

The Human Nature of Jesus

And after fasting forty days and forty nights, he was hungry.

MATTHEW 4:2

*And the child grew and became strong, filled with wisdom.
And the favor of God was upon him.*

LUKE 2:40

Jesus wept.

JOHN 11:35

Scripture tells us that Jesus was both God and man. But it also shows us that Jesus had the weaknesses of a human and the power and ability of God. Humans have certain weaknesses that we all share. We all get hungry. We all get tired. We all grow in understanding and knowledge. We all experience physical and emotional pain.

Each of these things are part of being human. If we saw a person who never got hungry, tired, or hurt, we would probably wonder if they really were human! If Jesus was really a man, we would expect Scripture to show us that He had some of the same weaknesses the rest of us do. This is exactly what we see throughout the four gospels.

In Matthew 4:2, we are told that after Jesus fasted “*forty days and forty nights, he was hungry.*” We all know what it feels like to be hungry. If you miss a meal, you start to feel and hear your stomach growl. Your body is telling you that you need to eat. Jesus gave up eating food for forty days and nights so that He could focus His attention on God. That is a lot of missed meals! Jesus felt the same hunger you and I feel when we miss a meal.

Learning new things and growing in our knowledge is also a part of being human. No one is born understanding everything. We all must be taught and grow in our understanding. Luke 2:40 tells us the same was true for Jesus. “*And the child grew and became strong, filled with wisdom.*” Jesus was born like you and I were, as a little baby. Like every other human, He had to grow physically and be taught how to live.

When Jesus went to be with His friends after their brother died, we are told that “*Jesus wept.*” Jesus felt the pain of losing His friend, and He cried with His friend’s sisters. Jesus felt the same sadness and sorrow that every human feels when someone they love dies.

Scripture shows us that Jesus was truly human. This is good news for us because it means that Jesus knows what it is like to live life as we live it. He knows the struggles we face because He has walked through many of them Himself. Because of this, we can run to Him and know that He understands and will help us in our need.



Prayer: Merciful Father, thank You for showing us that Jesus was truly human. We praise You for giving us stories of Jesus’ hunger, weariness, growth, and sorrow. Thank You for showing us that He lived a normal human life. Please give us the strength to run to Him in all of our struggles and challenges. Give us grace to believe that He knows our struggles and will help us in our need. In Jesus’ name we pray, Amen.

Song: *Fullness of Grace* (SH 754)

Hymn: *It Is My Sweetest Comfort, Lord*, verse 1

It is my sweetest comfort, Lord,
And will for ever be,
To muse upon the gracious truth
Of Thy humanity.

Theology Question 4: What does it mean that Jesus was truly human?

Answer: It means that Jesus lived a normal human life.

The Divine Nature of Jesus

And when he got into the boat, his disciples followed him. And behold, there arose a great storm on the sea, so that the boat was being swamped by the waves; but he was asleep. And they went and woke him, saying, "Save us, Lord; we are perishing." And he said to them, "Why are you afraid, O you of little faith?" Then he rose and rebuked the winds and the sea, and there was a great calm. And the men marveled, saying, "What sort of man is this, that even winds and sea obey him?"

MATTHEW 8:23-27

Scripture not only shows us that Jesus was truly human, but it also shows us that Jesus was truly God. Since Scripture tells us that Jesus is God, we should expect it to show us that Jesus could do things only God could do.

Many of the stories in the gospels show that Jesus has power and ability that only God has. Matthew 8 tells a story about Jesus and His disciples crossing the Sea of Galilee. As they were rowing across the water in the boat, a great storm blew in.

The disciples were afraid. They woke Jesus up and cried out to Him to save them. *"Then Jesus rose and rebuked the winds and the sea, and there was a great calm."* There is no human being who can command the sea or any other part of creation and have them obey his word. Humans do not have this kind of power.

The disciples understood this, and it made them wonder, *"What sort of man is this?"* What the disciples did not yet understand was that Jesus was not just a man; He was God.

Once Jesus and the disciples made it to the other side of the sea, Matthew again shows us that Jesus can do what only God can do. Jesus forgave the sins of a paralyzed man, and some of the religious leaders began quietly judging Jesus. As the scribes were whispering to each other, Matthew 9:4 says, *"But Jesus, knowing their thoughts, said, 'Why do you think evil in your hearts?'"*

Jesus knew what the religious leaders were thinking. He didn't just guess, but He actually *knew* their thoughts. He saw that they were evil. No human being can know the thoughts that are in the mind of another person. Scripture tells us many times that only God knows the thoughts of man (Pss. 94:11; 139:1–2; Heb. 4:12). Since Jesus knows the thoughts of other people, He is showing us that He can do only what God can do.

What these Scriptures and many others reveal is that Jesus is not just a man with supernatural powers; He is the God-man. He is God in human form. Jesus deserves our love, praise, and obedience because He is not just a man, but He is truly God.



Prayer: Almighty God, we praise You for revealing to us the divine nature of Jesus. Thank You for allowing us to see that Jesus can do what only God can do. Thank You for making it clear that Jesus is God in human form. Please give us the grace we need to believe that Jesus is divine, that He is the God-man—and to worship Him as such. We ask these things in Jesus' name, Amen.

Song: *Crown Him with Many Crowns* (SH 185)

Hymn: *Behold, Where, in a Mortal Form*, verse 1

Behold, where, in a mortal form,
Appears each grace divine;
The virtues, all in Jesus met,
With mildest radiance shine.

Theology Question 5: How does Scripture teach us that Jesus was truly God?

Answer: Scripture shows us that Jesus could do what only God can do.

The Sinlessness of Jesus

Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin.

HEBREWS 4:14-15

And the angel answered her, “The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be called holy—the Son of God.”

LUKE 1:35

We might wonder, if Jesus was truly human, does that mean that Jesus was a sinner like us? Scripture makes it absolutely clear that Jesus was truly human, but He was also sinless. How can this be?

Scripture teaches us that humans receive a sinful nature from Adam (Rom. 5:12). When Adam was in the garden, he represented all of humanity. When he sinned, he passed on sin and death to his children. Everyone who is born a son of Adam is born a sinner.

But Jesus was not born as a son of Adam. Jesus did not have an earthly father. The angel Gabriel told Mary that the Holy Spirit would cause her to become pregnant with Jesus. Because of the work of the Holy Spirit in Mary, the Son she would give birth to would be *“called holy—the Son of God.”*

Jesus was called the Son of God in part because He had no human father. God was His Father. But the angel also says that Jesus would be called *“holy.”* In Scripture the word *holy* often means pure, perfect, or sinless. This teaches us that because Jesus did not have an earthly father, He was born without the sin of Adam in Him.

Not only was Jesus born without a sinful nature, but He also never chose to sin. Jesus suffered many temptations in His life, but He never gave in. Hebrews 4:15 tells us that we have a High Priest *“who in every respect has been tempted as we are, yet without sin.”*

Jesus never had an impure desire. He never wanted anything that was wrong. He never had an evil thought. He never misused His words for evil. He never committed a sinful action; He always did what was honoring to God.

Jesus is the only human who ever existed who never sinned. He is the only human who ever loved, praised, and obeyed God perfectly. Because of this, Jesus is worthy of our worship. He is worthy of our lives. He is worthy of our trust. Let us worship Him as the sinless God-man.



Prayer: Holy Father, we praise You for teaching us that Jesus was holy, as You are holy. Thank You for bringing Him into the world without the stain of Adam's sin. Although He was fully human, He was also completely perfect. Thank You that although Jesus was tempted as we are, He never sinned. Please help us to worship Him as the perfect God-man. In the holy name of Jesus we pray, Amen.

Song: *Lord, I Need You* (SH 439)

Hymn: *Jesus, How Much Thy Name Unfolds*, verse 4

Jesus, the one who knew no sin,
Made sin to make us just.
Worthy art Thou our love to win,
And worthy of all our trust.

Theology Question 6: How was Jesus the only sinless human?

Answer: He was not born with a sinful nature, and He perfectly obeyed God.