



John 14:1

Don't let your heart be troubled

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

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. (John 14:27)

I. Context of next few messages

- A. John 13-17 is maybe most important section in New Testament
- B. Beginning of 14 especially so
 - 1. I, Åsa, and Les are all speaking on just one verse each for next few weeks
- C. I'm just focusing on 'believe in me'

II. Context of Yeshua's words to his disciples

- A. Two days earlier Yeshua had told disciples of coming end times (Mathew 24)
 - 1. Racial conflict
 - 2. Military conflict
 - 3. Diseases
 - 4. Earthquakes
 - 5. Betrayal
 - 6. Martyrdom
- B. City and temple would be destroyed in just 40 years
- C. Yeshua would be dead on the Cross in just 24 hours
 - 1. He would sweat drops of blood on the Mount of Olives in just a few hours as he considered His death
 - 2. He was aware of Judah's impending betrayal (13:11)
 - a. Disciples also would be betrayed by family and friends (Matthew 24:10, Luke 21:16)
 - b. Yeshua and disciples all loved Judas, "How could this happen?"
 - 3. Peter would soon deny him (13:38)
 - a. Yeshua prophesied all the disciples would have personal failure
 - 4. Their world was about to crash around them
- D. Still was concerned with alleviating the pain of those who would miss him

III. Context of Yeshua's words to us

- A. Generalized difficulty—this is the contest of 'do not be troubled' for us—just like disciples
- B. My specific difficulty
 - 1. Story of accusations between family members
 - 2. Story of a recent phone and text barrage
 - a. 25 phone, 5 texts, one message in 35 minutes all while trying to find checkbook error
 - b. Finally had to turn off phone
 - 3. Story of GPS crash during work and hour-long time to fix account
 - 4. God, all I'm trying to do is...bring...your...message.....Oh!
- C. Difficulty is a normal part of life for everyone and as a Believer we are promised greater difficulty (all who live godly in Christ Jesus will suffer persecution)
 - 1. God is a good God and has good for us even in the midst of our suffering and pain

IV. Consequences of a troubled heart

- A. Just because we are believers does not mean we will be free of struggle
 - 2We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check. (James 3:2)*

1. God uses our missteps and miscues as a means to help us to walk with greater humility and dependence on Him
- B. What does ‘troubled heart’ mean?
 1. Implies fear in the midst of struggle and failure to trust God
 2. We are struggling with dark times
 3. Many have worry and doubt
 4. We can be prone to discouragement
 5. Fear leads to poor decisions...which leads to more fear....etc
 - a. This was at the root of the phone barrage—wanted me to fix his problem for him
 - b. Trouble and fear dominates our mind if we let it grow
 - c. A troubled heart must be repelled and resisted
 - d. We tend to seek immediate relief rather than God’s perspective

V. How to respond to a troubled heart—believe in Yeshua

- A. What does it mean to believe in Yeshua?
- B. We accept ‘believe in Yeshua’ as normal and routine
 1. Disciples had no idea what it meant
 2. Do we just ‘name the name’?
- C. Develop deep foundations
- D. ‘Believe in me’
 1. Trust what he says is true
 - a. There is room in God’s house and God’s heart for everybody
 - b. Even the weakest, most broken, most distant from God
 - c. Even me, even you
 3. He prepared our new home by going to the Cross
 4. Every believer who ever lived will see him; walk with him; talk with him
 5. He understands our weaknesses, will not abandon or forsake us, and will be by our side always
- E. Remember a few things
 1. ⁷*Submit yourselves, then, to God. Resist the devil, and he will flee from you.* ⁸*Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.* ⁹*Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom.* ¹⁰*Humble yourselves before the Lord, and he will lift you up.* (James 4:7-10) (NIV)
 2. ²⁴*Faithful is He Who is calling you [to Himself] and utterly trustworthy, and He will also do it [fulfill His call by hallowing and keeping you].* (1Thessalonians 5:24) (AMP)

VI. Practical application

- A. Moments of deepest failure can be an opportunity for God’s greatest blessings
 1. We have to let him, but sometimes it is very difficult
 - a. Three weeks ago at our regular elder’s meeting I was having a meltdown
 - b. My brothers did the necessary things—listening, understanding, praying, affirming
 - c. We don’t have to endure a troubled heart alone
- B. Yeshua’s recipe
 1. Love the Father
 2. Believe in Yeshua
 - a. His character & nature
 - b. Meditate on the descriptions of Him in Scripture (John 1, Col. 1, Rev. 1, 4 & 5, etc.)
 - c. Study & believe His words
 - d. Remember He stated He wouldn’t leave us (Matthew 28:20; Romans 8:35-39)
 - e. Talk to Him and come to Him for life (John 5:40)
 3. Think about the Father’s house & the age to come (14:2a)

4. Yeshua went to the cross to prepare a place for us (14:2b)
 5. He's coming again for us (14:3a)
 6. We'll be with Him forever (14:3b)
- C. Train our mind
1. *Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.* (Philippians 4:4-8) (NIV)
 2. Put belief in Jesus into everyday use
 - a. Rejoice
 - b. Let your gentleness be visible
 - c. Godly thinking
 - d. Practice excellence and being praiseworthy
 2. Where God is taking us is far more important than from where we came
...[we] take hold of the hope set before us [so that we] may be greatly encouraged. ¹⁹We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain, ²⁰where our forerunner, Jesus, has entered on our behalf. (Hebrews 6; 18b-20) (AMP)
- D. Sometimes we need a breakthrough
1. But I'm stuck—help! Is our heart troubled right now?
 - a. Repent
 - b. Ask God to help you
 - c. Be accountable: ask others to be and pray with you in your struggle
 - d. Continually work the muscle; Believe in Yeshua
 - e. Repeat when needed
 2. Anyone overwhelmed now? Let's believe for God's power and breakthrough to come
 3. ³⁴*Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.* Matthew 6:34 (NIV)