Do Not Let Your Hearts Be Troubled
JOHN 14: 1-6

1 “Do not let your hearts be troubled. Trust in God; trust also in me.

2 In my Father’s house are many rooms; if it were not so, I would have told You. I am going there to prepare a place for you.

3 And if I go and prepare a place for you, I will come back and take you to be With me that you also may be where I am.

4 You know the way to the place where I am going.”

5 Thomas said to him, “Lord, we don’t know where you are going, so how Can we know the way?”

6 Jesus answered, ‘I am the way and the truth and the life. No one comes to The Father except through me.”

Introduction

The Bible is filled with many COMFORTING words:

“The Lord is my shepherd, I shall not want.”

“Never will I leave you, never will I forsake you.”

“Come unto me all you who are weary and burdened and I will give You rest.”

“Cast all your anxiety on him for he cares for you.”

In one scripture after another, GOD reminds us of His love and care For us even in life’s most difficult times.
In my opinion, the first SEVEN WORDS of John chapter 14 are some of the most comforting words JESUS spoke while here on earth.

“Do not let your hearts be troubled.”

Would you repeat JESUS’ WORDS with me………

“Do not let your hearts be troubled.”

Isn’t it comforting and reassuring just to speak those precious words of Christ?

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When JESUS said these words to his disciples they had every reason to be TROUBLED!

You see………JESUS spoke these comforting words to his Disciples right “on the heels” of some very troubling things He had revealed to them in John chapter 13.

It was that evening, JESUS and HIS DISCIPLES ate the Passover together………a meal we have come to know as THE LAST SUPPER.

During the Last Supper……………

*JESUS revealed one of them would betray him and before The night was through, Judas Iscariot revealed himself as That betrayer.

*Also during the Last Supper, JESUS alluded to his ascension When he said in verse 33, “My children, I will be with you only A little longer.” (John 13:33)
*And as if that weren’t enough, JESUS dropped another “bombshell” on them when he revealed that PETER, the most “rock-solid” disciple of all, would DENY him three times before the rooster crowed the next morning.

Understanding all this, we can easily see why the DISCIPLES would have “troubled hearts” at this point. This is why JESUS says to them In John 14:1…………

“Do not let your hearts be troubled.” (John 14:1)

The word JESUS used for “troubled” in verse 1 implies that the DISCIPLES were experiencing a “flurry of emotions.”

-They were DISTURBED.
-They were CONFUSED.
-They were DOUBTFUL.
-They were FEARFUL.
-They were WORRIED.
-They were DISTRESSED.

With this “flurry of emotions” racing back and forth through their minds and hearts, Jesus knew He would have to “settle them down” before He could tell them THE GOOD NEWS!

How did Jesus do that? He simply said those seven comforting words: “Do not let your hearts be troubled.”

Once Jesus had their undivided attention, He then revealed three comforting truths to His disciples. These three truths are also a great source of comfort to you and me during life’s most troublesome times.
First of all, when our hearts are troubled remember….

I. We Have The Comforting Presence of Christ

VERSE 1  Do not let your hearts be troubled. Trust in God; trust also in me.

1. In times of TROUBLE……..in times of DOUBT……..in Times of UNCERTAINTY……..we ALL look for someone or Something to put our trust in.

   And far too many times, we put our trust in the things We can SEE and TOUCH……when the Lord invites us To TRUST IN THE ONE WE CAN NEITHER SEE OR TOUCH.

2. As Jesus had already told them earlier, the time when he Would be leaving them to return to His heavenly Father Was going to come soon.

   BUT even though JESUS was no longer going to be with them In body, HIS PRESENCE would be with them in the form Of the HOLY SPIRIT.

READ----John 14: 16-18 and 25-27

In times of UNCERTAINTY
In times of FEAR
In times of HEARTACHE
In times of CHANGE
In times of LOSS
In times of DISCOURAGEMENT
In times of DANGER
In times of TROUBLE

THE COMFORTING PRESENCE OF CHRIST IS ALWAYS WITH US.
5. London Christian once wrote, “Be sure to distinguish between the fact of God’s presence and the feeling of the fact. It is actually a wonderful thing when our soul feels lonely and deserted, as long as our faith can say, “I not see You, LORD, nor do I “feel” Your presence, but I know for certain You are graciously here---exactly where I am at this very moment and You are aware of my circumstances.” Remind yourself again and again with these words: “Lord, You are here!” (Streams In The Desert, pg. 107)

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Whenever our hearts are troubled, we should also remember………..

II. We Have The Comforting Promises of Christ

2 In my Father’s house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you.

3 And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.

1. In these two verses, JESUS is giving us two of the most comforting promises in all the Bible.

   Vs. 2 He is giving us the promise of a heavenly home.
   Vs. 3 He is giving us the promise of His return.

2. God gave many promises in the Old and New Testaments:

   -He promised the Children of Israel a land that flowed with milk and honey. It took awhile for that promise to be fulfilled……BUT GOD DID FULFILL HIS PROMISE.

   -GOD promised HE would send a MESSIAH. It took many years and the fulfillment of many other prophecies before the Messiah did come in the flesh.
3. NOW God promises us that HE has prepared a place for us and that one day CHRIST is going to come back and get us and take us to that special place.

Why hasn’t the LORD fulfilled this promise yet? He answers that for us in II Peter 3:8, 9………….

*But do not forget this one thing, dear friends: With the Lord a day is like a thousand years, and a thousand years are like a day. The Lord is not slow in keeping his promise, as some understand slowness. Instead he is patient with you, not wanting anyone to perish, but everyone to come to repentance.*

4. Between now and the time these wonderful promises are fulfilled, you and I will no doubt go through many trials in our own personal lives. And we will no doubt witness many disturbing things going on in the world.

Probably everyone of us gets a strong sense of uneasiness when we see the things that have been going on in Egypt and Libya and other Middle Eastern countries recently. We wonder, just where is all this leading?

And even closer to home, I’m sure all of us are deeply disturbed by the things we see going on right here in our own country. This is NOT the America many of us knew growing up.

5. But remember the LORD’S message to us tonight: “*Do not let your hearts be troubled!*” No matter how bad things get in this country or around the world, we have the WONDERFUL PROMISE that the LORD is preparing a place for us and that He will soon come to get us!
When our hearts are troubled, we must remember…..

We Have The Comforting Presence of Christ
We Have The Comforting Promises of Christ

And finally we must remember………..

III. We Have The Comforting Person of Christ

VERSE 6   “I am the way, and the truth and the life. No one comes To the Father except through me.”

1. Christians and non-Christians alike have many trials and troubles in this life. Christians and non-Christians alike experience pain, sorrow, and loss.

2. DOES HAVING CHRIST in one’s life really make a difference? Absolutely!

FOR THE CHRISTIAN, the difference is………..

In times of WEAKNESS, Christ is our STRENGTH
In times of TROUBLE, Christ is our REFUGE.
In times of UNCERTAINTY, Christ is our SOLID ROCK.

In times of CHAOS AND CONFUSION, Christ is our PRINCE OF PEACE.

In times of CHANGE, Jesus is the same Yesterday, Today and Forever!

In times of HOPELESSNESS, Jesus is our HOPE!

In times of HELPLESSNESS, Jesus is our HELP!

In times of SORROW, Jesus is our COMFORT!

Where would be if we didn’t have JESUS in our lives?
C O N C L U S I O N

“HIS EYE IS ON THE SPARROW”

Why should I feel discouraged, Why should the shadows come, why should my Heart be lonely and long for Heaven and home. When Jesus is my portion….. My constant Friend is He…..HIS EYE IS ON THE SPARROW and I know He watches me. HIS EYE IS ON THE SPARROW and I know He watches Me.

LET NOT YOUR HEART BE TROUBLED, His tender word I hear. And resting on His goodness, I lose my doubts and fears; Tho’ by the path He leadeth, But one step I may see: HIS EYE IS ON THE SPARROW and I know He watches me, HIS EYE IS ON THE SPARROW and I know He watches me.

Corrie Ten Boom once said, “Never fear to trust an unknown Future to an unseen God.”

The Disciples didn’t know what the future had in store for them, But their TROUBLED HEARTS were comforted by THE PRESENCE OF CHRIST.........THE PROMISES OF CHRIST........and THE PERSON OF CHRIST.

I don’t know what tomorrow may bring in my life or yours. But this one thing I do know: No matter what lies in store for you or me, we too, like the apostles have the comforting PRESENCE of CHRIST, the comforting PROMISES of CHRIST and the comforting PERSON of CHRIST to see us through!

So do not let your hearts be troubled!