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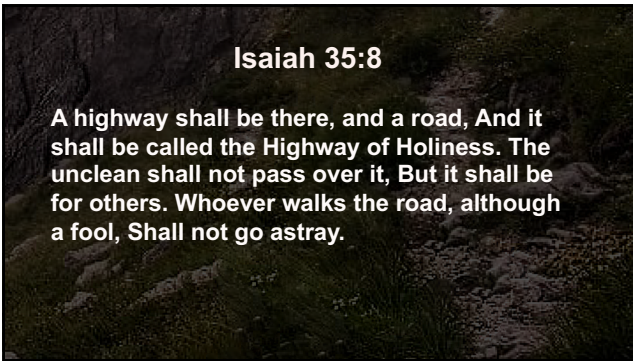
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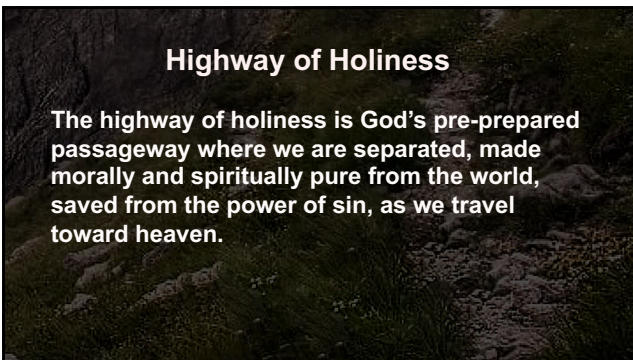
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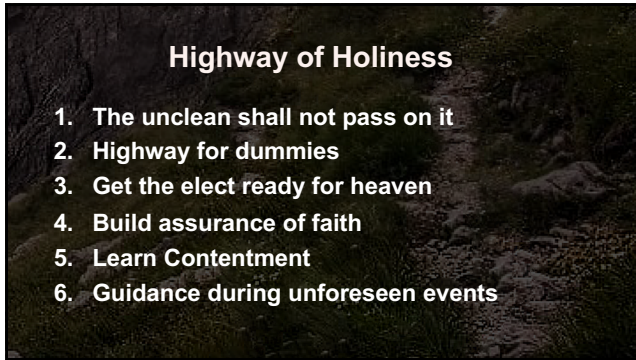
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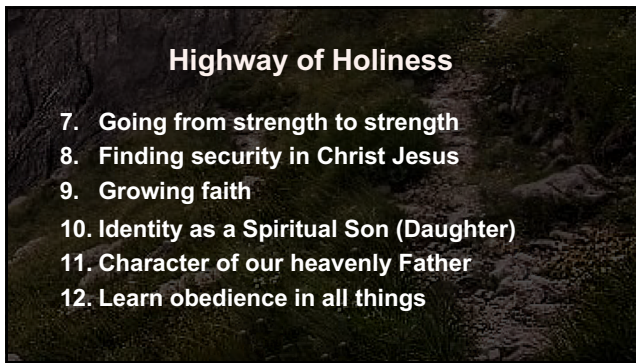
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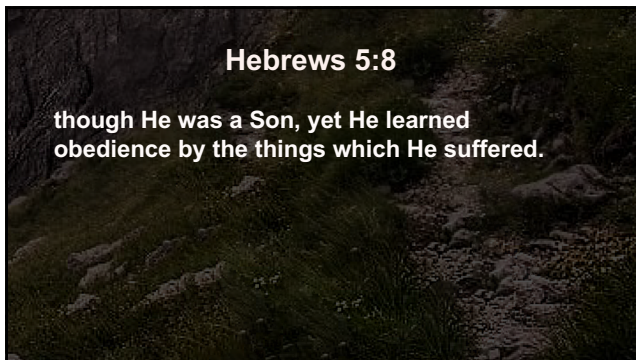
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### Definition of Suffering

The bearing of pain, inconvenience, or loss; pain endured; distress, loss, or injury incurred.

- American Heritage Dictionary

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8

### Hebrews 5:8

The Greek has a play on sounds:  
**emathen** (He learned) from **epathen** (He suffered).  
A Greek reader would nod at the old saying that suffering is a harsh but effective teacher.  
Learned (manthano), means more than memorising facts. It means to learn by experience, to be trained by practice

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9

### John 1:1-2

1 In the beginning was the Word, and the Word was with God, and the Word was God.  
2 He was in the beginning with God.

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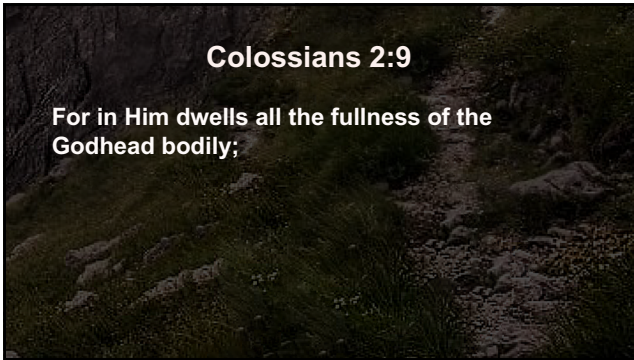
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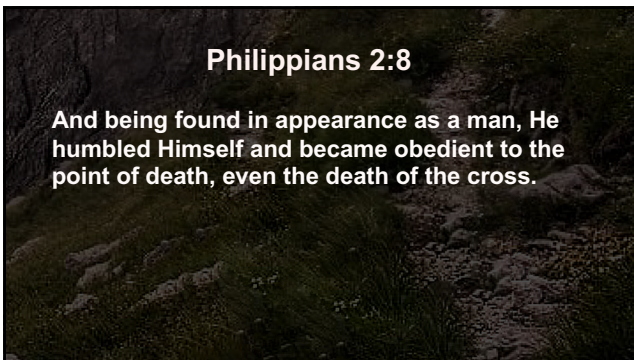
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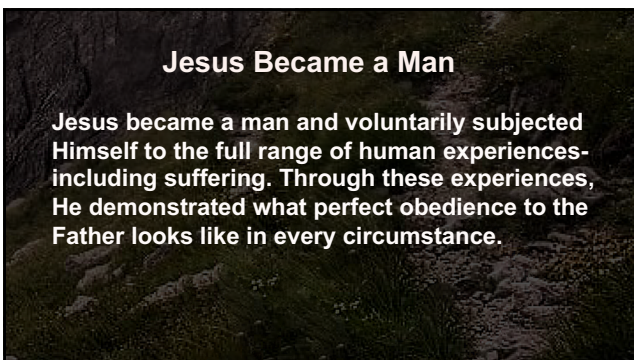
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### Jesus Experiences Human Weakness

- Hunger**      Matthew 4:2 After fasting forty days and forty nights, he was hungry
- Weariness**    John 4:6 Now Jacob's well was there. Jesus therefore, being wearied from His journey, sat thus by the well. It was about the sixth hour.
- Sorrow**        John 11:35. Jesus wept.
- Intense Anguish**    Luke 22:44 And being in an agony he prayed more earnestly: and his sweat was as it were great drops of blood falling down to the ground.

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### Hebrews 2:17-18

17 Therefore, in all things He had to be made like His brethren, that He might be a merciful and faithful High Priest in things pertaining to God, to make propitiation for the sins of the people. 18 For in that He Himself has suffered, being tempted, He is able to aid those who are tempted.

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### Hebrews 4:15-16

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. 16 Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

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16

### Obedience

submitting to the commands, laws, and will of God, reflecting a believer's commitment to Him. It is not merely about following rules but is an expression of love, trust, and faith

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### Learned Obedience

Jesus was never disobedient so "learned" in Hebrews 5:8 conveys the experiential aspect. Jesus engaged with obedience in the midst of earthly trials.

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18

### Submission

submission involves willingly placing oneself under the authority or leadership of another in accordance with scriptural teaching. It is an active choice, grounded in love and respect, rather than a passive or coerced act.

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### Submission

The Greek term translated “submit” is hypotassō, which literally means “arranging oneself under” someone else’s guidance or order. Submission doesn’t diminish a person’s dignity, but creates a spirit of harmony, service, and humility as taught by Scripture.

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### Arranging themselves Under

In ancient Greek, hupotassō was often used in military contexts, indicating soldiers arranging themselves under a leader’s command. The term implies a voluntary action, highlighting the choice to submit rather than being forced into submission.

- Biblehub.com

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### Meekness

**Meekness** toward others means we are gentle and don’t seek to retaliate when we are wronged.

**Meekness** toward God means we accept His dealings with us as good and seek to be yoked together with him.

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### 1 Samuel 26:1-12

1 Now the Ziphites came to Saul at Gibeah, saying, "Is David not hiding in the hill of Hachilah, opposite Jeshimon?" 2 Then Saul arose and went down to the Wilderness of Ziph, having three thousand chosen men of Israel with him, to seek David in the Wilderness of Ziph.

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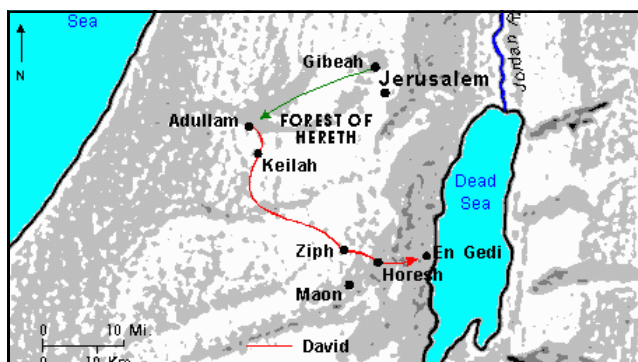
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### 1 Samuel 26:1-12

3 And Saul encamped in the hill of Hachilah, which is opposite Jeshimon, by the road. But David stayed in the wilderness, and he saw that Saul came after him into the wilderness. 4 David therefore sent out spies, and understood that Saul had indeed come.

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**1 Samuel 26:1-12**

5 So David arose and came to the place where Saul had encamped. And David saw the place where Saul lay, and Abner the son of Ner, the commander of his army. Now Saul lay within the camp, with the people encamped all around him.

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**1 Samuel 26:1-12**

6 Then David answered, and said to Ahimelech the Hittite and to Abishai the son of Zeruah, brother of Joab, saying, "Who will go down with me to Saul in the camp?" And Abishai said, "I will go down with you."

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**1 Samuel 26:1-12**

7 So David and Abishai came to the people by night; and there Saul lay sleeping within the camp, with his spear stuck in the ground by his head. And Abner and the people lay all around him. 8 Then Abishai said to David, "God has delivered your enemy into your hand this day. Now therefore, please, let me strike him at once with the spear, right to the earth; and I will not have to strike him a second time!"

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**1 Samuel 26:1-12**

**9** But David said to Abishai, "Do not destroy him; for who can stretch out his hand against the Lord's anointed, and be guiltless?" **10** David said furthermore, "As the Lord lives, the Lord shall strike him, or his day shall come to die, or he shall go out to battle and perish.

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**1 Samuel 26:1-12**

**11** The Lord forbid that I should stretch out my hand against the Lord's anointed. But please, take now the spear and the jug of water that are by his head, and let us go."

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**1 Samuel 26:1-12**

**12** So David took the spear and the jug of water by Saul's head, and they got away; and no man saw or knew it or awoke. For they were all asleep, because a deep sleep from the Lord had fallen on them.

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**David Learning Obedience and Submission**

1. David submitting to God's Timing to Become King
2. David submitting to God means to become King

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**It's complicated: David's reactions to Saul**

1. Public support for Saul
2. Refusal to attack/kill God's anointed
3. Refusal to allow Saul to kill him
4. David's understanding of Saul's evil
5. David's emotional response to betrayal

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**Real Power Under Control**

1. Spear is real material world power
2. Helpless sleeping enemy is spiritual power
3. Not seeking revenge is emotional power
4. Returning Saul's spear is relational power

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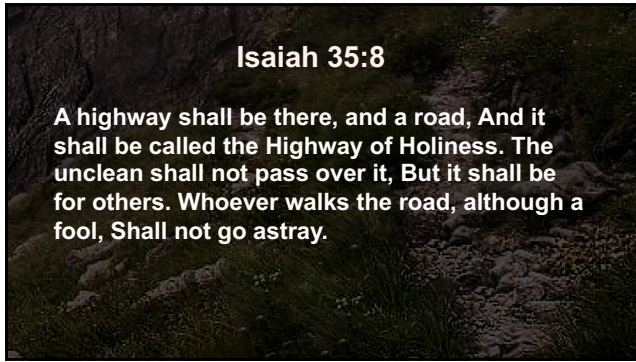
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**Isaiah 35:8**

A highway shall be there, and a road, And it shall be called the Highway of Holiness. The unclean shall not pass over it, But it shall be for others. Whoever walks the road, although a fool, Shall not go astray.

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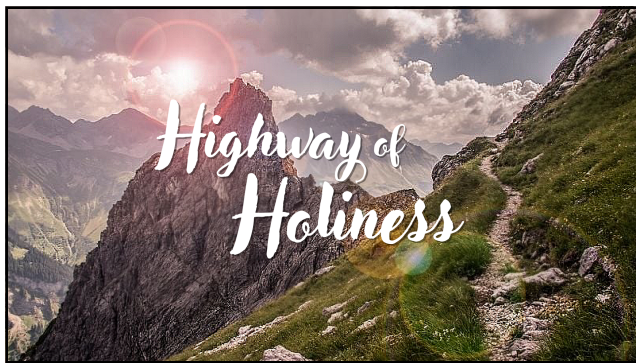
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*Highway of  
Holiness*

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