

DO NOT LET YOUR HEART BE TROUBLED

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John 13:36-4:11

1. Have you ever said to someone, “That’s easy for you to say?”
2. We need to understand that when Jesus sets some seemingly impossible standard before us He is not expecting us to achieve it on our own, but rather in relationship with Him.
3. Life is filled with troubling events and possibilities.
4. The truth is we often find ourselves facing or actually dealing with circumstances and situations that are troublesome and difficult.
5. The Disciples were being forced to deal with issues that were beyond their ability to fully comprehend.
6. For about six months Jesus had been talking about His suffering, death and resurrection.
7. The Disciples struggled with the implications of what Jesus was saying and teaching because what He was saying and teaching did not fit their messianic expectations.
8. Now, here in the Upper Room, Jesus revealed that one of the Twelve would betray Him, His body would be broken, His blood would be shed, and that He was about to leave them.
9. Life without Jesus was unthinkable for these men who had given up everything to follow Him.
 - a. Luke revealed that one of the reasons the Disciples could not stay awake in the Garden of Gethsemane was that they were “sleeping from sorrow”.
 - b. Jesus understood what they were going through because He said to them, “But because I have said these things to you sorrow has filled your heart.” John 16:6
10. I want to share three things we can do that will help us deal with a troubled heart.

I. We can remember that there is a difference between now and later.

A. Jesus told His disciples:

1. “I am with you a little while longer...Where I am going you cannot come.”
13:33

2. “Where I go, you cannot follow Me **now**; but you shall follow **later**.” 13:36

B. Peter responded, “Lord, why can I not follow You right now? I will lay down my life for You.” 13:37

C. Peter did not understand that between now and later there was a great work that needed to be accomplished in and through his life.

D. Paul expanded on this truth in 2 Cor 4:16-18.

16 Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day. 17 **For momentary, light affliction is producing for us an eternal weight of glory far beyond all comparison,** 18 while we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.

E. For a Christian “now” is temporary, but “later” is forever.

II. We can believe in God the Father, God the Son, and God the Holy Spirit.

- A. Jesus said, "Do not let your heart be troubled, believe in God, believe also in Me." 14:1
- B. We have a tendency to focus on the things we can see rather than on that which we cannot see.
- C. Jesus was telling His disciples to focus on spiritual realities.
- D. He then went on to explain that He would become an even more intimate reality in their lives than He had been up to this point.
- E. He taught them about His ongoing work, the role of the Holy Spirit in their lives, and how God the Father would be an ever present reality.
- F. We need to understand that God the Father has provided for every eventuality through Jesus Christ the Son and the indwelling presence of the Holy Spirit.

III. We can trust everything that Jesus and His word tells us.

- A. Notice in John 14:2 that Jesus declared, "...if it were not so, I would have told you."
- B. We can trust what Jesus said because His words are the Father's words.
John 14:10-11
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 initiative, but the Father abiding in Me does His works."
- C. A little later Jesus said, "Now I have told you before it happens, so that when it happens, you may believe." John 14:29
- D. Notice some of the things Jesus told His disciples.
 - 1. "I'm going to prepare a place for you where My Father dwells, and when your time on earth is up I will take you there."
 - 2. "You don't have to worry because you know the way to where I am going."
 - 3. "I am the way (to the Father), the truth (about the Father), and the life (from the Father); no one comes to the Father, but through Me."
 - 4. "You obviously have not fully comprehended who I am, but in knowing and seeing Me you have known and seen the Father."
- E. Life is always catching us by surprise because we find it difficult to accept what the Scriptures teach about life in this present age. 1 Peter 4:12-13
"Beloved, do not be surprised at the fiery ordeal among you, which comes upon you for your testing, as though some strange thing were happening to you; 13 but to the degree that you share the sufferings of Christ, keep on rejoicing, so that also at the revelation of His glory you may rejoice with exultation."
- F. Notice Jesus' words that were spoken shortly after the passage we are looking at today. John 15:17-20
17 "This I command you, that you love one another. 18 If the world hates you, you know that it has hated Me before it hated you. 19 "If you were of the world, the world would love its own; but because you are not of the world, but I chose you out of the world, because of this the world hates you. 20 "Remember the word that I said to you, 'A slave is not greater than his master.' If they persecuted Me, they will also persecute you; if they kept My word, they will keep yours also."

APPLICATION

1. The Bible makes it clear that this world will not be a friendly place for those who actually follow and represent Jesus in this present age.
2. Paul made this fact clear in his second letter to Timothy. 2 Tim 3:10-13
10 “Now you followed (closely observed and diligently followed) my teaching, conduct, purpose, faith, patience, love, perseverance, 11 persecutions, and sufferings, such as happened to me at Antioch, at Iconium and at Lystra; what persecutions I endured, and out of them all the Lord rescued me! 12 **Indeed, all who desire to live godly in Christ Jesus will be persecuted.**”
3. An expanded version of verse twelve reads, “Indeed all who delight in piety and are determined to live a devoted and godly life in Christ Jesus will meet with persecution—that is, will be made to suffer because of their religious stand.” (Amp)
4. Those who fully embrace and follow Christ now will know the full reality of His presence and power in this life, and be assured of the fact that they will share His glory later.