

Let Not Your Heart be Troubled (Jn. 14:1)

I. JESUS' COMMAND NOT TO LET TROUBLE DOMINATE OUR HEART

1 Let not your heart be troubled; you believe in God, believe also in Me...27Peace I leave with you, My peace I give to you...Let not your heart be troubled, neither let it be afraid. (Jn. 14:1, 27)

- A. **Let not your heart be troubled:** Jesus commanded the disciples to not allow trouble to dominate their heart (Jn. 14:1). The troubled heart Jesus is referring to is the one that leads to unbelief, jadedness, disillusionment, and bitterness... etc.

“...See that you are not troubled..” (Mt 24:6)

- B. Included in His commands is *the promise of His enabling to walk out His commands*. If He instructs us to do something He always provides the help and means to obey Him.
- C. In John 12:27, Jesus says “Now **My soul is troubled**, and what shall I say? ‘Father save Me from this hour’? But for this purpose I came to this hour, Father, glorify Your name.” How can Jesus have a heart that is troubled and at the same time command us to not “let our hearts be troubled”? Jesus response to His trouble is key to our understanding. Jesus says “*what shall I say?*” In other words how should I respond. Jesus poses two potential responses.. “*save me from this hour*” and “*glorify Your name.*” Jesus’ chose the later.

21...He was troubled in spirit, and testified and said, “...one of you will betray Me.” (Jn. 13:21)

- D. Negative emotions are part of our human earthen vessel (2 Cor 4) experience.... What we do with those emotions is our response of faith or our response of unbelief. Our response to these emotions leads to life or death.
- E. **Let not:** Jesus instructs us to “let not”. In other words “don’t let it happen.” We have our part to play in not having a troubled heart. This does not mean we are never troubled but rather that trouble is not what directs our minds and emotions. Intrinsic in the instruction given is the idea that with out a purposeful resisting we will let the trouble take us.
- F. To let your heart be troubled is to let your heart be swept away by the present trials... When you “let your heart be trouble” you allow the troubled to dictate. The trouble dictates: your thinking, your decisions, your faith, your experience, your perceived reality...etc. When we let the trials dictate we are like that double minded man spoken of in James.

6 But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind...8 he is a double minded man unstable in all his ways. (Jm 1:6,8)

II. JESUS' PROPHETIC TEACHING TWO DAYS EARLIER IS PART OF THE CONTEXT OF JOHN 13-17

- A. On Tuesday, two days before the last supper (Jn. 13), Jesus prophesied concerning military conflict, racial conflict, pestilences (plural), earthquakes, betrayal, and martyrdom in Matthew 24 (and its parallel passages in Mark 13 and Luke 21). Jesus called them not to be troubled (Mt. 24:6). The truths in John 13-17 can equip us to respond to the end-time troubles.
- B. John 14:1 is essential to obey in a consistent way because when our hearts are weighed down with grief, despair, fear, and shame, we are more vulnerable to darkness. His peace guards our hearts. A troubled heart is a seedbed of the very confusion and deception about which Jesus warns us in Matthew 24.

III. SEVEN REASONS WHY THE APOSTLES WERE TROUBLED

- A. Just moments before Jesus exhorted them not to let their hearts be troubled (14:1), He spoke of leaving the disciples by death (13:36), Judas' betrayal (13:11), and Peter denying Him (13:38). Two days prior, He prophesied that personal and social troubles would come. (Mt. 24).
- B. *Trouble #1—Death of their beloved leader and friend:* The thought of Jesus dying brought grief to them and was very traumatic and confusing to them. Jesus referred to His death 18 times in the Upper Room Discourse.

36...Jesus answered him [Peter], "Where I am going you cannot follow Me now, but you shall follow Me afterward"...38"Will you [Peter] lay down your life for My sake? Most assuredly, I say to you, the rooster shall not crow till you have denied Me three times. (Jn. 13:36-38)

- C. *Trouble #2—Personal failure:* Peter denied Jesus, and the others stumbled (Mt. 26:31; Jn. 13:38).

30...they went out to the Mount of Olives. 31Jesus said to them, "All of you will be made to stumble because of Me this night...34before the rooster crows, [Peter] will deny Me three times." (Mt. 26:30-34)

- D. *Trouble #3—Bitterness of betrayal:* Their close-knit team was hurt by Judas' betrayal of Jesus and of them. They would also be betrayed by loved ones.

21 He was troubled in spirit, and testified and said, "...one of you will betray Me." (Jn. 13:21)

16 You will be betrayed even by parents and brothers, relatives and friends... (Lk. 21:16)

12 Now brother will betray brother to death, and a father his child; and children will rise up against parents and cause them to be put to death. (Mk. 13:12)

- E. *Trouble #4—Crisis in the culture:* Pressures disrupted the social order (Mt. 24:4-12; Lk. 21:8-24)

6 You will hear of wars and rumors of wars...7 For nation [ethnos] will rise against nation... there will be famines, pestilences, and earthquakes ...11Then many false prophets will... deceive many. (Mt. 24:6-11)

- F. *Trouble #5—Persecution:* Some were killed, beaten, or imprisoned.

9 Then they will deliver you up to tribulation and kill you...for My name's sake. (Mt. 24:9)

12...they will lay their hands on you...delivering you up to the...prisons... (Lk. 21:12)

- G. *Trouble #6—National destruction:* Jerusalem and the temple destroyed

2 Jesus said, "...not one stone [of the temple] shall be left here upon another (Mt. 24:2).

20 When you see Jerusalem surrounded by armies...23For there will be great distress...upon this people. 24They will fall by...the sword and be led away captive... (Lk. 21:20-24)

- H. *Trouble #7—Delay of God's promises:* There was a delay in the release of the fullness of God's prophetic promises to them and the nation of Israel. He was talking about leaving them physically without defeating Rome who was oppressing them or setting the apostles on thrones.

IV. JESUS COMMANDED THEM TO BELIEVE HIM— 8 IMPORTANT TRUTHS

- A. The command to not allow trouble to dominate our heart is obeyed by determining to believe Jesus by agreeing with His promises, trusting His leadership, and engaging with His heart.

1 "Let not your heart be troubled; you believe in God, believe also in Me."2 In My Father's house are many mansions...3 I will come again [Jesus' second coming] and receive you to Myself. (Jn. 14:1-3)

- B. *Truth #1—Belief in the truth about Jesus—His person, promises, and leadership.* This is not a reference to the initial faith we exercise to become born again. The disciples were already saved. Jesus declared that they were already "clean" or forgiven (13:10). So this is not a gospel appeal. The cure for troubled hearts is Jesus. The answer He gives our troubled hearts is Himself.

1 "Let not your heart be troubled; you believe in God, believe also in Me." (Jn. 14:1)

29 "... Blessed are those who have not seen and yet have believed." (Jn. 20:29)

- C. *Truth #2—Jesus promised to return to be with us in the Father's house forever (14:2-3; Mt 24:30). The Father's house speaks of the New Jerusalem. This promise gives us an eternal view.*

2 In My Father's house are many mansions...3 I will come again [Jesus' second coming] and receive you to Myself; that where I am, there you may be also." (Jn. 14:2-3)

- D. *Truth #3—We can engage in a deep relationship with God in this age. We are called to participate in the family dynamics of the Trinity as Jesus described in John 14:7-27.*

20 I am in My Father, and you in Me, and I in you...If anyone loves Me, he will keep My word; and My Father will love him; We will come to him and make Our home with him. (Jn. 14:20, 23)

5 ...He who abides in Me, and I in him, bears much fruit. (Jn. 15:5)

- E. *Truth #4—He supernaturally empowers us by the indwelling Spirit (Jn. 14:16, 26; 16:13-15).*

16...He will give you another Helper...17 He dwells with you and will be in you...26The Holy Spirit ...will teach you all things... (Jn. 14:16-17, 26)

- F. *Truth #5—God's love for God and His people—the ultimate reality and source of beauty. God's love for God is our grand security (15:9). My confession is "God loves me, and I love God therefore, I am successful." He emphasized His love 7 times in John 13-17.*

9 As the Father loved Me, I also have loved you; abide [live] in My love. (Jn. 15:9)

23...that the world may know that You...have loved them as You have loved Me. (Jn. 17:23)

- G. *Truth #6—Access to supernatural resources through Spirit-led prayer as God supplies our needs.*

And whatever you ask in My name, that I will do...(Jn. 14:13)

- H. *Truth #7—How Jesus responded to the apostles when they stumbled. On the night that Peter and all the others stumbled, He spoke of loving them (15:9), called them friends (15:15), and spoke words of life over them (15:8). He assured Peter that he would recover and be used by God.*

17He [Jesus] said to him [Peter] the third time..."Feed My sheep." (Jn. 21:17)

- I. *Truth #8—The joy of eternal rewards related to being faithful to Jesus and enduring persecution.*

17For our light affliction...is working for us a far more exceeding and eternal weight of glory... (2 Cor. 4:17)