**Livin’ the Life**

**The Answer to a Troubled Heart**

**John 14:1-11**

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We are in our sermon series in the Gospel of John, Livin’ the Life, looking at the life of Jesus and the life he promises. We are starting chapter 14 today, looking at 14:1-11, Jesus’ conversation with the disciples about their troubled hearts. All of us face troubled hearts at times, for some of us, it’s all the time! Some of us are troubled over our marriages, our children, our jobs, our health, our singleness, state budget cuts, our nation, our political climate, the list goes on and on. A heart is troubled when we are fearful, fretting, worrying, or stressing out over our circumstances. It is a tool of the devil, he hates you and wants to cripple you and make you self-absorbed so you do not think of anyone besides yourself.[[1]](#footnote-1) The disciples are troubled (1) because Jesus is leaving them and their hopes of a conquering Messiah are crumbling as Jesus’ ministry appears to be failing. Their hearts are troubled over their problems facing them. Life is not going as planned or at least as they want.

The answer to your troubled heart is to believe in God, believe also in Jesus or more specifically, believe in God by believing in Jesus (14:1, 12:44). The answer to your turmoil is faith - resting in, putting your hope in, having confidence in Jesus! God never promises to remove the circumstances causing your turmoil, instead God promises to combat and overcome your turmoil by faith in him. The source of a troubled heart is not your circumstances but the unbelief in your heart. You are believing a lie instead of believing God. The rest of this passage gives us five reasons to trust Jesus by describing how God the Father and the Son work together to defeat your troubled heart (see 20:30-31). So, if you are a Christian, the answer to your troubled heart is trust Jesus. If you are not a Christian, the answer to your troubled heart, is trust Jesus.

**First**, trust Jesus because God has a place in eternity for you (2). Our final destination, God’s house, has plenty of space for all of God’s children, including you (1:12). God’s house is spectacular because God is there. Jesus is saying, I am leaving you but do not let fear trouble your hearts. Though I am leaving that is not the end for you, I got you. So, do not let your hearts be troubled, trust Jesus because there is a place for you forever.

**Second**, trust Jesus because he goes to prepare a place for you (2-3). Jesus is going to make God’s house ready for you. In one sense, it does not need to be finished, it has been prepared since before the foundation of the world (Eph 1:4; Mat 25:34). What’s not finished is the means to get to the Father’s house. Jesus must go to the cross to remove all the obstacles for you to get there. Jesus must overcome sin by going to the cross (1:29). Jesus goes to prepare it for us by making it secure for those he saves. So, do not let your hearts be troubled, trust Jesus because he has prepared a place for you.

**Third,** trust Jesus because he will be your dwelling place (3). Jesus said, *if* I go to prepare a place for you, *then* I will come back and will take you to myself so that we are together. Jesus shifts the focus from a place to a person, himself. Jesus prepares a place for us because he is coming again to take us to himself so we can be with him for eternity. It is Jesus’ presence that will be the source of our eternal joy and pleasure. His coming again refers to Jesus’ second coming when he will be reunited with his people (1 Thes 4:16-17). Do not be let your hearts be troubled, trust Jesus because he went to the cross to secure an eternity dwelling for you and promises to come back for you.

**Fourth**, trust Jesus because he is the *way* to the Father (5-7). Thomas responds, we do not know *where* you are going so how can we know the *way* (5)? Jesus picks up on these words. Jesus goes to the cross to becomes the *way* to God. So, he says, I am the way, the truth, and the life. No one comes to the Father but by me. In other words, if you know me, then you know my Father also. From now on you will know him and have seen him (6-7). Jesus went to prepare a place for us by becoming the *way* to get there. So, the *way* to God is a person, Jesus, who went to the cross to pay the penalty for your sin and rose again. By going to the cross, Jesus becomes the way to the Father, Jesus becomes the truth we hold onto to get there, and Jesus becomes the life we enjoy for eternity.

Jesus sets Christianity apart from every other major religion in the world. The world's major religions are all built on a system that is contrary to what Christianity is built on. At the center of most of the world's religions is what is called moralistic deism, that is, being good enough to be accepted by this God. There is a list of things to do and if you do them, God will accept you. That's what Islam and Judaism teach. If you'll just do these things, then God will accept you. But that creates people who are self-righteous hypocrites. It forces us to try to make a righteousness of our own. When you do that, you have no choice but to live a hypocritical life. We have a prime example from the tragedy of 9/11. Remember the radical Muslims who flew the plane into the towers on 9/11? Do you know what they did the night before? They stayed in hotels in Boston and in New York and watched pornography. We know this from the receipts from those hotels. Here are the most radicalized Muslims imaginable who are so dedicated to earn the approval of their God that they're going to kill thousands of people the next day, and they spend their last night on earth watching porn in seedy hotel rooms. Do you see the duplicity? They sought to live radical dedication but lurking in the background is wickedness. Do you know why? We are terrible at being good. All of us are and that is why God sent a Savior to save us from our sin. Only Jesus has the power to overcome your sin and transform your heart. Do not let your hearts be troubled because Jesus is the way, the truth, and the life.

**Fifth**, trust Jesus because he is with you now and always. Philip is not satisfied with all these reasons, he wants comfort now. So, he asks, show us the Father and it is enough for us. Show us the Father and it will be sufficient for us. That word is the same word used by Paul, my grace is sufficient for you, for my power is made perfect in weakness. Therefore, I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. (2 Cor 12:9). Jesus responds, I have been with you so long and you do not understand yet? Whoever has seen me has seen the Father. I am in the Father and the Father is in me (9-10). In other words, if you have me, you have the Father; if you have seen me, you have seen the Father; if you know me, you know the Father; if you have me, you have the Father! The Father and the Son are so united as one so that when Jesus speaks, he speaks with God’s authority, for God, as God. And the works that Jesus does are God’s works through him. Jesus is enough for you now because he shows you the Father. The Father is as close as Jesus is. And Although Jesus will leave them, he will always be with them. Look at 16-18, I will ask the Father, and he will give you another Helper, to be with you forever, even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you. I will not leave you as orphans; I will come to you. Do not let your hearts be troubled, Jesus is with you now and forever. This promise is not just so you can live without a troubled heart. It is so you can love others. When you are troubled, you are preoccupied with yourself. Jesus just told them to love one another as he has loved them (13:34-35). Jesus says the way to overcome your heart and be of help to others is to trust him God. Do not let your hearts be troubled, trust in me because I am with you always.

Questions for Life Groups:

1. What does it mean to have your heart be troubled?
2. Why are the disciples troubled (13:21-38)?
3. What circumstances have created turmoil in your life?
4. How is trusting in Jesus the answer to a troubled heart?
5. Why did Jesus say trust in God and trust also in me?
6. What are some of the reasons Jesus gave for trusting in him?
7. How do they help you trust Jesus?
8. In what ways are you troubled that you need to trust Jesus?
9. How does trusting in Jesus help you to love others?
10. How are you doing loving others God has placed in your life?

1. There is another kind of troubled heart that is righteous and therefore good. Jesus is troubled (12:27; 13:21) because of his love for Judas who is going to ruin his life for eternity by betraying Jesus. Jesus is troubled by his love for his friend. [↑](#footnote-ref-1)