



Let Not Your Heart be Troubled

¹“Do not let your heart be troubled; believe in God, believe also in Me. ²In My Father’s house are many dwelling places; if it were not so, I would have told you; for I go to prepare a place for you. ³If I go and prepare a place for you, I will come again and receive you to Myself, that where I am, *there* you may be also. John 14:1-3 (NASB)

I. INTRODUCTION

- A. Opening Caveat:** An initial thanks to Mike Bickle for encouraging and allowing us to use his notes. I have done so liberally in this handout.
- B. An Increase of Fear & Anxiety:** Many current reports show an increase of anxiety, depression, and mental health issues—especially in the last couple of years.
 - 1. Truth be told most of us have struggled with an increase of pressure and troubled hearts.
 - 2. One of the signs of the end times is an increase in fear and anxiety (Lk 21:26).
 - 3. People who are overcome with fear are far more vulnerable to make terrible decisions.
- C. The Greatest Teaching by the Greatest Teacher:** This verse is found in the midst of John 13-17—which is the most important teaching by the greatest Teacher. It is a treasure chest of divine help for now and the even more troubling days ahead.
- D. Theology of Suffering:** This is an important, recurring theme throughout the Scriptures, but in the US, this is an often neglected truth in the body of Messiah. This is not to be a teeth-gritting, cowering, victimizing suffering but one that is triumphant and is ultimately saturated with divine peace and joy.
 - 1. To the one who overcomes...(Rev 2-3): In every one of the letters to the seven churches in Rev 2-3, there is the phrase “to the one who overcomes.”
- E. Given (in part) So We Wouldn’t Fall Away**
“I have told you these things so that you won’t abandon your faith.” John 16:1 (NLT)

II. THE SETTING

- A. Yeshua’s Pastoral Counsel for Our Troubled Hearts:** He gave this admonition right after he had promised Peter that he would betray Him. Yeshua was well aware of the disciples’ coming failure and was still giving them needed pastoral counsel of what to do in the midst of their fear, shame and failure. John 13-17 tells how to engage our troubled hearts to overcome *fear* (anxiety) with despair from persecution and the crisis in the culture, *shame* from personal failure, *bitterness* from betrayal, and *grief* from the death of a loved one. Yeshua gives us line-upon-line insight into God’s heart and promises that are an anchor for our hearts. He tells us how to overcome four of the most painful and dangerous emotions and mindsets to be trapped in.
- B. Yeshua’s Prophecy of the Future:** To better understand what Yeshua spoke on the night before His crucifixion (Jn. 13-17) we go back to what He said two nights before the Last Supper (Mt. 24-25). He prophesied racial conflicts, pestilences, betrayal, martyrdom, the siege of Jerusalem (Zech. 14:2), and more in Matthew 24 and its parallel passages in Mark 13 and Luke 21. Even in the midst of such prophecies, Yeshua called them “*not to be troubled*” (Mt. 24:6).
- C. Reasons that the Disciples were Troubled:** 1. grief over the death of Yeshua; 2. shame over personal failure (Jn 13:38, Mt 26:30-34); 3. the bitterness of betrayal (Jn 13:38, Lk 21:16); 4. societal crises (Mt. 24:4-12, Lk 21:8-24); 5. persecution (Mt. 24:9, Lk 21:12); 6. the crisis in Jerusalem (Mt 24:2, Lk 21:20-24); 7. military conflicts & civil war (Lk 21:10, 25); 8. natural disasters (Mt 24:7, Lk 21:11,25); 9. delay of God’s promises (Lk 22:29-30); 10. government oppression (Rv 13:7, 15-16); 11. fearful cosmic signs (Lk 21:11, 25); 12. greatly heightened workload (2 Cor 11:23, 27)
- D. Other Life-giving Truths Yeshua Gave Us:** 1. Yeshua will return to be with us in the Father’s house forever (Jn 14:2-3); 2. God’s love for His people (Jn 15:9, 17:23); 3. We can engage in a deep relationship with God in this age (Jn 15:5, 14:23); 4. He supernaturally empowers us now by the indwelling Spirit (Jn 14:16, 26; 16:13-15); 5. Access to supernatural resources through Spirit-led prayer (Jn 14:13); 6. How

Yeshua responded to the apostles when they stumbled (Lk 22:31-32); 7. The joy of eternal rewards for faithfulness to Him and enduring persecution (Mt 25:21, Lk 6:22-23)

III. LOOKING AT THE PASSAGE

- A. Personal Responsibility:** Yeshua commanded the disciples not to allow trouble to dominate their heart (Jn 14:1). There are human dynamics involved as indicated by His command to “let not...” Yeshua promised to release His peace into the hearts of those who continue not to allow trouble to dominate their heart (14:27). *Peace I leave with you, My peace I give to you... Let not your heart be troubled, neither let it be afraid.* (Jn 14:27)
- B. Believing in Yeshua:** This command in 14:1 is not a reference to the initial faith we exercise to become born again. The disciples were already saved. They were already “clean” or forgiven (13:10; 15:3).
1. *Like we believe in the Father:* Yeshua called His disciples initially 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.
 2. At a foundational level 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 a) agree with His promises, b) trust His leadership, and c) engage with His heart.
 3. The cure for troubled hearts is Yeshua. The answer He gives our troubled hearts is Himself. The focus and essence of heaven is a Person—the very presence of Yeshua!
- C. In My Father’s House** are many dwelling places: meditating on the New Jerusalem will stabilize us.
- D. I Go to Prepare a Place for You:** This referred to the cross – He said “it is finished”
- E. I Will Come Again:** Thinking about this reality will center us and stabilize our emotions
- F. Where I Am There You May be Also**
- G. What He Didn’t Say:** Yeshua did not say, “Let not your hearts be troubled because you will escape all the pressures of life.” Nor did He say that if we have enough faith, then we will escape all the pressures that others face. In fact His admonition to not let our hearts be troubled is given to those in the most difficult of circumstances.
- H. We Are Promised Difficulty as Believers**
Yes, and all who desire to live godly in Christ Jesus will suffer persecution. 2 Tim 3:12 (NKJV)
35 Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? 36 As it is written: “For Your sake we are killed all day long; We are accounted as sheep for the slaughter.” 37 Yet in all these things we are more than conquerors through Him who loved us. Romans 8:35-37 (NKJV)

IV. PERSONAL APPLICATION

- 6 Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Phil 4:6-8 (NLT)*
- A. Start Where You Are:** Honestly, many of us (like Martha) are presently worried and troubled about a good many things. Let’s not condemn ourselves but let’s choose the best part like Mary did (Lk 10:38-42). This is our starting point to work this muscle and to grow in this. Letting our hearts become troubled is a process, so let’s give ourselves grace as we grow in working this spiritual muscle of believing in Yeshua and pursuing Him with greater intentionality.
- Whenever I am afraid, I will trust in You. Psalm 56:3*
4 I sought YHWH, and He heard me, And delivered me from all my fears. 5 They looked to Him and were radiant, And their faces were not ashamed. 6 This poor man cried out, and YHWH heard him, And saved him out of all his troubles. Psalm 34:4-6
6 Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, 7 casting all your anxiety on Him, because He cares for you. 1 Peter 5:6-7

1. *Nothing is too small* - little concerns and irritations are important to process with Him. Someone will always have it worse (and also better) than us. We are to confidently bring our concerns to the LORD knowing that He's the One who tells us to do so.
- B. Come to Him & Talk to Him:** We are to realize that He's compassionate and rich in mercy and that we are commanded to come boldly to Him in our weakness.
- 14 Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. 15 For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. 16 Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.* Hebrews 4:14-16
1. *Repent:* a good place to start is to repent where we've let our heart become troubled.
 2. *Cry out to Him for help:* Psalm 107 is a psalm made up of four examples of people in trouble. In two examples it is due to their own sin and poor choices. In all these examples, the people cried out to YHWH with the common refrain: *Then they cried out to YHWH in their trouble, And He delivered them out of their distresses.* (Psalm 107:6, 13, 19, 28)
- C. Transformed by the Renewing of Our Mind:** What do we do when our heart is troubled? We must realign our mind to agree with God's Word. Our emotions (and thus our character) are transformed as we bring our mind into agreement with biblical truths and promises. We can change our mind, but only God can change our emotions.
- ²...be transformed [emotionally] by the renewing of your mind... (Rom. 12:2)*
¹Behold [meditate on] what manner [quality] of love the Father has bestowed on us...²We shall be like Him...³And everyone who has this hope in Him purifies himself... (1 Jn. 3:1-3)
"I'll take my cold, cold heart; I'll take my unrenewed mind; I'll take Your Word in my hand; and then I'll give You time to come and melt me." Misty Edwards
- D. Process to Transformation.** It follows this path:
1. Knowledge – we get the information (Bible truths)
 2. Conversation – we communicate with God related to this information (we talk to Him)
 3. Illumination – we receive small divine touches related to this and other information (new insights)
 4. Inspiration – this motivates us to do new things (renewed motivation to obey)
 5. Transformation – this is what we are ultimately looking to grow into (new emotions and thoughts) that are satisfying and pleasurable
- E. Getting Living Understanding:** *"I'm talking about when understanding touches us; we don't even know how it happens but understanding touches me, and I end up having confidence about the future, and I don't even know where the confidence came. It's not like I get understanding Monday morning, and I have confidence Monday night. I get oil in talking to the Lord, reading the Word, and dialoguing with Him. I get little deposits of understanding; time goes by and I have more peace and confidence. I lay on my bed at night and I have confidence in thinking about the future, and I think 'where did that come from?' That's what understanding and preparation is about. And the Lord promises that He will raise up people of understanding."* Mike Bickle
- F. Investing in a Deeper, Secret History with God:** We don't do this on the run or on the cheap. He's the God of the universe, and He is worth pursuing and waiting for.
- "You don't come as easy as some but I will watch and pray." Kristene DiMarco*
But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him. Hebrews 11:6
6 But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. Mt 6:6
Draw near to God and He will draw near to you. James 4:8

V. FINAL THOUGHTS

- A. The Alternative** (to an untroubled heart): (From Mike Bickle's, "Five Reasons to Value Studying the End Times.") If we let our hearts be troubled, we'll have hearts that are more likely to be filled with:

1. *Fear* (Lk 21:26): Jesus warned that people's hearts would be overcome with fear in the times preceding His return if they are not properly equipped in the Word and walking in the Spirit. (Lk 21:26) This warning applies to both believers and unbelievers. People who are overcome with fear are far more vulnerable to make terrible decisions.
2. *Offense* (Mt 24:10): Many will be offended at God and one another in the context of the increased societal pressures in the times preceding Jesus's return.
3. *Lust* (Lk 21:34): Jesus warned His people not to allow their hearts to be weighed down with carousing and drunkenness. The word for "carousing" speaks of self-indulgence, with the main ideas being immorality. Often people who are overwhelmed by fear, anxiety, depression, or offense seek to find temporary relief from their stress in drunkenness, drugs, and immorality. They "self-medicate" with lust in seeking some relief from their fear and pain. The explosion of immorality in our culture will intensify even more as new cutting-edge technology provides multitudes with intense new ways to engage in internet pornography.
4. *Deception* (Mt 24:11): Jesus prophesied the enemy will use many false prophets for his deceptive purposes. Do not think of false prophets only as cult leaders and crazy eccentric people with bizarre religious ideas. There will surely be some people like that who will deceive others. But I believe some of the most dangerous false prophets will be popular social commentators and media personalities who are dignified, good-looking, cool, caring, intelligent, and well-spoken. They will use dynamic and creative social media platforms to communicate to multitudes. They will promote a false narrative regarding what is happening—a deceptive narrative that will oppose the biblical narrative of what is unfolding across the nations.
5. *In Summary*: The combination of escalating fear, offense, lust, and deception will result in some believers falling away. Scripture prophesies that some will fall away from their faith in the end times (1 Timothy 4:1–2; 2 Timothy 3:1–7; 4:3–5; Hebrews 6:4–6; 10:26–31, 39; 2 Peter 2:1–3, 20–22; 3:17). The end-time falling away will be one of the most tragic realities in history. People who become fearful or offended are more vulnerable to drift away from their faith because they are not able to make sense of the increasing troubles in the world... The Lord has graciously given His people a significant amount of biblical information as part of His zeal to prepare them to walk in love and victory even amid the greatest pressures in all history, which will occur in the generation that Jesus returns. With love and confidence, we cry, "Maranatha! Come, Lord Jesus."

B. Closing Exhortation: In closing, let's take seriously this admonition to not let our heart be troubled by believing in and coming to Yeshua as our foundational help. As we persistently do so with a spirit of obedience, He has joy and peace for us even if we are in the midst of great difficulty.

VI. END NOTES & FOR FURTHER STUDY

- Apocalyptic Gospel Podcast: www.apocalypticgospel.com. Recommend starting at the earliest podcasts to get the best foundational information.
- Bickle, Mike. *Cultivating a Vibrant Heart Even in Times of Great Trouble. John 15:12-27*.
<https://mikebickle.org/resource/1-cultivating-a-vibrant-heart-even-in-times-of-great-trouble-john-1512-27-m-bickle/>
- Bickle, Mike. "Five Reasons to Value Studying the End Times" <https://www.ihopkc.org/resources/blog/five-reasons-value-studying-end-times/>
- Bickle, Mike. *Overcoming Anxiety, Fear, Shame, & Betrayal (John 14:1)*. <https://mikebickle.org/resource/01-overcoming-anxiety-fear-shame-and-betrayal-jn-141-m-bickle/>
- Burke, John. *Imagine Heaven. Near Death Experiences, God's Promises, and the Exhilarating Future That Awaits You*. Baker Books. 2015.
- Ripkin, Nik. *The Insanity of God. A True Story of Faith Resurrected*. 2013.
- Voice of the Martyrs & DC Talk. *Jesus Freaks. Stories of Those Who Stood for Jesus*. Albury Publishing. 1999.