

Advent 2022, study 1 – Hebrews 2

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Theme: *Jesus is not ashamed to share our full humanity*

Aims:

- *Take to heart the goodness of the incarnation – that Jesus really has been made like us in every way except sin.*
- *Be encouraged that if Jesus is not ashamed to be one of us, we do not need to be ashamed of our bodies, limitations and dependencies.*
- *Recognise that the picture is complicated, because every part of our being is affected by the fall and sin, but some aspects of our humanity (e.g. the simple fact of having a body, limits and dependence on others) is not in itself sinful or evil.*
- *Start to consider ways in which we might be ashamed or otherwise struggle to accept these things.*

Questions:

1. Recap – in how many different ways does Hebrews 2:5-18 affirm Jesus' full humanity?
2. Were you surprised by any of it?
3. What aspects of Jesus' humanity are you most encouraged by?
4. Why is it such good news that Jesus is not ashamed to share in our humanity and call us brothers and sisters (v.11)?
5. Though we're early on in the series and there's a lot still to explore, can you think of a particular way you might need to view your own body, limits or dependencies differently in light of Jesus' full humanity?