

Sermon 3-18-18 Hebrews 5:1-10 Jesus Has Been There and Back

Dear Servants of the High Priest, Jesus Christ:

“I went to sleep with gum in my mouth and now there’s gum in my hair and when I got out of bed this morning I tripped on the skateboard and by mistake I dropped my sweater in the sink while the water was running and I could tell it was going to be a terrible, horrible, no good, very bad day.” - *Alexander and the Terrible, Horrible, No Good, Very Bad Day*.

Ever have one of those Horrible, No Good, Very Bad Days like this 8 yr old boy named Alexander?

Things for Alexander went from bad to worse that day...

- he had a terrible day at school
- a horrible visit with the dentist
- a no-good stop at the shoe store
- his bath water was too hot
- he got soap in his eyes
- his marble went down the drain
- his Mickey Mouse light burned out
- and he bit his tongue

He sighs: It has been a terrible, horrible, no good, very bad day! “I think I will move to Australia!”

Ever have one of those days, weeks or months?

One day, a gentleman stopped in to share with me the terrible, horrible, no good, very bad day he was having. These days or weeks...

- create tension
- become oppressive
- are fretful
- are intense days of anxiety

How can we cope with these days, weeks or in some cases months?

The Bible says: “For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are --- yet was without sin. Let us then approach the throne of grace with

confidence, so that we may receive mercy and find grace to help us in our time of need.” Hebrews 4:15-16

We need to discover that the Lord is God...

- He will be exalted
- He is with us
- He is our stronghold

Stress Events

Besides the “normal” stresses of each day, the University of Washington compiled a list of the top stress events in ones life...

- death of a spouse – 100 stress units
- divorce - 73 stress units
- pregnancy – 40
- remodeling a home – 25
- Christmas – 12

The researchers at the university concluded that no person in his own strength can handle 300 or more units of stress in a 12 month period without suffering physically or emotionally.

We are constantly faced with stress-producing circumstances...

- death of a loved one
- divorce in a family
- loss of employment
- coping with a sick child
- not the “best” news from a medical check-up

Where do we go with these trials, these units of stress?

Remember, Jesus is our High Priest – this is the first place we need to go. In the Old Testament the High Priest was the Mediator, the Go-Between, for the Children of Israel and God. The High Priest represented the people as they approached God seeking forgiveness for their sins and help in time of need. Hebrews 5:1 says the High Priest was “appointed to represent them in matters related to God, to offer gifts and sacrifices for sins.”

There were 2 qualifications in the Old Testament for a man to be a High Priest...

1. He had to have compassion for the people so he could deal gently with them when they sinned out of weakness
2. He had to be called by God

Jesus Christ is our High Priest and He, too, meets these 2 requirements to be a High Priest for us here and now as we slug our way through life each day.

Hebrews 5:2 says that a High Priest **“is able to deal gently” meaning he has compassion.**

- a controlled but gentle attitude in the treatment of the people
- impatience and indignation have no place in the ministry

The Old Testament High Priest was a sinner like you and me that is why he had to offer sacrifice also for his own sins. V3

But our High Priest, Jesus is different. He is true God and true Man. He is holy and without sin.

- he is an every present help in time of trouble
- he is the Rock of our salvation
- he is our Refuge and Strength

How did Jesus become our High Priest whom we may go to in our time of need? V4-5 He was called by His Father to this role to serve us.

- Jesus came **not** to be served but to serve
- “For the Son of Man came to seek and to save what was lost.” Luke 19:10

A bit of Old Testament history will help us understand these verses.

Both Aaron and Melchizedek were Priests. But there were differences between them.

Aaron was of the Levitical priesthood while Melchizedek was not part of an Israelite tribe.

The differences were...

- hereditary – Aaron was a Levite, Melchizedek was not
- scope – Aaron served Israel, Melchizedek served everyone
- time – Aaron’s service was temporary, Melchizedek’s was eternal

What is the point here? Jesus is a High Priest after the order of Melchizedek which means He serves everyone (believers) for eternity.

- our units of stress
- our times of fear
- our struggles with anxiety

Jesus understands because he endured the trials of this life, too, even more than we will ever endure. V7 He prayed to His Father for help.

Jesus knows exactly what we feel and go through because of his experience that started in Gethsemane and ended up on a hill called Golgotha.

- He agonized and wept in Gethsemane
- He felt the fullest of pain and grief
- He felt the full wrath of God the Father upon sin, our sin, that he took for us

Jesus found no pleasure in suffering and dying but chose to endure pain and humiliation to obey His Father and to save us. Vv8-9

- Let Jesus' obedience sustain you and encourage you in times of trial
- You can face anything when you know Jesus is with you and has been where you are
- He understands our weaknesses and temptations
- He understands the human experience and condition completely – perfectly. V9

Jesus did not have to learn obedience because He is true God.

- But he humbled himself to experience suffering in the fullest
- His obedience was necessary to fulfill righteousness for us
- His obedience was necessary to take our place on the cross I Peter 3:18

Jesus was the perfectly righteous One whose righteousness would be given to us. Romans 3:24-26

Perfect life and perfect sacrifice

Jesus lived a perfect life and was a perfect sacrifice for our sins. Jesus is Perfect the Perfect...

- Leader – he wants to lead us
- Model - he calls us to follow him
- Sacrifice – his blood covers us
- Conqueror – he defeated death
- High Priest – he is merciful, loving and understanding
- Hebrews 7:25 He is our Defense Lawyer

- I John 2:1 He speaks to the Father on our behalf every time we sin!

Our past, present and future sins have been forgiven because Jesus is our High Priest v10

No one else ever died the kind of death that Jesus died.

* He was made sin for us II Corinthians 5:21

* He experienced the ultimate in suffering, and is able to sympathize with us when we are suffering

* Jesus is able to understand our needs and help us

We need never doubt His ability to sympathize and strengthen.

Sometimes God puts us through difficulties that we might better understand the needs of others, and become able to encourage them. II Corinthians 1:8ff

As our Heavenly High Priest Jesus is able to save, keep and strengthen us.

“Only Christ was the sinless sufferer, with perfect reactions to everything He endured, thus qualifying Him to be the only model we need when going through trials, persecutions, sufferings and temptations....only Jesus sits in heaven as our intercessor....Whenever the going gets tough we can always come to Him in prayer, confident that He will fully empathize with what we are enduring....Christ is able to sympathize with us...regarding the normal problems, pains and struggles we encounter in life.” p100-101 *The Power of Suffering* - John MacArthur, Jr.

Psalm 25 says: “To you, O Lord, I lift up my soul; in you I trust, O my God... No one whose hope is in you will ever be put to shame...My eyes are ever on the Lord, for only he will release my feet from the snare...Turn to me and be gracious to me, for I am lonely and afflicted...The troubles of my heart have multiplied; free me from my anguish. Look upon my affliction and my distress and take away all my sins....Guard my life and rescue me...for I take refuge in you...my hope is in you.”