

THE CURE FOR THE TROUBLED HEART

May 27, 2018 John 14:1-10 by Bob Branch
Finding Jesus, Finding Life part 41

What troubles your heart? How do you deal with that?

BIG IDEA: How to *not* let our hearts be troubled?

“Do not *let* your hearts be troubled.”

1. We get to CHOOSE how we react in troubled times—we can choose our response.

“Believe in God; believe also in me.

2. SURRENDER both yourself *and* your burden to him in simple trust and keep doing it. MELT into trust.

“Don’t worry about anything; instead, pray about everything. Tell God what you need and thank him for all he has done...” **Phil. 4:6–7** NLT (1 Pet. 5:7; Col. 3:15)

“The goal is to notice and embrace the presence of God in this experience.” **Alice Fryling**, *Seeking God Together*

² My Father’s house has many rooms; if that were not so, would I have told you that 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.”

3. The current troubles look different when we look at them thru the lens of ETERNITY.

“For our present troubles are small and won’t last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don’t look at

the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.” **2 Corinthians 4:17-18** NLT

Our heavenly home—also, the Jewish betrothal process.

⁶ Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me. ⁷ If you really know me, you will know my Father as well. From now on, you do know him and have seen him.”

I *myself* am the way to get there.

The “**WAY**”—trust the Guide, not a map.

The “**TRUTH**”—trust His Truth in all the confusion. (Jn 8:31-32)

The “**LIFE**”—trust him for what makes you truly live. (Jn 10:10)

4. CONNECTING us with his Father is what Jesus is all about!

⁹ Jesus answered: “Don’t you know me, Philip, even after I have been among you such a long time? Anyone who has seen me has seen the Father. How can you say, ‘Show us the Father’? ¹⁰ Don’t you believe that I am in the Father, and that the Father is in me? The words I say to you I do not speak on my own authority. Rather, it is the Father, living in me, who is doing his work. ¹¹ Believe me when I say that I am in the Father and the Father is in me; or at least believe on the evidence of the works themselves.

(Col. 1:15; 19-20; Heb. 1:3; John 1:18)

5. What is God like? God is like JESUS, who is God in human flesh and because of this, our troubled hearts can melt into trust.