

Advent Devotional - Day 22

2025

December 22nd



Scripture: Hebrews 4: 15-16 Verse: *"For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."*

Reflection:

This passage reminds us that Jesus knows what it's like to be tired, tempted, afraid, and worn thin—he hasn't stayed above our pain but has moved through it. That matters for people in Penn Hills who carry quiet burdens: the single parent stretched between jobs, the neighbor wearing a brave face after another court date, the teenager juggling school and worry. Knowing our high priest understands lets us stop pretending and show up honestly before God.

Because Jesus faced temptation without sin, approaching God doesn't feel like tiptoeing past a judge; it feels like coming to a friend who offers help, not shame. For Mt. Hope, that means our prayers and pastoral care should be plain and brave: admit the hard stuff, ask for mercy, and expect help. It calls us to build a church culture where people bring real needs into the light and receive practical grace—meals, listening visits, rides, and steady prayer—without having to prove themselves first.

Finally, this promise changes how we care for one another. If Christ meets us in weakness, then our ministries should seek out the weak and stay with them through the messy middle, not only show up for the polished success stories. That looks like long-term friendships, follow-up after crisis, consistent accountability without judgment, and a confident hope that mercy will meet us right in the place we feel most undone.

Prayer:

Lord Jesus, you know my weakness and you meet me in it. Help me come honestly to your throne, receive your mercy, and take your grace into whatever hard place I'm facing today. Teach me to stop hiding, to ask for help, and to offer the same patient care to others. Amen.

Today's Mt Hope Mindful Response Challenge:

Be honest in prayer and learn to accept help. Pause and reflect each day and try to name one real struggle you had instead of speaking in generalities, then try to say yes once this week when someone offers you practical or emotional support.



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