

“We Are Not Alone”

Hebrews 2:18

January 14, 2024

I. Jesus “suffered when tempted...”

A. Jesus suffered through trials.

1. Our Lord suffered through all manner of earthy trials during His public ministry.
2. Christ’s suffering culminated at the trial that was the cross.
3. No one suffered more through trial than Jesus.

B. Jesus suffered through temptations.

1. Satan’s three temptations in the wilderness represent categories (lust, vanity, and the desire to control) that contain all other human temptations.
2. All of Christ’s trials were temptations too.
3. Jesus was tempted in all manners that we are, yet without sin (this made His experience of temptation harder).

II. Jesus who suffered “is able to help those are being tempted.”

- A. Jesus vividly remembers what our trials feel like and is able and willing to provide us with comfort.
- B. Having suffered against the onslaught of temptation, Jesus is able and eager to help us bear up under the pressures of temptation.
- C. It’s only our lack of faith that keeps us from experiencing both.
- D. When we come to Jesus in faith, He is overjoyed to help us (Heb. 12:2)