

LESSON 3

MAN ALIVE!

HEBREWS 2:5–18



1 What do people usually mean when they say, “I’m only human”?

2 What are our human limitations?



Read Hebrews 2:5–18, the chart “Lessons from Christ’s Humanity,” and the following notes:

☐ 2:9, 10 ☐ 2:10 ☐ 2:11–13 ☐ 2:14, 15 ☐ 2:16, 17 ☐ 2:18

3 Why is Christ worthy to be called “a perfect leader, one fit to bring them into their salvation” (2:10)?

4 How do we benefit from the fact that Jesus shared in our humanity (2:14–16)?

5 What does Jesus call those who trust in him as their Savior (2:11, 12)?

6 Whom does Jesus help, and how does he help them (2:14–18)?

Jesus Christ is unique. He is God, greater than all the angels and creation. Yet Christ also became a human being and identified himself with our limitations. He is the one and only God-man. Jesus is able to save us because of his divine perfection. He was willing to save us by submitting to death on the cross and is waiting to save those who respond to him. His suffering not only created a way of salvation for us but also allowed him to identify personally with our struggles as human beings. Christ understands us because he has been human. Therefore, we can trust him not only for our salvation but for our daily needs—whether they are emotional, physical, or spiritual.



7 In what ways is Jesus, as a human being, like us?

8 In what ways is Jesus, as a human being, different from us?

9 What happened to Jesus because he limited himself as a human being?



10 How is your faith affected by the fact that Jesus was a real human being?

11 How might the fact that Jesus was tempted help you cope with the temptations in your life?

12 How might the fact that Jesus suffered help you cope with suffering?

13 Jesus suffered so that we would benefit from God's grace (2:9, 10). In what ways could we follow his example? How would doing so draw us closer to him?

14 What difficulties are you going through that you need to have Christ experience with you?



15 What would you like to say to God about your situation, knowing that Jesus understands?

A How did the Father honor Jesus because he suffered for us (2:8, 9)? Who is affected by this? How are you affected?

B How did Jesus suffer? What would you say to someone who believes that God doesn't care about suffering in the world?

C Read the chart "Lessons from Christ's Humanity," but at the end of each line add the words "so I will" and a personal application of that particular aspect of Christ's humanity.

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