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Finding Timely Help

Heb 4:14-16

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Background

Good help is hard to find, so the saying goes. The psalmist looked to the hills as he asked, “Where does my help come from?” He then answered his own question: My help comes from the Lord (Ps 121:1-2). Where do we look for help, especially during our spiritual journey? Our text tells us we can find timely help because we have a great high priest. We can boldly approach the eternal throne.

Sermon Text: Heb 4:14-16 (NIV)

¹⁴ Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. ¹⁵ For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. ¹⁶ Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Discussion Questions

1. Preparation

- a. What is one thing you hoped to talk about today/tonight?
- b. What question(s) did you come away with from the sermon?
- c. What was the best thing you heard during the service this week?

2. Sunday questions

- a. If someone were to ask you what it means that Jesus is our *“great high priest,”* how would answer it? And, has Jesus being your *“great high priest”* impacted how you’ve lived your life to this point?
- b. What does it look like for you to *“hold firmly to the faith”*?
- c. Explain what it means to you that Jesus can *“empathize with our weaknesses”* (vs. sympathize)?
- d. Do you feel like you can approach God with confidence, that you *“belong there,”* as Bernard said? Why or why not?
- e. Moving forward, what does it mean to you that God will provide *“well-timed help”* during times of temptation?