

*Hebrews 4:12-16*

**The God who gets us**

**“Let us hold firmly to the faith we profess”**

**“Let us hold firmly to the faith we profess”**

*Let us...*

*keep putting our faith in Jesus and believing the truth*

*keep owning up to our faith in Jesus*

*keep living out our faith in Jesus*

“I know you” (v12-13)

“I feel you” (v14-15)

“And I will help you” (v16)

**“I know you”**

**The Spirit speaks to us and sees us (v12-13)**

# “I know you”

## The Spirit speaks to us and sees us (v12-13)

- **Instruction:** *what does this teach me about God and what's good?*
- **Thanksgiving:** *how does that lead me to thank and praise God?*
- **Confession:** *how does this expose my sin and invite me to repent?*
- **Petition:** *ask God to change and grow me in that*

**“I feel you”**

**The Son shares our struggles (v14-15)**

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**1. The Incarnation**

**2. The Ascension**

**3. Our Union**

**“I feel you”**

**The Son shares our struggles (v14-15)**

“We saw him go and yet we were not parted,  
He took us with him to the heart of things”

Malcolm Guite, *Ascension Day*

**“I feel you”**

**The Son shares our struggles (v14-15)**

**Jesus feels real sympathy for our weakness,  
right now.**

**“And I will help you”**

The Father welcomes us (v16)

This is unique.

“To be **loved but not known** is comforting but superficial.  
To be **known and not loved** is our greatest fear.  
But to be **fully known and truly loved** is, well, a lot like  
being loved by God.”

*Timothy Keller*

# “Let us hold firmly to the faith we profess”

*Let us...*

*keep putting our faith in Jesus and believing the truth*

*keep owning up to our faith in Jesus*

*keep living out our faith in Jesus*

Where do we feel the tug away from being faithful?

**The Spirit speaks to us & sees us**

Where do we feel  
the tug away from  
being faithful?

**The Son shares our struggles**

**The Father welcomes us**

**Our Father in heaven,  
hallowed be your name  
your kingdom come  
your will be done,  
on earth as it is in heaven.**

**Give us today our daily bread.**

**Forgive us our sins**

**as we forgive those who sin against us.**

**Lead us not into temptation**

**but deliver us from evil.**

**For the kingdom, the power,  
and the glory are yours,  
now and for ever.  
Amen.**