



PASTOR BOB
March 11th, 2018



“JESUS OUR HIGH PRIEST”

Self-Care vs. Self-Pity

HEBREWS 4:14-5:10

- *Life is hard...* JOB 14:1
- *Self-Care vs. Self-Pity* 2 CORINTHIANS 1:3, 4
- *Jesus Our High Priest* HEBREWS 4:14
- *The Job of a Priest* HEBREWS 5:1-3
 1. *Represent* _____ *to* _____
 2. *Represent* _____ *to* _____

As High Priest for Mankind...

1. **ONLY JESUS is PROPERLY** _____ HEB 5:4-6
 - **Called to Exclusive** _____ vs. 5
 - **Called to Exclusive** _____ vs. 6
2. **ONLY JESUS is PERFECTLY** _____ HEB 5:7-10
 - **Qualified by Perfect** _____ vs. 8, 9; 1 JOHN 2:1
3. **ONLY JESUS is PASSIONATELY** _____ HEB 4:15, 16
 - **He** _____ **Us** vs. 15
 - **He** _____ **Us** vs. 16

Handling Difficulties?

- **P** _____ **that Listens and Looks**
 - **P** _____ **of Courage and Kindness**
 - **P** _____ **Health and Care**
- 2 PETER 2:5

LIFE GROUP STUDY NOTES
“JESUS OUR HIGH PRIEST”
Self-Care vs. Self-Pity

GETTING STARTED *“In your opinion...”*

1. This week’s message focused on continued belief in Jesus because He is our faithful High Priest. Was there anything from the sermon that was helpful, eye-opening, or troubling?
2. What “weaknesses” does Jesus understand or sympathize with us? How is He able to do that?
3. Do you think Jesus is really concerned about how we feel as we struggle with life’s difficulties?
4. What is the difference between self-care and self-pity? How is self-pity harmful? How is self-care helpful?

GOING DEEPER *“According to the Bible...”*

Answer the following questions from what the Bible says in the suggested reading

- **Read 2 Corinthians 12:1-10. What conclusion did Paul reach about why he had weaknesses? How did Paul handle His weaknesses?**
- **Read 2 Corinthians 1:3-11. What difficulties did Paul face in life? What was the purpose of comfort through those difficulties? On what did Paul rely to get through his troubles (vs. 9)? What might have been the outcome if Paul wallowed in self-pity?**
- **Read Hebrews 3:13 and 10:25. How can other Christians be helpful to us in handling life’s difficulties? Why is encouragement important? On a scale of 1 to 10, how would your friends or spouse rate you as an encourager? What are examples of ways we can encourage others?**
- **According to these verses, what could change when we pray?**
 - **James 1:5**
 - **Proverbs 3:5, 6**
 - **1 Peter 5:7**
 - **Philippians 4:6, 7**
 - **Isaiah 40:31**

LIVING OUT

- **What keeps us from coming to Jesus’ throne room whenever we have difficulties in life?**