

The Treatment for a Troubled Heart

John 14:1-6

ANNOUNCEMENTS

- Step Up Sunday

BIBLE PASSAGE

1: “Let not your heart be troubled; you believe in God, believe also in Me.

2: In My Father’s house are many mansions; if *it were not so*, I would have told you. I go to prepare a place for you.

³ And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, *there* you may be also.

⁴ And where I go you know, and the way you know.”

⁵ Thomas said to Him, “Lord, we do not know where You are going, and how can we know the way?”

⁶ Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me.

The New King James Version (Nashville: Thomas Nelson, 1982), Jn 14:1–6.

INTRODUCTION

Have you ever heard unexpected news that caused your heart to drop?

- An unexpected diagnoses
- The loss of a loved one
- Receiving word that you have been laid off from your job.
- Perhaps you have even experienced the discouragement or worry of uncertainties and unknowns of what will come.
 - Young people being drowned in worry about what your future looks like.
 - What will come of a diagnoses
 - Wars and rumors of wars. (Article - "Are we close to world war 3")
- We live in a time where at a moments notice, you can have access to seemingly infinite information all at the touch of your finger.
- We have apps that deliver breaking news alerts directly to us wherever we are in the world from wherever in the world.
 - Hamas Attack
- If we were honest with ourselves, we would have to admit that this ease of access to seemingly limitless information is not healthy for us.
 - Often the things that we hear and see can cause our hearts to become anxious and worried.
- No one is immune from experiencing this internal distress and turmoil.
- As we'll see today, if we have ever experienced this before, we find ourselves in good company.
 - For not only did the disciples of Jesus experience this inward distress, but even Jesus himself experienced it.
- The question is not, how do I keep myself from experiencing all of this in first place, **but rather**, how do I respond when I begin to experience inward distress, commotion, restlessness, worry and even fear?
- Sadly, many improperly treat their troubled hearts.

- **"A new study reports antidepressant prescriptions for young adults and teens increased by nearly 64% from 2020 onward."**
- **SSRI (Selective serotonin reuptake inhibitor)= Numbing**
- This morning we will discover that the answer to properly treating a troubled heart, is by placing our trust in the presence, promise and person of Jesus Christ, the Son of God.
 - Martin Luther called this passage "the best and most comforting sermon that the Lord Christ delivered on earth, a treasure and a jewel not to be purchased with the world's goods."

CONTEXT

To better understand the significance of our passage we must examine the context in which it was given.

- Ch.13-17
- In Ch. 13, several things take place and several statements are made.

1. Jesus, their Master and Teacher, washed His disciples feet.

*3 Jesus, knowing that the Father had given all things into His hands, and that He had come from God and was going to God, 4 rose from supper and laid aside His garments, took a towel and girded Himself. 5 After that, He poured water into a basin and began to wash the disciples' feet,
The New King James Version (Nashville: Thomas Nelson, 1982), Jn 13:3–5.*

- **Jesus here of course shows that He not only taught them many truths about His kingdom with words only, but also by action.**

*17 If you know these things, blessed are you if you do them.
- The New King James Version (Nashville: Thomas Nelson, 1982), Jn 13:17.*

2. Jesus tells them that one of them will betray them.

*Most assuredly, I say to you, one of you will betray Me." 22 Then the disciples looked at one another, perplexed about whom He spoke.
The New King James Version (Nashville: Thomas Nelson, 1982), Jn 13:21–22.*

- This prompts Peter to John
- "Lord who is it?"

26 Jesus answered, *"It is he to whom I shall give a piece of bread when I have dipped it."* And having dipped the bread, He gave it to Judas Iscariot, the son of Simon. 27 Now after the piece of bread, Satan entered him. Then Jesus said to him, *"What you do, do quickly."* 28 *But no one at the table knew for what reason He said this to him.* 29 For some thought, because Judas had the money box, that Jesus had said to him, *"Buy those things we need for the feast,"* or that he should give something to the poor. 30 Having received the piece of bread, he then went out immediately. And it was night.

The New King James Version (Nashville: Thomas Nelson, 1982), Jn 13:26–30.

3. Jesus announces His departure

31 So, when he had gone out, Jesus said, *"Now the Son of Man is glorified, and God is glorified in Him. 32 If God is glorified in Him, God will also glorify Him in Himself, and glorify Him immediately. 33 Little children, I shall be with you a little while longer. You will seek Me; and as I said to the Jews, 'Where I am going, you cannot come,' so now I say to you.*

The New King James Version (Nashville: Thomas Nelson, 1982), Jn 13:31–33.

- Jesus somewhat mysteriously tells them that He would departing back to the Father after being glorified in His crucifixion, resurrection and ascension back to Heaven.
- "I, Jesus, your master, teacher and Lord, will only be with you physically in person for a little while longer. You will try and look for me, but will not be able to just yet, come to where I will be."

4. Jesus gives Peter a reality check

36 *Simon Peter said to Him, "Lord, where are You going?" Jesus answered him, "Where I am going you cannot follow Me now, but you shall follow Me afterward."* 37 *Peter said to Him, "Lord, why can I not follow You now? I will lay down my life for Your sake."* 38 *Jesus answered him, "Will you 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.*

The New King James Version (Nashville: Thomas Nelson, 1982), Jn 13:36–38.

- Peter, one of His most loyal and courageous disciples would deny Jesus publicly before others just to save his own skin.

*"Then Jesus *said to them, "You will all afall away because of Me this night, for it is written, 'I WILL STRIKE DOWN THE SHEPHERD, AND THE SHEEP OF THE FLOCK SHALL BE SCATTERED.'*

New American Standard Bible: 1995 Update (La Habra, CA: The Lockman Foundation, 1995), Mt 26:31.

All of these things that take place their that night in the upperroom, result in the disciples feeling discouraged, fearful, worried, and troubled in heart.

Snakebite Chey Zoo

This is where Jesus meets them to treat their fearful and anxious hearts with His comforting truths.

1 Trusting His Presence

BIBLE PASSAGE

14 “Let not your heart be troubled; you believe in God, believe also in Me.

The New King James Version. (1982). (Jn 14:1). Nashville: Thomas Nelson

11:02



The New King James Version (Nashville: Thomas Nelson, 1982), Jn 14:1.

- ‘Set your heart at ease’
 - This would be similar to saying, "Take Heart", or even "Take Courage".
- Jesus' plain instructions here imply that the disciples hearts were troubled.
- The word "Heart"
 - καρδία (kardia)

- Not only the physical heart of a person, but the spiritual heart of an individual.
 - Refers to the thoughts or feelings of an individual.
 - The central point. "One's heart is the center of his personality."
 - "Heart" is similar in meaning to "soul," but often the "heart" has a focus on thinking and understanding.
- The word "troubled".
 - ταρασσω (tarassō)
 - to stir or agitate (roil water)
 - **hanauma bay**
 - "to strike one's spirit with fear or dread," "to affect with great pain or sorrow"

And when the disciples saw Him walking on the sea, they were **troubled**, saying, "It is a ghost!" And they cried out for fear. But immediately Jesus spoke to them, saying, "Be of good cheer! It is I; do not be afraid."

The New King James Version (Nashville: Thomas Nelson, 1982), Mt 14:26–27.

When Jesus had said this, He became **troubled** in spirit, and testified and said, "Truly, truly, I say to you, that one of you will betray Me."

New American Standard Bible: 1995 Update (La Habra, CA: The Lockman Foundation, 1995), Jn 13:21.

- The disciples were greatly distressed at this moment.
- But Jesus offered the solution!
- The cure is trusting God.
- "You trust in God, trust also in me."
 - Notice that this is not a suggestion, it is a command.
- "Trust" speaks of not a one time moment. It is a daily, continual trust and reliance upon Christ.
- By placing a firm, continual trust in God, the disciples could experience relief from their sorrowful and troubled hearts, especially in light of the trials that were to come.

APPLICATION

- We as believers are responsible for the condition of our own hearts.

Watch over your heart with all diligence, For from it *flow* the springs of life.
New American Standard Bible: 1995 update. (1995). (Pr 4:23). La Habra, CA:
 The Lockman Foundation.

- What Jesus is teaching His disciples here applies to you and I as well when our hearts are troubled.
- The reality is that in this life we will experience trouble.
- When you become a Christian the Bible doesn't promise us a carefree, easy life without trouble.

But, what the Bible and Jesus does promise us is that if we trust Him, He provides peace that can calm our troubled hearts.

"Jesus never wanted us to have life without trouble, but He promised that we could have an untroubled heart even in a troubled life."
 - David Guzik

"These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world."
New American Standard Bible: 1995 update. (1995). (Jn 16:33). La Habra, CA:
 The Lockman Foundation.

"Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.

New American Standard Bible: 1995 update. (1995). (Jn 14:27). La Habra, CA: The Lockman Foundation.

- It's not a recipe or 5 step plan to experience peace in your life.
- But rather it is simply choosing to continually trust Jesus and His presence in your life, which naturally results in experiencing the peace surpasses all understanding that He supplies.

and though you have not seen Him, you love Him, and though you do not see Him now, but believe in Him, you greatly rejoice with joy inexpressible and full of glory, - 1 Peter 1:8

- We can take comfort knowing the Christ's presence is always with us wherever we are, choose to trust Him.

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- We've learned that the first treatment to a troubled heart is trusting in Christ's presence, secondly, we learn that we are to trust Christ's promise.

2 Trusting His Promise

BIBLE PASSAGE

² In My Father's house are many mansions; if *it were* not so, I would have told you. I go to prepare a place for you. ³ And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, *there* you may be also.

The New King James Version. (1982). (Jn 14:2–4). Nashville: Thomas Nelson.

ILLUSTRATION

MANSIONS

A PLACE PREPARED FOR US

- faNASB95 = "Dwelling places" - Some others = "Many rooms"
- "Mansions" = (Noun) a staying, i.e. residence

²³ Jesus answered and said to him, "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our **home** with him.

The New King James Version (Nashville: Thomas Nelson, 1982), Jn 14:23.

- *menō* (Verb) = *To stay, to remain, to abide*
 - *John 15*

- The significance of the language Jesus is using here. The disciples would understand.
- Bridging the cultural gap
- In Ancient middle eastern culture, it was normal for a man who was to be married to build upon his father's house to accommodate him and his wife and future kids. The family would be close, tightly knit together.
- Now, when a proposal took place, if the woman accepted the proposal, they would be betrothed to one another.
- The son would then go and build his future residence for them.
- The father had to give the okay to his son that he could go and receive his bride.
- Now, with this picture in your mind, read what Jesus tells his disciples

I go to prepare a place for you. ³ And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, *there* you may be also.

- This connects to the promise that Jesus makes to His disciples.
- *Jesus being the Son of God and bridegroom, was going back to His Father's house to prepare a place for His bride. That one day, He would come back and receive them to Himself.*
- Jesus' clear promise here does not refer to His resurrection or even to a believer's death. But refers to the rapture when Christ will return for His bride, the church.

"But we do not want you to be uninformed, brethren, about those who are asleep, so that you will not grieve as do the rest who have no hope. 14 For if we believe that Jesus died and rose again, even so God will bring with Him those who have fallen asleep in Jesus. 15 For this we say to you by the word of the Lord, that we who are alive and remain until the coming of the Lord, will not precede those who have fallen asleep. 16 For the Lord Himself will descend from heaven with a shout, with the voice of *the* archangel and with the trumpet of God, and the dead in Christ will rise first. 17 Then we who are alive and remain will be caught up together with them in the clouds to meet the Lord in the air, and so we shall always be with the Lord. 18 Therefore comfort one another with these words.

New American Standard Bible: 1995 update. (1995). (1 Th 4:13–18). La Habra, CA: The Lockman Foundation.

And after He had said these things, He was lifted up while they were looking on, and a cloud received Him out of their sight. 10 And as they were gazing intently into the sky while He was going, behold, two men in white clothing stood beside them. 11 They also said, "Men of Galilee, why do you stand looking into the sky? This Jesus, who has been taken up from you into heaven, will come in just the same way as you have watched Him go into heaven."

New American Standard Bible: 1995 update. (1995). (Ac 1:9–11). La Habra, CA: The Lockman Foundation.

- This biblical truth was meant to encourage the disciples in light of their troubled hearts. It too should encourage and comfort us when we are troubled in life as well.

APPLICATION

- This promise that we can take for ourselves by faith, that He will return for us to bring us home, should cause great anticipation as well as comfort for the here and now.

looking for the blessed hope and the appearing of the glory of ^bour great God and Savior, Christ Jesus,

New American Standard Bible: 1995 update. (1995). (Tt 2:13). La Habra, CA: The Lockman Foundation.

"...His preparations shall not be in vain. He will not build and furnish lodgings, and let them stand empty. He will be the finisher of that of which he is the author. If he has prepared the place for us, he will prepare us for it, and in due time put us in possession of it. As the resurrection of Christ is the assurance of our resurrection, so his ascension, victory, and glory, are an assurance of ours."
- Matthew Henry

- So far, we have learned that we find treatment for a troubled heart by trusting in not only Christ's presence, but also the promise of His return.
- Now, Jesus teaches them to trust His Person, as the only way to the Father.

3 Trusting His Person

BIBLE PASSAGE

⁴ And where I go you know, and the way you know.”

⁵ Thomas said to Him, “Lord, we do not know where You are going, and how can we know the way?”

⁶ Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me.

The New King James Version. (1982). (Jn 14:5–6). Nashville: Thomas Nelson

THE ONLY WAY TO GOD

In response to Jesus' statement about where He was going and the way to get there, Thomas speaks up on behalf of all the disciples expressing their confusion about what Jesus said.

- Jesus had told His disciples already before where He was going and how to get there.

Puzzles

- They had all of the pieces but had not yet put them together.
- Yet, Jesus graciously teaches them little by little. And soon by the help of the Holy Spirit, they would be able to understand and see the big picture. Everything they were taught would by Jesus would be realized.

- In response to the disciples questions and ignorance, Jesus declares:

Jesus says to Thomas, *"I Am the Way, the Truth, & the Life, no one comes to the Father except through Me".*

- *J. Vernon McGee - The Three Entrances*
- This is the 6th out of 7 "I Am" statements of Jesus within the gospel of John.
- the significance of Jesus saying, "I Am".

"God said to Moses, ^a"I AM WHO I AM"; and He said, "Thus you shall say to the sons of Israel, 'I AM has sent me to you.' "

New American Standard Bible: 1995 update. (1995). (Ex 3:14). La Habra, CA: The Lockman Foundation.

- Jesus here in these statements made in John's gospel in Him declaring Himself to be the eternal, self-existent God in Human flesh.
- For in Him, is the way to God, the truth of God, the life of God.
- It's been said...
- Jesus is telling His disciples here plainly that He alone is the only way to heaven.

Now, opposed to what many people in our world today think about their being many ways to get to God through other world religions and belief systems. Jesus plainly teaches us here that He is the one and only, exclusive way to the Father.

“And there is salvation in no one else; for there is no other name under heaven that has been given among men by which we must be saved.”

New American Standard Bible: 1995 update. (1995). (Ac 4:12). La Habra, CA: The Lockman Foundation.

This is why many people in the world view Christianity as a bigoted religion. (blindly attached to some creed, opinion, practice or ritual; unreasonably devoted to a religious system)

"You Christians are so bigoted thinking that Jesus is the only way." "That is so narrow minded of you to think that".

Narrow is right! This is what sets Christianity apart from all other religions.

All other religions will tell you that if you do this or that, or even don't do anything, you will eventually get to God successfully.

But Christianity is the only religion where it is not about a system or beliefs or rules, but about a person. Namely, Jesus Christ.

Jesus is the only way to Heaven. No person on this planet can successfully get to God by their own effort. For it is only by faith in Jesus Christ.

“**Morality may keep you out of jail, but it takes the blood of Jesus Christ to keep you out of hell.**” - Charles Spurgeon

- Any attempt or effort made to get to Heaven apart from solely and wholly trusting in the finished work of Christ on the cross...
- For those who have not yet trusted Christ, you are spiritually lost, deceived, and dead in your sins.
- But Christ Himself is your way home to the Father, the truth to your deception, the life to your spritual deadness.

“Without the way there is no going; without the truth there is no knowing; without the life there is no living. I am the way which thou must follow; the truth in which thou must believe; the life for which thou must hope.” - Thomas À Kempis

APPLICATION

For the Christian...

If you're discontent, worried, anxious, bewildered, perplexed, confused, agitated, or otherwise in need of comfort, be made at ease today by:

trusting the presence of Christ, the One who lives in us.

trusting the promise of Christ, the One who will come again and to bring us home.

trusting the person of Christ, the One who is the Way, the Truth and the Life.

There is no greater comfort than this.

QUOTE

“ The Road Leads Home - James M. Gray

O pilgrim, as you journey,
Do you ever gladly say,
In spite of heavy weather
And the roughness of the way,
That it really does not matter,
All the strange and bitter stress,-
Heat and cold, and toil and sorrow,-
Will be healed with blessedness!

O safe and blessed shelter,
Heav'nly mansions of content!
There are the holy kindred
From our hearthstones early rent;

And our precious, loving Saviour,
Who our sins on Calv'ry bore -
Who would ever mind the journey,
With such blessedness in store? [Refrain]

There's comfort on the journey,
There is also guide and chart;
There's wisdom for the asking,
And there's solace for the heart;
And there is no need of turning
To the left or to the right,
And no fear need stir the bosom
At the coming of the night.

For the road leads home,
Sweet, sweet home!
O who would mind the journey
When the road leads home?
O who would mind the journey
When the road leads home?

James M. Gray

CONCLUSION

What is your only comfort in life and death?

That I am not my own, but belong with body and soul, both in life and in death, to my faithful Saviour Jesus Christ. He has fully paid for all my sins with His precious blood, and has set me free from all the power of the devil. He also preserves me in such a way that without the will of my heavenly Father not a hair can fall from my head; indeed, all things must work together for my salvation. Therefore, by His Holy Spirit He also assures me of eternal life and makes me heartily willing and ready from now on to live for Him.

Heidelberg Catechism - 1576

