

Let Not Your Heart Be Troubled

(John 14:1-6)

Introduction:

1. Our lesson is based on these statements that Jesus made to His disciples.
2. We are emphasizing His statement in vs.1 -- "*Let not your heart be troubled.*"
3. We are examining:
 - a. why Jesus made this statement to His disciples
 - b. some instructions and some information that Jesus gave to His disciples to help their troubled hearts.
4. Let us begin by determining . . .

Discussion:

- I. WHY JESUS MADE THIS STATEMENT TO HIS DISCIPLES
 - A. (John 13:1-2) Jesus had just eaten the Passover meal with His disciples.
 - B. This was the occasion when Jesus gave instructions for eating His Supper.
 - C. Jesus also informed His disciples that He was leaving them (John 13:33).
 - D. Peter's response in vs.36-37 indicates that he was troubled.
 - E. Jesus continued by saying, "*Let not your heart be troubled.*"
 - F. He repeated this statement in John 14:27.
 - G. We understand why Jesus made this statement to His disciples -- they were upset after Jesus told them He was leaving and they could not go with Him.
 - H. We have something in common with the disciples -- sometimes our hearts are troubled (2 Corinthians 4:8 -- "*We are troubled on every side*").
 - I. We need to listen carefully to the instructions and the information that Jesus gave to His disciples to help their troubled hearts.
- II. JESUS GAVE HIS DISCIPLES SOME INSTRUCTIONS TO HELP THEIR TROUBLED HEARTS
 - A. First, He said in vs.1b, "*Believe in God.*"
 1. As the Bible begins, it proclaims the existence of God (Genesis 1:1).
 2. The Bible also provides evidence for God's existence (Psalm 19:1-6).
 3. How does believing in God help us when our hearts are troubled?
 - a. During times of trouble God provides help (Psalm 46:1).
 - b. God also provides comfort (2 Corinthians 1:3-4a).
 - c. Belief in God will enable us to say, "*We are troubled on every side, yet not distressed; we are perplexed, but not in despair*" (2 Corinthians 4:8).
 - B. Second, Jesus said in vs.1c, "*Believe also in me.*"

1. The Bible affirms that Jesus came to earth (John 1:14).
 - a. While on earth Jesus faced the same trials we face (Hebrews 4:15).
 - b. Consequently, He provides assistance to His followers (Hebrews 4:16).
2. Satan uses trouble to try to prevent us from believing in God and Christ.
3. Jesus said, *"Believe in God, believe also in me."*

III. JESUS ALSO PRESENTED SOME INFORMATION TO HIS DISCIPLES TO HELP THEIR TROUBLED HEARTS

- A. (vs.2) Jesus spoke about His Father's house [heaven].
 1. He indicated that there is plenty of room in His Father's house.
 2. He said He was going there to prepare a place for His followers.
 3. Heaven is prepared in such a way that things which cause our hearts to be troubled will not be there (Revelation 21:4, 27).
 4. Jesus assured His disciples that they could eventually be there with Him.
 5. Thomas was confused, but we can know the way to the Father -- Jesus is the only way.
- B. (vs.3) Jesus also spoke about His return.
 1. Earlier, Jesus said that the resurrection and the judgment will occur when He returns (John 5:28-29).
 2. Those who are prepared for His return will be blessed with eternal life.
 3. A good request for us to adopt is found in Revelation 22:20 -- *"Even so, come, Lord Jesus."*

Conclusion:

1. Is your heart troubled today?
2. *"Rest"* is available to those who come to Christ (Matthew 11:28-30).