

## A Troubled Heart Can Be Healed

(John 14:1-6)

### Introduction:

1. In these verses Jesus taught His disciples a valuable lesson that we are studying today -- He taught them that "a troubled heart can be healed."
2. Before we examine the things that Jesus said on this occasion, we first need to point out that . . .

### Discussion:

- I. GOD'S PEOPLE ARE NOT IMMUNE TO HAVING TROUBLED HEARTS
  - A. Job was a righteous man (Job 1:1); however, trouble came into his life (3:26).
  - B. David was troubled (Psalm 38:6), as well as the writer of Psalm 77:4b.
  - C. Jesus said that He was troubled (John 11:33; 12:27).
  - D. Let us turn our attention to . . .
- II. THE LORD'S MESSAGE TO HIS DISCIPLES (John 14:1-6)
  - A. The context shows why Jesus gave this message to the disciples.
    1. (John 13:1-2) Jesus had just eaten the Passover meal with His disciples.
    2. This was the occasion when Jesus gave instructions for eating His Supper.
    3. Jesus also informed His disciples that He was leaving them (John 13:33).
    4. Peter's response in vs.36-37 indicates that he was troubled.
    5. Jesus continued by saying, "*Let not your heart be troubled.*"
    6. He repeated this statement in John 14:27.
    7. We understand why Jesus gave this message to His disciples -- they were upset after Jesus told them He was leaving and they could not go with Him.
    8. We have something in common with the disciples (2 Corinthians 4:8a).
    9. We need to listen carefully to the instructions and the information that Jesus gave to His disciples to help their troubled hearts.
  - B. Jesus gave His disciples some instructions to help their troubled hearts.
    1. First, He said in vs.1b, "*Believe in God.*"
      - a. As the Bible begins, it declares the existence of God (Genesis 1:1).
      - b. The Bible also provides evidence for God's existence (Psalm 19:1-6).
      - c. How does believing in God help us when our hearts are troubled?
        - 1) During times of trouble God provides help (Psalm 46:1).
        - 2) God also provides comfort (2 Corinthians 1:3-4a).
        - 3) 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).

2. Second, Jesus said in vs.1c, "*Believe also in me.*"
  - a. The Bible affirms that 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. Satan uses trouble to try to prevent us from believing in God and Christ.
  - c. Jesus said, "*Believe in God, believe also in me.*"
- C. Jesus also gave His disciples some information to help their troubled hearts.
  1. (vs.2) Jesus spoke about His Father's house [heaven].
    - a. He indicated that there is plenty of room in His Father's house.
    - b. He said He was going there to prepare a place for His followers.
    - c. Heaven is prepared in such a way that things which cause our hearts to be troubled will not be there (Revelation 21:4, 27).
    - d. Jesus assured His disciples that they could eventually be there with Him.
    - e. Thomas was confused, but we can know the way to the Father -- Jesus is the only way.
  2. (vs.3) Jesus also spoke about His return.
    - a. Earlier, Jesus said that the resurrection and the judgment will occur when He returns (John 5:28-29).
    - b. Those who are prepared for His return will be blessed with eternal life.
    - c. 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. The good news is that "a troubled heart can be healed" (Matthew 11:28-30).