

# Let Not Your Heart Be Troubled [1]

John 13 – 14

Jesus told His disciples in **John 14:1**, "*Let not your hearts be troubled; you believe in God, believe also in me.*"

There are several implications from this verse - not the least of which is our responsibility to govern our own hearts! If you will notice, Jesus put all of the responsibility of keeping their hearts free from *trouble* in the hands of the disciples. In other words, Jesus was saying, "*Hey, don't let yourselves get all upset and frustrated about what is happening!*"

In the previous chapter, Jesus was warning His disciples of the trouble that was coming. In fact, the last verse of **John 13** is Jesus telling Peter that he would deny Him three times before morning. On the heels of that warning, Jesus spoke these words to Peter and the rest of the disciples: "*Let not your hearts be troubled; you believe in God, believe also in me.*"

At that moment, the disciples needed some reassuring that, although they (and we) can not control our troubled circumstances, we can control the trouble that tries to invade our hearts. Notice again that Jesus speaks a command to His faithful followers. It's not a suggestion or optional advice. It is a command: **LET NOT YOUR HEARTS BE TROUBLED!**

[1] What is a Heart?

[2] What is trouble?

[3] What is a troubled heart? A troubled heart is a *confused* heart. A troubled heart is a *weary* heart. A troubled heart is a *fearful* heart. A troubled heart is a *discouraged* heart. A troubled heart is a *defeated* heart. A troubled heart is a frustrated heart. I believe that troubling the hearts of God's servants is one of the chief strategies of the devil. He knows that if you and I try to move forward with God's plan with a troubled heart, then failure and frustration could be imminent.

Is your heart troubled today?

## There's 3 things to remember about life:

(1) Trouble comes

(2) The devil wants us to become *troubled*

(3) We have the ability, in Christ, to be at peace and defeat the enemy of our souls!

## Conclusion:

Everything comes from God through Jesus; Salvation, strength to overcome and heaven. God has a plan in affect for you today. No matter what trouble you may be going through today, God has a plan to use this to bless you abundantly and increasingly on the other side! Do you need that kind of God today? He's waiting on you!

# Let Not Your Heart Be Troubled [2]

John 13 – 14

John 13: the disciples needed some reassuring that, although they (and we) can not control our troubled circumstances, we can control the trouble that tries to invade our hearts. Notice again that Jesus speaks a command to His faithful followers. It's not a suggestion or optional advice. It is a command: **LET NOT YOUR HEARTS BE TROUBLED!**

[1] What is a Heart? / [2] What is trouble? / [3] What is a troubled heart?

## Reasons For A Troubled Heart?

### **1. UNMET EXPECTATION** - *circumstances / others / self / (God has let me down)!!!*

Again, turning our attention to the previous chapter, we can see what causes our hearts to be troubled. First, in **verses one** through **seventeen**, the vision of the Messianic Kingdom and the Messiah's role on the earth was shown to the disciples in a different way than what they expected. While they were looking for a military messiah who was ready to establish an earthly nation and sit on an earthly throne (all of which is coming!), Jesus showed them a humble messiah who was establishing a spiritual kingdom. (expectation changes me – not anything or anyone else?)

### **2. FRIENDSHIP BETRAYAL** - *"People have let me down!"*

When you move on to see **verses eighteen** through **thirty** of this chapter, you can see the second reason for a troubled heart. During this time, Jesus' betrayer was identified and Judas left the church and turned his back on the Lord and his friends. Finally, when Jesus warned the remaining eleven disciples of their up-coming cowardice, Peter chimed in with a dedication speech that would make Patton proud - only to hear Jesus say, *"I say to you, the rooster shall not crow till you have denied Me three times."* Ouch! Sometime it's not disappointment in God or in others that causes us the most trouble but disappointment in ourselves.

### **3. PERSONAL WEAKNESS** - *"I have let me down!"*

For these reasons, without taking so much as a breath, Jesus smiled and spoke these comforting words, *"Let not your hearts be troubled; you believe in God, believe also in me."* Sure, the enemy can cause havoc around us and even tempt others to betray us or attack us. There are cases when, even under the sovereign hand of God, Satan causes situations and circumstances to arise that make us feel defeated and discouraged... ..but the devil has one place where he is not allowed to be the boss - in your HEART! God gave you the power and authority to tell Him, "No!" Surely if we can say NO to the Creator and Sovereign Ruler of the Universe we can say the same thing to the enemy when he comes knocking at our heart's door offering us trouble!

When speaking of the life of Job and detailing all of his troubles, James says in **5:11** that we should focus on *"the end intended by the Lord."* No matter what Satan did to Job, God had an alternate plan to bless and prosper His servant Job.

# Let Not Your Heart Be Troubled [3]

John 13 – 14

**These are the words that I believe the Holy Spirit wants us to hear!** *The devil really doesn't ever take anyone out...they take themselves out. Sure, the enemy can cause havoc around us and even tempt others to betray us or attack us. There are cases when, even under the sovereign hand of God, Satan causes situations and circumstances to arise that make us feel defeated and discouraged... ..but the devil has one place where he is not allowed to be the boss - in your HEART! God gave you the power and authority to tell Him, "No!" Surely if we can say NO to the Creator and Sovereign Ruler of the Universe we can say the same thing to the enemy when he comes knocking at our heart's door offering us trouble! No one in their right minds would accept trouble into their hearts if they knew what it really was. Satan knows this. So he usually makes trouble look more inviting and tempting. He disguises it really well... [Peter John 13: "P"- "Me".]*

**1) First, he disguises it as justice.** Justification – you have a reason or right to be troubled: *and he says something like, "Those people did you wrong. You deserve better than this. Where is God in all of this?"*

**2) He then disguises it as a form of reality.** This is the way it is and this is the way it will always be: *saying, "Quit dreaming dreams like this. You're living in a fantasy world. Live in reality. You and I both know that this isn't going to work.*

**3) Next, he disguises trouble as responsibility.** It's your responsibility, if you don't do it no one will: *when he says, "Everything is your responsibility, do you want to let everyone down?"*

**4) Then he disguises it as discernment.** You know more than God does: *he says, "Are you truly a Christian?"... "If God truly loved you would it be this difficult!"*

**5) Finally, he disguises it as self-preservation.** Just getting by – never overcoming – never fully victorious: *saying, "Give up-Give in" - "Get out now while you can."*

**Jesus didn't ask the disciples *not to be troubled* nor did He pray to the Father to help them *not to be troubled*. He looked at each of those eleven men in the eye and with a voice of divine authority commanded them, "*Let not your hearts be troubled...*" The same God who shook Sinai under His authoritative voice and gave Israel the commandments to live by spoke this same command to His disciples AND TO US... "*Let not your hearts be troubled; you believe in God, believe also in me.*"**

**(Faith) Belief in God [provision]:**

1. GOD EXISTED...
2. GOD CREATED...
3. GOD CONQUERED...
4. GOD BECAME...
5. GOD CONQUERED...

**(Faith) Belief in Jesus [God's provision]:**

1. HIS BIRTH...
2. HIS LIFE...
3. HIS DEATH...
4. HIS BURIAL...
5. HIS RESURRECTION...

When speaking of the life of Job and detailing all of his troubles, James says in 5:11 that we should focus on "*the end intended by the Lord.*" No matter what Satan did to Job, God had an alternate plan to bless and prosper His servant Job. That same God and that same plan is in affect for you today. No matter what trouble you may be going through today, God has a plan to use this to bless you abundantly and increasingly NOW and on the other side!

## Let Not Your Heart Be Troubled [4]

John 13 – 14

### Here are four important implications from this passage:

(1) **We have to take responsibility for the trouble in our hearts.** If you continue blaming others for your troubled heart, you will never be healed. If you continue to blame tough circumstances for your troubled heart, you will not be healed. If you make excuses for yourself when your heart is troubled, you will never be healed. You must take ownership of the fact that you have opened your heart to the trouble that fills you and then deal with it in faith with God's help.

(2) **We must quit feeling sorry for ourselves.** Like Peter who was corrected for not allowing the Messiah to wash his feet, who felt disappointed by Christ's prediction of His own death, who felt betrayed by Judas' departure and was faced with the reality of his own sin, we must not allow ourselves to get down on ourselves lest we turn our mourning into self-pity. Self-pity will destroy you! Quit living in **Chapter Thirteen** of John and move into **Chapter Fourteen**... *"Let not your hearts be troubled; you believe in God, believe also in me."*

(3) **Believe in a living, contemporary Christ.** Question: *Why did Jesus affirm their Jewish belief in God and then use that to build a bridge to turn their attention to their belief in Him?* Answer: *Because they believed in the God in the Bible but had not fully embraced God in the flesh.* This is verified and confirmed in **verse five** with Thomas' comments and then later in **verse eight** with Phillip. The disciples had a religious and intellectual belief in the Jehovah God is in scripture but had not fully embraced Emmanuel, God is among us!

...What has this to do with you and me? We come to church, we read books, we fill our heads with facts about God but often never take time to know Him personally. Like the disciples, we have an intellectual knowledge of the God of the Bible and the God of history, but never fully come to know Him as the God of today - a personal Friend - a Comforter in times of trouble – a God that is with us– a God who helps us – a God who empowers us. .

..My experience is that when I am in trouble and the trouble is trying to get in me, I need to know God as a personal Friend. I don't need more degrees after my name or titles in front of my name. I don't need to learn more Greek and Hebrews words nor do I gain comfort from exercising more intellectual control... During those times, I need to verify my faith in God AND put myself in the arms of a loving, caring and compassionate Savior who loves me and gives me strength!

(4) **Your future is bright.** Notice that in the next three verses of **John 14**, Jesus talked about heaven. He skillfully put the eyes of His disciples on a hopeful future - a future where the words of the old song says would become a reality, *"I got a feelin' everthing's gonna be alright!"*

**When speaking of the life of Job and detailing all of his troubles, James says in 5:11 that we should focus on "the end intended by the Lord." No matter what Satan did to Job, God had an alternate plan to bless and prosper His servant Job. That same God and that same plan is in affect for you today. No matter what trouble you may be going through today, God has a plan to use this to bless you abundantly and increasingly, both now and on the other side!**

**Do you need that kind of God today? He's waiting on you!**