

JESUS IS...

Trinity Groups Guide – March 17, 2019

Review It

Jesus understands all that we go through because He took on the full identity of a human being. During His time on earth, He understood what family relationships were all about, experienced work issues, and suffered the depths of emotional and physical pain. There is nothing we endure that He has not endured. Jesus is a merciful and faithful High Priest who can sympathize with all our weaknesses, yet He never sinned!

On his worst day, Jesus shows us what is humanly possible. 1) We can forgive everyone who is trying to ruin our lives. 2) We can be human enough to ask for help. 3) We can bring all our complaints to God.

Therefore, it was necessary for him to be made in every respect like us, his brothers and sisters, so that he could be our merciful and faithful High Priest before God. Then he could offer a sacrifice that would take away the sins of the people. Since he himself has gone through suffering and testing, he is able to help us when we are being tested. (Hebrews 2:17–18, NLT)

Talk About It

1. We were reminded that Jesus had a job while He lived among us. Ask everyone to share what their favorite job has been so far and why.
2. The High Priest who sits on the throne of grace was once a human. Therefore, what can we expect to find at His throne? See Hebrews 4:15–16. Why?
3. Jesus experienced betrayal and injustice yet, he chose to forgive. We look to Jesus as our example (read Hebrews 12:1-3). Why is choosing forgiveness so important in our lives?
4. One of applications we saw from the life of Jesus is that we should be human enough to ask for help. This is not weakness but strength. Why is it so hard for us to ask for help? How can we as a group create a safe space where we can openly share our struggles (great or small)?

Think About It

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life. (Philippians 4:6–7, The Message)

Pray About It

Lord, I am grateful that You were born a human and can understand my weaknesses and temptations. I know You understand how difficult it is to live in this fallen world. Thank You for being my Savior and for Your mercy and grace! Help me to be an overcomer. In Jesus' name, Amen.

Act On It

Commit to praying for the person on your right this next week. Keep in touch via email or text and let them know that you are praying for them. Your prayers make the difference.