

The Story of Jesus: Let Not Your Heart Be Troubled
(Lesson 81)

Introduction:

1. Growing in the knowledge of Christ is an important responsibility (2 Peter 3:18).
2. Searching the Scriptures is the key to achieving this growth (John 5:39).
3. This lesson is a study of the Lord's teaching in John 14:1-6 with special emphasis on His statement in vs.1 -- "*Let not your heart be troubled.*"
4. Let us first determine . . .

Discussion:

- I. WHY JESUS MADE THIS STATEMENT 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 troubled state, so He said, "*Let not your heart be troubled*" [He repeated this statement in John 14:27].
 - F. 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.
 - G. We have something in common with the disciples -- we also face circumstances that cause our hearts to be troubled (2 Corinthians 4:8a).
 - H. 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 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 with Paul, "*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. We know that 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 God and Christ.
 3. Jesus said, "*Believe in God, believe also in me.*"
- III. JESUS 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 connected the resurrection and the judgment with His return (John 5:28-29).
 2. Those who are prepared for His return will be blessed with eternal life.