Jesus, Who Is True God, Is Also True Man

It is essential for our salvation that Jesus is God. If Jesus were not God, then He could not be our Savior. Only the blood of One who is God has sufficient value to redeem sinners. That is why Jesus’ apostle John writes: “The blood of Jesus Christ His (God’s) Son cleanses us from all sin” (1 John 1:7). But it is just as essential for our salvation that Jesus is truly human, that He is true man. For God as God does not have any blood, nor can He die for our redemption.

God reveals in Scripture that Jesus is both true God and true man. From the very beginning God said the coming Savior would be human. The first promise of the Savior in Genesis 3:15 calls Him the Seed of the woman, Eve, and foretells that in the process of crushing the serpent’s head He will have His own heel bruised. The promises given to Abraham, Isaac, and Jacob, and later to David and his sons, always portrayed the Messiah as a human descendant of the patriarchs – as the Son of David. Isaiah and Micah described Him as One born of a virgin, as a Son of David born in Bethlehem, as a King ruling among men.

When the angel Gabriel was sent to the Mary in Nazareth, he informed her that she would conceive in her womb and bring forth a Son. There is nothing in Scripture to indicate that Mary’s pregnancy was different from the pregnancy of other women, or that Jesus’ birth was different from other human births, outside of the fact that Mary was a virgin and remained a virgin until the time of Jesus’ birth.

The fact that Jesus was (and is) a true human being is taught in many places in Scripture. The apostle Paul wrote to his assistant Timothy: “There is one God and one Mediator between God and men, the Man Christ Jesus” (1 Timothy 2:5). When Paul compared Adam with Jesus, he called both of them men, saying: “The first man was of the earth, made of dust; the second Man is the Lord from heaven. As was the man of dust, so also are those who are made of dust; and as is the heavenly Man, so also are those who are heavenly. And as we have borne the image of the man of dust, we shall also bear the image of the heavenly Man” (1 Corinthians 15:47-49). In a similar comparison between Adam and Jesus in his letter to the Roman Christians, Paul states: “As through one man’s offense judgment came to all men resulting in condemnation, even so through one Man’s righteous act the free gift came to all men, resulting in justification of life. For as by one man’s disobedience many were made sinners, so also by one Man’s obedience many will be made righteous” (Romans 5:18-19).

In an exchange with His enemies, Jesus once said: “You seek to kill Me, a Man who has told you the truth which I heard from God” (John 8:40). In fact, Jesus’ favorite name for Himself was “Son of Man,” an expression that He uses 82 times in all. This name was first used in a prophecy of Daniel (Daniel 7:13). Jesus then applied this name to Himself. For example, Jesus said of Himself: “The Son of Man has nowhere to lay His head” (Matthew 8:20). At another time Jesus said: “The Son of Man did not come to destroy men’s lives but to save them” (Luke 9:56).

As a true human being, Jesus has both a human body and a human soul/spirit with a human will. Having a human body and soul, Jesus was able to die as humans die, that is, His spirit/soul depart from His body. Jesus said: “The Son of Man did not come to be served, but to serve, and to give His life a ransom for many” (Matthew 20:28). The apostle Peter wrote that Jesus “Himself bore our sins in His own body on the tree” (1 Peter 2:24). In the Garden of Gethsemane Jesus referred to His soul, saying
to the three disciples near Him: “My soul is exceedingly sorrowful, even to death” (Matthew 26:38). Jesus spoke of Himself as having a will, just like other human beings, as He then prayed: “O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will” (Matthew 26:39). Jesus’ physical death is described in the same way as other human deaths. “He said, ‘Father, into Your hands I commit My spirit’” (Luke 23:46). This indicates that at His death, His spirit left His body. In His resurrection from the dead the body and soul of Jesus were reunited, for on the night of His resurrection Jesus said to his amazed disciples: “Handle Me and see, for a spirit does not have flesh and bones as you see I have” (Luke 24:39).

As we read about Jesus’ activity in the four Gospels, it becomes clear that Jesus was just as human as we are. He experienced sorrow and deep distress (Matthew 26:37). “He was hungry” (Luke 4:2) in the wilderness when He ate nothing and Satan tempted Him to sin. He ate and drank, even “with tax collectors and sinners” (Luke 5:30). “He fell asleep” (Luke 8:23) as He and His disciples were crossing the Sea of Galilee in a boat. When Jesus and His disciples walked to a city in Samaria, John records that He was “wearied from His journey” (John 4:6). When Jesus went to the grave of His friend Lazarus, “Jesus wept” (John 11:35). And when Jesus was hanging on the cross, He said: “I thirst” (John 19:28).

Questions

1. Why is it so important to believe that Jesus is true God?
2. Why is it so important to believe that Jesus is true man?
3. List some Old Testament prophecies that foretell that the Savior would be a man.
4. What does it mean that Jesus is the Seed of the woman?
5. What is meant by the bruising of the head and the bruising of the heel?
6. How does the comparison between Adam and Jesus show that Jesus is human?
7. What was Jesus’ favorite name for Himself?
8. What is there evidence that Jesus had both body and soul, as other humans have?
9. How is Jesus’ death described in the four Gospels?
10. What are some of the human activities that Jesus did or experienced just like every person?