

Day 2  
Commitment #2

## God sympathizes with me

**"For we do not have a high priest who is unable to sympathize with our weaknesses." Hebrews 4:15**

*God sees me.*

This could easily feel unsettling, disturbing. Something like being placed under surveillance and having your home and office "bugged." With God, though, He is able to "tap" your brain, not merely your phone. He knows our thoughts and attitudes. He knows our words before we speak them.

*God sympathizes with me.*

This changes everything!

God's watchful gaze is like that of a loving parent or a caring shepherd. The light of God's scrutiny is like that of a doctor's office, not that of an interrogation room.

God's sympathy assures us that He understands our weaknesses. He understands the pull of conflicting desires that each of us deals with. *He is able to sympathize with us because Jesus Christ, God the Son, experienced this conflict personally.*

God's sympathy is not the distant pity of one whose hands have never been dirty. His is the close compassion of one whose hands have touched our soil and whose lungs have breathed our air.

You can speak freely with Him.

*Pull up a chair!*

第二天  
第二约

## 上帝与我感同身受

**“因我们的大祭司，并非不能体恤我们的软弱。”**

希伯来书 4: 15

*上帝看透我的一切。*

这一点很容易使人坐立不安，好像家里和办公室安装了窃听器，受人监视。然而，上帝不仅能窃听你的电话，更能“窃听”你的大脑。他了解我们的思绪和心态，刚一开口他就知道我们要说什么。

*上帝与我感同身受。*

这就改变了一切！

上帝的精心看顾，就好像充满慈爱的父母或细心呵护的牧羊人。被上帝的端详光照，就如同在医生诊室里的聚光灯下，而非被审讯室里的灯光毒照。

上帝的感同身受，使我们确信，他真的理解我们的软弱。他理解我们每个人在种种矛盾欲望中的挣扎。*他能够与我们感同身受，是因为耶稣基督，上帝的儿子，也曾亲身经历如此的挣扎。*

上帝的感同身受，并不是袖手旁观的浅薄怜悯。他的同情是深切的，他的双手曾抚摸过我们的泥土，他的肺腑曾喘息过我们的空气。

你可以自由地向上帝倾诉。

*坐下来慢慢聊！*

