
Hebrews - Week XII: Why Jesus can perfectly attune

Attunement Defined: *"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

Hebrews 4:14-15 and 5:1-3

Levels of Interpersonal Emotional Connection

Sympathy - Compassion - Empathy - Attunement

Aching for Attunement:

- ***Psalm 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.*
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God is NEVER not Attuning

Psalm 139: 7-12 *Where can I go from Your Spirit? Or where can I flee from Your presence?*

- ***If I ascend into heaven, You are there***
- ***If I make my bed in hell, behold, You are there***
- ***If I take the wings of the morning, and dwell in the uttermost parts of the sea, even there Your hand shall lead me, and Your right hand shall hold me.***
- ***If I say, "Surely the darkness shall fall on me," Even the night shall be light about me; Indeed, the darkness shall not hide from You, but the night shines as the day; The darkness and the light are both alike to You.***

<p>There is nothing I can do (or not do) And nothing I can feel (or not feel) And no place I can go (or not go) That He is not there with me feeling all that I am feeling</p>

So how do we apply this to our lives?

1. Practice receiving attunement from God
2. Find a good attuner
3. Practice attuning to others - Become a ***Relational Evangelist***

Compassion

The Old Testament Hebrew word translated compassion indicates a nurturing love. Think gentleness, tenderness, cherishing, soothing, calming of the emotions and the mind. It is used for parental love towards their children. When Jesus came, the word became flesh and compassion transitioned to attunement. He experienced everything we can feel. Because of this, He is in our circle with us like no one else can be.

Exodus 33:19 Then He said, "I will make all My goodness pass before you, and I will proclaim the name of the Lord before you. I will be gracious to whom I will be gracious, and I will have **compassion** on whom I will have **compassion**."

Deuteronomy 13:17 So none of the accursed things shall remain in your hand, that the Lord may turn from the fierceness of His anger and show you mercy, have **compassion** on you and multiply you, just as He swore to your fathers,

Deuteronomy 30:3 that the Lord your God will bring you back from captivity, and have **compassion** on you, and gather you again from all the nations where the Lord your God has scattered you.

Deuteronomy 32:36 "For the Lord will judge His people And have **compassion** on His servants, When He sees that their power is gone, And there is no one remaining, bond or free.

2 Kings 13:23 But the Lord was gracious to them, had **compassion** on them, and regarded them, because of His covenant with Abraham, Isaac, and Jacob, and would not yet destroy them or cast them from His presence.

2 Chronicles 36:15 And the Lord God of their fathers sent warnings to them by His messengers, rising up early and sending them, because He had **compassion** on His people and on His dwelling place.

Psalms 78:38 But He, being full of **compassion**, forgave their iniquity, And did not destroy them. Yes, many a time He turned His anger away, And did not stir up all His wrath;

Psalms 86:15 But You, O Lord, are a God full of **compassion**, and gracious, Longsuffering and abundant in mercy and truth.

Psalms 111:4 He has made His wonderful works to be remembered; The Lord is gracious and full of **compassion**.

Psalms 135:14 For the Lord will judge His people, And He will have **compassion** on His servants.

Psalms 145:8 The Lord is gracious and full of **compassion**, Slow to anger and great in mercy.

Lamentations 3:22 Through the Lord's mercies we are not consumed, Because His **compassions** fail not.

Lamentations 3:32 Though He causes grief, Yet He will show **compassion** According to the multitude of His mercies.

Micah 7:19 He will again have **compassion** on us, And will subdue our iniquities. You will cast all our sins Into the depths of the sea.