

We are commanded as Yeshua's followers to not let trouble dominate our hearts.



*Yeshua: "Let not your heart be troubled; you believe in God, believe also in Me. John 14:1*

**Do Not Let Your Heart be Troubled**

Did you know that it is a biblical command to not let trouble dominate our hearts? In fact, Yeshua commands us a number of times not to let our hearts be troubled (John 14:1, 27; Matthew 24:6). In the midst of this command He doesn't sugar-coat the environment in which we are to follow His lead. In fact in John 14, He was initially expressing this commandment to His disciples who were going to: 1. have their leader and beloved friend brutally murdered the next day; 2. all deny Him; 3. be rocked by Judas' betrayal on their leadership team; and 4. experience the ransacking of their nation and the destruction of the temple. These were just a few of the many negatives that the disciples were promised to experience. This was the context in which they were to not let their hearts be troubled.

In John 14:1 Yeshua called His disciples initially (and us by extension too) to believe in Him as they believed in the Father (who was invisible to them and they had never seen). Yeshua knew that He would be gone soon and that the disciples were called to believe in Him in the same way they already believed in the Father. We too are called to believe in Him as those who have never seen Him. At a foundational sense our obedience to the command to not let our hearts be troubled is met by determining to believe in Yeshua. We believe in Him by continually recalibrating ourselves to agree with His promises, trust His leadership, and engage with His heart.

We cannot change our emotions (only God can do that!), but we can realign our mind to agree with God's Word. Our emotions are transformed as we consistently communicate with Yeshua and bring our mind into agreement with His truth and promises. I like how Misty Edwards puts it: "I take my cold, cold heart; I take my unrenewed mind; I take Your Word in my hand; and then I give you time to come and melt me." He's the One who can melt us as we consistently draw near to Him.

One final thought for this week is that we were never intended to carry our burdens alone. That's why it is God's intention to connect His people together *at least* once a week for a holy meeting to share our joys and burdens and to pray for each other. Many times my burdens have been lightened as I shared my heart and had other brothers and sisters pray for me.

In closing, I certainly have much room for improvement to consistently walk in this command. It's a lot easier to journal about it than to live it! But, I do want to continue to focus on this and know that Yeshua will help us as we consistently realign our hearts with His Word and engage with Him in the midst of the struggle. Please pray for me - I'm praying for you too.