

## OVERVIEW

---

In Hebrews 4:14-16, the superiority of Jesus as our Great High Priest strengthens our faith by reminding us that 1) Jesus sympathizes with our weaknesses, 2) Jesus shows us a sinless example, and 3) Jesus sets a path toward God's timely mercy and grace.

## OHANA TIME!

---

**Icebreaker:** What is one of your 2025 New Year Resolutions? **Or** How did you celebrate the New Year?

**Activity:** Plan an Ohana get-together!

## PRAYER

---

**Pray:** "Lord Jesus, our Great High Priest, strengthen our faith as we trust and rejoice in Your compassion for our weaknesses, and boldly draw near to Your throne of grace for mercy and help in our time of need."

## BIBLE: READ HEBREWS 4:14-16

---

1. In what ways does Jesus empathize with your weakness?
2. How are you encouraged by knowing that Jesus sympathizes with your weaknesses?
3. When have you felt tempted to retreat to comfort or safety in your faith journey, and how might Jesus' supremacy address that temptation?
4. What does it mean for you personally to "hold fast" to your confession of faith, especially when facing pressure or discouragement?
5. Jesus is the High Priest that "ascended into heaven" (verse 14). How does this imagery deepen your understanding of Jesus' authority and His role as our Great High Priest?
6. In what ways do you find it hopeful that Jesus was tempted and is without sin?
7. Have you ever felt hesitant to approach God because of guilt or fear? How does Hebrews 4:16 encourage you to overcome that hesitation?

## APPLICATION

---

1. As you boldly approach God in prayer what are specific areas in your life that you look forward to finding mercy and grace?
2. Reflect on Chuck Swindoll's statement: "Only when we give Jesus His rightful place in our lives will everything else in life fall into its rightful place." How does this align with your current priorities or any resolutions you've made for the new year?

