

Worksheet:

Learning from Jesus: His Temptations and Stress

“Now my heart is troubled, and what shall I say?”

—John 12:27

For this reason he had to be made like his brothers in every way, in order that he might become a merciful and faithful high priest in service to God, and that he might make atonement for the sins of the people. Because he himself suffered when he was tempted, he is able to help those who are being tempted.

—Hebrews 2:17–18

For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

—Hebrews 4:15–16

My current trial, stress, or temptation: _____

Similar trials, stresses or temptations Jesus faced (or may have faced):

How did Jesus deal with, think about, and overcome them? _____

What do I learn from Jesus' example that can help me to deal with my current stress and temptation?

How does what Jesus went through in his life allow him to better understand me and help me overcome my stress and temptations?

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