

# Manna Moments

Monday, March 22, 2021

**Scripture** Hebrews 4:14-5:10(NRSV)

Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

Every high priest chosen from among mortals is put in charge of things pertaining to God on their behalf, to offer gifts and sacrifices for sins. He is able to deal gently with the ignorant and wayward, since he himself is subject to weakness; and because of this he must offer sacrifice for his own sins as well as for those of the people. And one does not presume to take this honor, but takes it only when called by God, just as Aaron was.

So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, "You are my Son, today I have begotten you"; as he says also in another place, "You are a priest forever, according to the order of Melchizedek."

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

**Devotional**

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Jesus knows what it's like to be human. He has felt those emotions that you are feeling, whatever they are. Disappointed that you didn't get the job you wanted, Jesus knows that feeling. Feeling betrayed by your best friends, Jesus has been there. So excited that you just can't sit still, Jesus is dancing in his seat with you.

As our high priest who was chosen by God, Jesus intercedes on our behalf with God. That was the high priest's job in Jesus' day, speak to God for the sake of the people. The priests offered the sacrifices in the temple for the people for the forgiveness of the people's sins.

Jesus became human and had a fully human experience, so now when we pray we can be confident in knowing that Jesus knows what we are going through and can empathize with us.

Cont.



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## Prayer or Thought of the Day

*Jesus, you know our inner most thoughts and desires. Be with us this day and everyday in our times of joy and our times of struggle. Remind us that you know our pain and will walk with us through it. In your name we pray. Amen.*

## Notes:

