

# Jesus Knows What You're Going Through

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**Q.** How did Christ, the Son of God, become man?

**A.** Christ, the Son of God, became man by assuming a real body and a reasonable soul. He was conceived by the power of the Holy Spirit in the womb of the virgin Mary, who gave birth to Him; yet

He was sinless.

(Westminster Shorter Catechism Q&A #22)

“For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all *points* tempted as *we are*, yet without sin.”

(Hebrews 4:15)

At the incarnation Jesus Christ took on a truly human nature (Philippians 2:5-11). Our catechism tells us that Jesus, “...became man by assuming a real body and a reasonable soul. He was conceived by the power of the Holy Spirit in the womb of the virgin Mary, who gave birth to Him; yet He was sinless.”. The Belgic Confession (*one of the first great Reformed Confessions of the 16<sup>th</sup> century*) describes Jesus’ incarnation with these words: “...the...eternal Son...really assuming the true human nature, with all its infirmities, sin excepted...and did not only assume human nature as to the body, but also a true human soul, that He might be a real man.” (*Belgic Confession, Article 18*).

Scripture teaches that Christ was truly human, that is, He had a truly human body, mind and soul. We read in the prologue to John’s gospel that, “*the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.*” (John 1:14). Christ literally took on flesh and was born of a woman (Luke 2:7) just like everyone else. He had the same physical characteristics of any truly human body. He grew physically (Luke 2:40), He ate and drank like us (Matthew 4:2; John 19:28). He grew tired and could even die like us (Luke 23:26; Luke 23:46). Jesus in the incarnation had a truly human body.

Not only that but Christ in His humanity had a truly human mind and soul. In His humanity Jesus had to learn like one of us (Luke 2:52) and like us in His humanity He was limited in His knowledge (Mark 13:32). Christ had a real human soul with real human emotions. He could grieve (John 11:35) and feel unrest (John 12:27).

Finally, not only was Jesus truly human in the sense that He had a real human mind, body and soul, but He was also truly human in that He was tempted just as we are, experiencing the fullness of what it means to be human (Hebrews 2:17). The three synoptic gospels (*Matthew, Mark & Luke*) all testify to Jesus' temptation in the wilderness by the tempter, Satan himself (Matthew 4:1-11; Mark 1:12-13; Luke 4:1-13). The writer of Hebrews testifies that *"we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin."* (Hebrews 4:15). Again he writes that Christ, *"can have compassion on those who are ignorant and going astray, since he himself is also subject to weakness."* (Hebrews 5:2).

As Christians, no matter what it is that we are facing right now in our lives, Jesus understands. Jesus knows exactly what we are going through. He knows what it's like to grieve. He knows what it is like to be tempted. Jesus knows what it's like to experience suffering and loss. Whatever it is that you are being challenged with at the moment, run to Jesus Christ for comfort and direction. For not only can He empathize with your situation as He is truly human, but He can also provide true comfort and healing as He is also at the same time truly God. As the author of Hebrews writes, *"Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need."* (Hebrews 4:16)

## Dig Even Deeper into God's Word!

Philippians 2:7

Hebrews 2:14,17

Hebrews 7:26

1 John 3:5