

Hebrews 2:18, 4:15 Bible Devotions

☐ **Monday - He is a Very Present Help.**

Hebrews 2:18

“For since [Christ] Himself was tempted in that which He has suffered, He is able to come to the aid of those who are tempted” (Heb. 2:18). God does not allow his children to be tempted, tested or tried beyond what they are able to withstand (1 Cor. 10:13); that is, He prescribes limits to our trials (cf. Job 1:12). Not so for His own Son. When Satan tempted Jesus in the wilderness, no limits were placed on Christ’s temptations, no holds were barred, the gloves were off (Matt 4:1-11). Though He had no sin nature, Jesus understands human temptation, better than you and I ever will. Therefore, “He is able to come to the aid of those who are tempted.” When you are tempted, dear Christian, call upon Jesus. He is “a very present help in times of trouble.” (Psa. 46:1). Read Hebrews 4:15-16

☐ **Tuesday - Which Dog Are You Feeding?**

Hebrews 2:18

A missionary to the American Indians, who had led the chief of one tribe to Christ, later visited to check on his growth. The chief said, “I have two dogs living in my body who are always fighting.” To this the missionary asked, “Which dog is winning?” The old chief answered, “The dog I feed the most is always the dog that wins” (MacArthur). Christian, “Put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts” (Rom. 13:14).

Read 1 Peter 2:11, Galatians 5:16

☐ **Wednesday - Temptation Comes Disguised.**

Hebrews 2:18

“We are too apt to forget that temptation to sin will rarely present itself to us in its true colors, saying, “I am your deadly enemy, and I want to ruin you forever in hell.” Oh no! Sin comes to us like Judas, with a kiss; like Joab, with outstretched hand and flattering words. The forbidden fruit seemed good and desirable to Eve; yet it cast her out of Eden. Walking idly on his palace roof seemed harmless enough to David; yet it ended in adultery and murder. Sin rarely seems like sin at first beginnings. Let us then watch and pray, lest we fall into temptation” (J. C. Ryle). Read Hebrews 3:12-13

☐ **Thursday - You are Being Stalked.**

Hebrews 2:18

Satan and his demons stalk the path of every believer, offering all manner of enticements to lure the Christian away from an obedient and faithful walk with Christ. No one is exempt from Satanic attacks, and no one is completely successful in countering them, but some Christians succumb to temptation so often that they see no hope for victory. They give up and give in without a struggle. This is an unfortunate condition, born out of despair, for it will blind the believer to the marvelous provision God has made for overcoming temptation. Therefore Christian, “Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour” (1 Peter 5:8).

Read James 4:7

☐ **Friday - Battle With the Flesh.**

Hebrews 2:18

A Christian is not a person who experiences no bad desires. A Christian is a person who is at war with those desires by the power of the Spirit. Conflict in your soul is not all bad. Even though we long for the day when our flesh will be utterly defunct and only pure and loving desires will fill our hearts, yet there is something worse than the war within between flesh and Spirit -- namely, no war within because the flesh controls the citadel and all the outposts. Praise God for the war within! Serenity in sin is death. The Spirit has landed to do battle with the flesh. So take heart if your soul feels like a battlefield at times. The sign of whether you are indwelt by the Spirit is not that you have no bad desires, but that you are at war with them!” (Piper). Read Rom. 8:12-14