

*Sympathy* and *empathy* are two words often confused, but there are important differences between them. We express sympathy when we have feelings of pity or sorrow for someone's misfortune or situation. Sympathy is knowledge-based. Empathy is when we understand and share the feelings of another. Empathy is experience-based. Sympathy says: "I feel for you", while empathy says: "I feel how you feel".

Hebrews 4:15 uses the English word "sympathize" to describe Jesus' perspective on our trials, tribulations and affliction. But then it says He "was in all points tempted as we are, yet without sin." Therefore, Jesus can empathize with us when we are tempted because He was tempted the same way we are. Jesus understands our situation because He experienced the same thing. He has 'walked in our shoes' when it comes to resisting temptation and human weakness. His compassion is not just knowledge-based; it is experience-based as well.

When you experience a moment of temptation or weakness, approach God, through Christ, with confidence to find mercy and grace in your time of need. (Hebrews 4:16) Jesus is your Intercessor, and will intercede for you because He has felt how you feel.

Hebrews 4:15 "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."