting and running?

- Hold fast to our confession.
- Draw near to the throne of grace.
- Receive mercy and find grace.

Hebrews 4:14-16 (The Message) – *“Now that we know what we have—Jesus, this great High Priest with ready access to God—let’s not let it slip through our fingers. We don’t have a priest who is out of touch with our reality. He’s been through weakness and testing, experienced it all—all but the sin. So let’s walk right up to him and get what he is so ready to give. Take the mercy, accept the help.”*