

Peace for the Troubled Heart

(John 14:27)

Introduction:

1. In ch.14-16 of his Gospel John recorded the words that Jesus spoke to His apostles shortly before He was arrested.
2. Last week we based our lesson on the Lord's concluding statement in 16:33.
3. Earlier in His message in 14:27 Jesus mentioned peace as He called upon the apostles not to have troubled hearts.
4. This morning we are focusing our attention on the statements that Jesus made at the beginning of His message in John 14:1-6.
5. We are especially concerned with His statement in vs.1 -- "*Let not your heart be troubled.*"
6. We will examine:
 - a. why Jesus made this statement to His apostles
 - b. some instructions and some information that Jesus gave to His apostles to provide peace for their troubled hearts.
7. Let us begin our study by determining . . .

Discussion:

- I. WHY JESUS MADE THIS STATEMENT TO HIS APOSTLES
 - A. (John 13:1-2) Jesus had just eaten the Passover meal with His apostles.
 - B. On that occasion Jesus told the apostles that He was leaving them (John 13:33).
 - C. Peter's response in vs.36-37 indicates that he was troubled.
 - D. Jesus did not want His followers to remain in their upset condition, so He said, "*Let not your heart be troubled.*"
 - E. We understand why Jesus made this statement to His apostles -- they were upset after Jesus told them He was leaving and they could not go with Him.
 - F. We have something in common with the apostles -- we also face circumstances that cause our hearts to be troubled (2 Corinthians 4:8 -- "*We are troubled on every side*").
 - G. We need to listen carefully to the instructions and the information that Jesus gave to His apostles so they could have peace for their troubled hearts.
- II. JESUS GAVE HIS APOSTLES SOME INSTRUCTIONS TO PROVIDE PEACE FOR THEIR TROUBLED HEARTS
 - A. First, He said in vs.1b, "*Believe in God.*"
 1. As the Bible begins, it declares 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. Those who believe in God can 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 declares that:
 - a. Jesus came to earth (John 1:14)
 - 1) While on earth Jesus faced the same trials we face (Hebrews 4:15).
 - 2) Consequently, He provides assistance to His followers (Hebrews 4:16).
 - b. Jesus is God's Son on the basis of His miracles (John 20:30-31).
- 2. Satan uses trouble to try to prevent us from believing in Christ.
- 3. Jesus said, *"Believe in God, believe also in me."*

III. JESUS ALSO PRESENTED SOME INFORMATION TO HIS APOSTLES TO PROVIDE PEACE FOR 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 apostles 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. Do you believe in God and that Jesus is His Son?
- 3. Do you have the hope of going to heaven?
- 4. Are you prepared for the Lord's return?
- 5. *"Rest"* is available to those who come to Christ (Matthew 11:28-30).