

The Cure for a Troubled Heart

(John 14:1-6)

Introduction:

1. In John 14:1-6 Jesus talked to His disciples about "the cure for a troubled heart."
2. As we study these verses we will examine:
 - a. why Jesus made these statements to His disciples
 - b. some "instructions" and some "information" that Jesus gave to His disciples to help their troubled hearts.
3. The first step we need to take is to determine . . .

Discussion:

- I. WHY JESUS MADE THESE STATEMENTS TO HIS DISCIPLES
 - A. According to John 13:1-2, Jesus had just eaten the Passover meal with His disciples.
 - B. On that occasion Jesus gave instructions for His Supper (Luke 22:19-20).
 - 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 did not want His followers to remain in their upset condition, so He said, *"Let not your heart be troubled."*
 - F. He repeated this statement in John 14:27.
 - G. We understand why Jesus made these statements 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 -- we also face circumstances that cause our hearts to be 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 CURE THEIR TROUBLED HEARTS
 - A. First, He said in vs.1b, *"Believe in God."*
 1. As the Bible begins, it declares that God exists (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 PRESENTED SOME "INFORMATION" TO HIS DISCIPLES TO CURE 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.

Conclusion:

1. Is your heart troubled today?
2. Do you believe in God?
3. Do you believe in Jesus?
4. Do you have the hope of going to heaven?
5. Are you prepared for the Lord's return?
6. "*Rest*" is available to those who come to Christ (Matthew 11:28-30).