



INTRODUCTION

Jesus is our highly exalted and great high priest. He has passed through the heavens, he is the son of God, he is able to sympathize with us in our weakness, he is perfect in his obedience, and he helps in time of need.

OPENING DISCUSSION

- What was the most interesting idea/concept about Sunday's sermon?

REVIEW

- Have someone read **Hebrews 4:14-16**
- What does it mean that Jesus passed through the heavens?
- Why is the ascension of Christ an important event and doctrine?
- Why does the author highlight Jesus as the Son of God?
- How can Jesus be our sympathetic high priest?
- What does it mean that Jesus knew no sin?
- Why do we need mercy AND grace?
- How does God help us in time of need?

APPLICATION

- How should our worship of Jesus be shaped in light of the ascension?
- Why must we affirm that Jesus is fully God and fully man?
- Of what comfort is it to the suffering believer that Jesus can sympathize with them?
- How can we sympathize with others? Do you often find this difficult?
- Was Jesus **able** to sin? (the doctrine of impeccability)
- How has God's grace helped you in time of need?
- How should our prayer lives change if we can have access to the throne of God?

PRAYER (divide the group based on gender if desired)

- What action/repentance does God want you to take according to the truths of this text?
- Pray for any other needs.