

The Remedy for a Troubled Heart

John 14:1-11 [1] "Let not your hearts be troubled. Believe in God; believe also in me. [2] In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? [3] And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also. [4] And you know the way to where I am going." [5] Thomas said to him, "Lord, we do not know where you are going. How can we know the way?" [6] Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me. [7] If you had known me, you would have known my Father also. From now on you do know him and have seen him." [8] Philip said to him, "Lord, show us the Father, and it is enough for us." [9] Jesus said to him, "Have I been with you so long, and you still do not know me, Philip? Whoever has seen me has seen the Father. How can you say, 'Show us the Father'? [10] Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own authority, but the Father who dwells in me does his works. [11] Believe me that I am in the Father and the Father is in me, or else believe on account of the works themselves.

❖ Recap of Chapter 13

- Jesus washed the disciples feet
- Last week... It is time for Jesus to be glorified

❖ Intro

- **Some of Jesus last words...**
 - Let the significance of this weigh upon your hearts...
 - May it lead you to truly meditate in prayer on these chapters 13-17
- **Jesus is giving them some final instructions so they will be prepared for His bodily departure**
 - So they will be prepared for the difficult times that are waiting them...
- **We too should study these words**
 - They should cause us to look deeply into our own lives
 - And we should measure our walk with God by Jesus instruction to us
- **Summary: The verses went together in a very logical way**
 - 1) Do not be Troubled
 - This point here lays the foundation for the rest of what Jesus has to say
 - They are troubled and Jesus will spend the next few verses giving them 6 Remedies to not be troubled
 - 2) Your Savior is Trustworthy
 - 3) There is a Place for You
 - 4) He has Prepared this Place for You
 - 5) He will Come and Take You There
 - 6) They knew the Way
 - 7) We Have Enough for our Troubled Heart

❖ Do not be Troubled

- "Let not your hearts be troubled.
- **Do not be filled with confusion and unrest and anxiety**
 - Troubled here is the same word for the sea that was unruly before the disciples

- And it caused them great anxiety and worry
- But Jesus calmed that sea
- He tells them... do not be filled with confusion and unrest...

➤ **Background to this statement by Jesus**

- **Why does he tell them this... Why is HE trying to encourage them in this way...**
 - The answer goes back a chapter or 2
- **Jesus had just told them that someone in that room was going to betray Him...**
 - They did not know like we do that it would be Judas.
 - This troubled them...
- **On top of all that...**
 - They had left their homes to follow Jesus...
 - They saw Him as their long awaited Messiah...
 - And their understanding is clear to us... They thought HE was going to restore the kingdom to Israel...
 - They were certain that HE would establish a great world dynasty and they would take part...
 - They asked Him these things...
- **Jesus talk of His coming death troubled them**
 - HE often spoke of His having to leave them
 - To be lifted up
 - For his body to be destroyed
 - That He must die
 - And they saw the threats and heard of the leaders wanting to arrest Him
 - And they knew others wanted them dead... And they lamented over this...

➤ **The disciples were in a bit of turmoil even while Jesus is still with them**

- Jesus had given them so much instruction and so much reason to trust Him...
- Yet these upcoming events were about to shake their faith...
- And it was already beginning to do that...

➤ **How Often Are Our Hearts filled with confusion and unrest....**

- We are so often troubled...
- Are we in such a different position as the disciples...
- Our Savior has come into our lives...
- We have begun our walk with Him...
- **And things are tough... So tough...**
 - Our hearts are troubled
 - We are stressed out
 - Cant get that relationship at work to work out
 - Have no idea how we are going to make it through another day with out health
 - No idea how we will meet the bills this month
 - Our children are hard to handle
 - You job is not going well
- **So... our hearts are troubled**
 - And often we are gripped mercilessly by it...

- Yet sometimes we hide it or ignore the tough things...
- Neither is good

➤ **Jesus says... Let not your heart be troubled...**

- Lets look at where our true worries should lie...
- It is not in worldly things that will one day pass away...
- Rather it is in the work of building the kingdom
- Satan has waged war on man since the beginning..
- And He is not stopping
- And He has sent demons to your front step
- They tempt you and try to drive you away from God...
- There are people that your heart is broken over because they will not repent...
- It seems as if the wrong kingdom is winning...
- We want to advance the gospel... but it seems so difficult
- And we get down and out so often...

➤ **Notice: He didn't say:**

- Do not be upset or mournful at times...
- Do not ignore the troubles around you...
- Rather... you are to see them and they are to drive you to your knees...
- But your state of mind and heart should trust in Him

➤ **Jesus sees these troubles and knows this and wants to encourage you by saying...**

- Avery,... Let not your heart be troubled...
- And what is better... Jesus doesn't just tell me not to be troubled but HE gives me some reasons
- He gives me some amazing promises so my worry and inward raging storm will settle

❖ **Why are these verses so important?**

➤ **Because they are so practical**

- When I say practical I simply mean... It will help you today, you can use these things
- So you grow up in your walk with Christ.

➤ **This is true for the Christian, Non Christian, and those who are falsely converted**

➤ **Christian Think of it this way:**

- We all deal with this troubled heart as we have seen.
- And we all need the wisdom and joy of God to overcome it
- So we see Jesus is now giving us a remedy for our troubled heart.

➤ **Therefore, We should listen closely**

- The Savior knows what He is talking about
- You may ask the good question: Why does He give us these particular words for a remedy
- That is a good question to ask... Talk to the text, as questions of it...
- So continue to meditate and pray on these words
- And as we will see today.... You will have someone great with you
- To help you understand this wisdom

➤ **So that the result will be your great joy and hope**

❖ **For the Non Christian and Falsely Converted**

- You should probably be dealing with a troubled heart continually...
- **You are not at peace with God**
 - Because you have never been given His Spirit and had your sins taken away from you
 - So every night you lie down, you know in the back of your mind
 - You are not right with God... And there is only blind and deceiving hope
 - That God would overlook your sin...
- **But God will not overlook anyone's sin...**
 - If they do not trust in the Savior...
 - So hear His words...
 - Believe in God, Believe also in me...

❖ **Remedy 1: Your Savior is Trustworthy**

- **Believe in God; believe also in me.**
- **It is almost like He is recognizing their belief in God.**
 - And Jesus is making it more specific
 - And He is saying... Believe also in me...
 - Because it will be through me that your sins will be removed
 - It is in me that the fullness of God dwells.
- **Jesus wants them to see that they are not just dealing with a man here...**
 - But they stand in front of God...
 - And if they were to look close enough
 - Everything they need to see or know about God can be seen in the person of Jesus Christ
- **Look folks.... This is true for us today.**
 - We are looking for a special revelation... or some new book that tells us more about who God is...
 - We are waiting to hear that new latest thing to help us know who God is better...
 - **Collosians 1:19 says "For in Him all the fullness of God was pleased to dwell**
 - Take that to heart... You can know all you need to know
 - By looking upon and meditating on the words and acts of Jesus Christ...
- **Jesus is also telling them to Trust Him...**
 - **You know how sometimes our kids are just freaking out cause they do not know something**
 - You may tell them to go and do something
 - Or wait and be patient...
 - **You can say... Just trust me... I am your Father... I want what is best for you**
 - You do not see it right now...
 - Just trust me
 - And often they do not... and they worry
 - **Jesus is saying.... Believe in me...**
 - Remember what I have told you... Remember what I am about to tell you
 - Trust in what I have done before you
 - How I have shown you my great power
 - How I have shown you my character and told you to imitate it...
 - Believe in me... And you will be taken care of...

- Even though things may begin to look bleak and terrible...
 - Did I not say... Believe in me... you will be rewarded... you will not be put to shame.

➤ **Folks... We need a little dose in trust...**

- We need to quit worrying and fretting over certain things... We need to believe in Him
- We need to hear Him when He has told us to meditate on the word
- And to ask for things in prayer...
- We need to see that, that is what is good for us...
- We need to stop choosing our own way...

❖ **Remedy 2: There is a Place for You**

- [2] **In my Father's house are many rooms.**

➤ **Jesus here says, that in His Father's house there are many dwelling places...**

- After this world is over... In the midst of your worries...
- Know that there is a place for you in my Kingdom...

➤ **He doesn't go into great detail about it**

- He just lets you know...
- And if you believe in Him... as He is... And you know His word...
- You know He has something so great it can not even be imagined waiting for you...

➤ **For some of us in here...**

- We understand the privilege of owning land on this earth...
- And it is nice to know you have place you can call your own...
- That will be there for you...
- **And I know this well... I have a very nice piece of land waiting for me on this earth one day in the future.... That will be mine**
 - I say this not to brag... because it was my Father who put in the hard work to acquire it
 - So I will inherit it... And it is a nice thing to look forward to
- **But I also know that I will one day leave it...**
 - And it will be given to another... maybe of my family...
 - Maybe not...

➤ **But I will always have my dwelling place in the kingdom of God...**

➤ **This may seem to be a long way away from now... and so will some of the rest...**

- But Jesus is hear saying... this should be a remedy to your troubled heart...
- If you can not find it reassuring, then you need to meditate more fully on it
- And pray more on this so the Spirit of God can give you joy in your troubles...
- But he will not tell you to stick your head in the sand over your troubles...
 - Do not mistake the two..

❖ **Remedy 3: He has Prepared this Place for You**

- . **If it were not so, would I have told you that I go to prepare a place for you?**

➤ **Jesus can hear the doubts in their mind... and He wants reassure them**

- **If it were not so, would I have told you that I go to prepare a place for you...**
- There is room for you and I want you to know it...

- **I am going to prepare it for you....**
 - Now here... the question is... what does He mean by going to prepare a place for us
 - Anyone in here right now picturing Jesus up in heaven with:
 - A hard hat and tool belt on with a hammer in his hands...
 - Asking Michael to pick up that nail he just dropped...?
 - If you weren't you now are
- **I believe when Jesus is speaking of preparing a place ... He is talking about what He is about to do**
 - Jesus has already told them in ch 13... He is going somewhere they can not follow Him...
 - At least not yet...
 - Jesus was going to prepare the way for them...
 - **Hebrews 12:2 ² looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.**
 - When Jesus went from them and was hung on that cross, killed, buried and resurrected...
 - He was paving a way for them
- **No one would have had a dwelling place with God...**
 - Unless the Son of God prepared the way first
 - And He did this by His blood being spilled for us
 - He did this because He was a perfect and holy spotless lamb
 - He took on the wrath of God for us
- **So when your heart gets troubled and anxious...**
 - Rest on the fact that He has prepared a place for us...
 - Our sins are taken away... all of them...
 - And He will present us blameless before God... you may not feel that way now... but look...
 - **Colossians 1:21-23 ²¹ And you, who once were alienated and hostile in mind, doing evil deeds, ²² he has now reconciled in his body of flesh by his death, in order to present you holy and blameless and above reproach before him, ²³ if indeed you continue in the faith, stable and steadfast, not shifting from the hope of the gospel that you heard,.**

❖ **Remedy 4: He will Come and Take You There**

- **[3] And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also.**
- **Jesus is coming for you**
 - Now... we can spend a long time here...
 - Trying to get to the when and how this will occur...
 - And there are some neat things in scripture about all of this...
- **But the point is... He will come and take you to Himself...**
 - And you will be where He is...
 - You will be in heaven...
- **A quick point on heaven...**
 - Heaven is not heaven because it is a really awesome place that we can dwell in...
 - Heaven is not heaven because it is about to house God...

- The definition of heaven is the dwelling place of God...
- So... wherever God dwells, that will be heaven...
- **So, I want you to think more person instead of place...**
 - Heaven is nothing if not for Jesus....
 - Think that you will be with Him...
- **So... if that is tomorrow...**
 - If you die one day... You will be where Jesus is...
 - If you wait here until His second coming... You will be where Jesus is... He will take you to himself
 - If you think He will rapture us before the world ends... you will be where He is
 - If you think he will come back to this earth and judge after rapture... You will be where He is...
 - If you think He will return and immediately establish His kingdom here... You will be where He is
- **Jesus wants you to find solace in this...**

❖ **Remedy 5: They knew the Way**

- [4] And you know the way to where I am going." [5] Thomas said to him, "Lord, we do not know where you are going. How can we know the way?" [6] Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me. [7] If you had known me, you would have known my Father also. From now on you do know him and have seen him."
- **Jesus tells them... you know the way to where I am going...**
 - Jesus is giving them great wisdom... and they are a little worried and confused...
 - So Thomas speaks up.. and thank God that they asked the questions they did...
 - Thomas asks... We do not know where so how can we know the way...
 - ◆ Thank God for Thomas and Philips questions...
 - ◆ Because Jesus gives us so much more information to live on...
- **Jesus answers Him...**
 - **I am the Way...**
 - He wants Thomas to know...
 - He is the way... all you have to do is remember remedy number 1...
 - Believe on me...
 - Over and over again... Jesus is simply saying believe on me...
 - On the Jesus revealed in the New Testament...
 - Believe on this Jesus.... And that is the way to where He is going...
 - Let Jesus worry about the logistics... Right... Just believe on Him... he is the way..
- **Jesus also says I am the Truth and the Life...**
 - There is much to say here... and I may come back to this next week a little bit...
 - But Jesus wants them to know... He is the way to the truth...
 - And what He says and who He is is truth.
 - There are millions of lies... But look to me for the truth...
 - And from this truth comes life...
 - I am life....
- **So... Jesus wants them to know He is the way to the truth that leads to life...**
- **Trust in this folks.... Trust in this...**

- Let not your hearts be troubled because you know the Way....

➤ **Unbelievers...**

- Hear what Jesus is saying... It is so important...
- You do not yet know the way like they did...
- But if you truly believe and follow Jesus... you will know the Way to the truth that leads to life
- And this life will be eternal...

❖ **Remedy 6: We Have Enough for our Troubled Heart**

- [8] Philip said to him, “Lord, show us the Father, and it is enough for us.” [9] Jesus said to him, “Have I been with you so long, and you still do not know me, Philip? Whoever has seen me has seen the Father. How can you say, ‘Show us the Father’? [10] Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own authority, but the Father who dwells in me does his works. [11] Believe me that I am in the Father and the Father is in me, or else believe on account of the works themselves.

➤ **This is my favorite one... This is what cause my heart to leap this week...**

- There is more here than I have time for today...
- So I may come back to this a little bit next time as well...
- But see a few things...

➤ **Philip asks my question: Lord show us the Father and it is enough for us...**

- Ever asked this question... The Moses question...
- Lord just let me see your face... like Moses did on Mt Sinai...
 - You know... the leaders of Israel got to see a glimpse into heaven to....

➤ **So Philip... in answer to Jesus saying... Let not your hearts be troubled...**

- Tells Jesus that He knows how to keep his heart from being anxious and troubled...
- Just show me the Father He says...
- I have prayed this prayed for almost 18 years...
- Even though Jesus just gave them all these reason to not be troubled... Philip wanted more..

➤ **We see how unclear the disciples saw Jesus at that time...**

- That would change... but here they could not se Him clearly...

➤ **Jesus answers...**

- [9] Jesus said to him, “Have I been with you so long, and you still do not know me, Philip? Whoever has seen me has seen the Father. How can you say, ‘Show us the Father’? [10] Do you not believe that I am in the Father and the Father is in me?
- Jesus is saying... You are looking at Him...
- The Father and I are so United that we are One...
- And that if you have seen Me you have seen Him
- I am in Him and He is in Me...
- Every attribute and characteristic of Him is true of me
- And every attribute and characteristic of me is true of Him...

➤ **Open your eyes Philip.... I am right in front of you...**

- If you see me, it should be enough for you...

➤ **So we often think... If I had been in the place of the disciples... boy would I be a strong Christian...**

- If I could have just walked with Him... right....
- But even then, Philip wanted more cause He could not see what He had...
- **We want more because we do not see what we have...**
 - Hear me on this... You do not see what you have...
 - Let me show you...
- **Jesus is going to leave... But send them a Helper... The Holy Spirit of God of Christ**
 - John 14:16-18 ¹⁶ **And I will ask the Father, and he will give you another Helper, to be with you forever, ¹⁷ 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. ¹⁸ "I will not leave you as orphans; I will come to you.**
 - for he dwells with you and will be in you
 - Notice that.... Jesus sends us His Spirit...
- **This is to our Advantage...**
 - The disciples are about to have an advantage even over Jesus walking in a body with them...
 - This is crazy unbelievable that this is so true...
 - Jesus is going to say it is better this way... listen...
 - After Jesus tells them of his going away he says... in ch 16
 - ◆ John 16:6-7 ⁶ **But because I have said these things to you, sorrow has filled your heart. ⁷ Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Helper will not come to you. But if I go, I will send him to you.**
- **Much more to say on that when we get there.... But... Notice now...**
 - You currently... if you are a Christian... Have all you need to grow up strongly in you walk with God
 - You have the Holy Spirit of God dwelling within you...
 - Convicting you and comforting you and helping you and teaching you
 - And he is there to be powerful and mighty in your life
 - If only you submit to Him and listen to Him...
 - If you do not notice His presence and heed His leading, you will be weak, although power dwells within you

❖ Invitation