
Hebrews - Week X - More Modelling - Hebrews 5:8-9

He modelled being a Son:

1. What are some things that Jesus taught about Father / Son?
2. What does it mean in my life to be a son / daughter of God?

He modelled healthy obedience:

- **John 5:30** *I can of Myself do nothing. As I hear, I judge; and My judgment is righteous, because I do not seek My own will but the will of the Father who sent Me.*
- **John 6:30** *For I have come down from heaven, not to do My own will, but the will of Him who sent Me.*

He modelled suffering well:

1. How did Jesus model suffering well?
 2. How can this help me suffer well?
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Attunement

- *"I am successfully offering attunement if I see you, hear you, correctly understand your internal experience, join you in the emotions you are experiencing, genuinely care about you, and am glad to be with you; and you are successfully receiving my attunement if you feel seen, heard, and understood, if you feel that I am with you in your experience, and if you feel that i care about you and am glad to be with you." Dr Karl Lehman Outsmarting Yourself*
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Aching for Attunement:

- **Psalms 69:20** *Reproach has broken my heart, and I am full of heaviness; I looked for someone to take pity, but there was none; And for comforters, but I found none.*