

Yeshua has input for us on how to keep from having a troubled heart



*“Do not let your hearts be troubled. You believe in God; believe also in me. John 14:1*

## **Yeshua's Counsel for a Troubled Heart**

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 walk this out. 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.

I don't believe that Yeshua is castigating any troubled thought that comes to mind but what He's calling as out of bounds is our tendency to let the dark emotions rule in us without putting up much of a fight. As Martin Luther aptly put it: "we can't keep the birds from pecking at our head but we can keep them from making a nest in our hair." In our continuing study of the Upper Room Discourse, in John 14:1-3 Yeshua gives us a recipe for freeing our heart from being dominated by darkness. He points to four main things:

1. **Belief in the Father and Yeshua.** This is not a mere mental assent but would include meditating on Yeshua's promises, trusting His character, and conversing with Him. He has promised to be with us through any difficulty (Romans 8:35-39) and we have access to Him.
2. **Thinking about the age to come.** The Father's House (the new Jerusalem) is a large subject, and as we meditate on our place in this coming city and what comes with it, there will be a commensurate peace and godlier perspective that comes to us.
3. **Focusing on the cross.** Yeshua prepared a place for us by going to the cross. He did this selfless act as the strongest proof of His love for us. Meditating on this will bring shifts to a troubled heart.
4. **Yeshua is returning and we will be with Him forever.** This is a centering reality that is multi-faceted. In multiple places in Scripture our present holiness is linked to our mindful focus on this coming reality (see 1 John 3:2-3, Colossians 3:4-5, 1 Thessalonians 5:23).

In closing, we cannot change our emotions (only God can do that!), but we can realign our mind to agree with God's Word and we can focus on the things He tells us to focus on. Our emotions are transformed as we consistently communicate with Yeshua and bring our mind into agreement with His truth and promises. In these tumultuous times, we have to actively contend to keep our

heart from being troubled. I am definitely a work in progress, and I look forward to hearing Steve share more about the first part of Yeshua's recipe tomorrow.