

Troubled Hearts

Jesus knows that the disciples' hearts are troubled. What are some reasons why their hearts are troubled?

- He has said so far during dinner (chapter 13) that He is going away, He is going to die, one of the twelve is a traitor, Peter will disown Him 3 times, Satan is at work against all of them, and that all the disciples will fall away.
- Jesus is the Messiah who has come to set up His kingdom, and they have been following Him expectantly for 3 years. They have seen His miracles and heard His teaching.
- He is their life. For Him they have left family, home, and occupation. What would they do once He was gone from them? No wonder their hearts are troubled!

Application: What kinds of things trouble your heart?

What are some of the remedies for a troubled heart? Pray and ask God to enable you to trust Him more (verse 1). Force yourself to think eternally, looking beyond the immediate. Reflect on where you've been and what He's taken you through. Consider how He's blessed you, and how faithful He has been. Remind yourself that God is sovereign. Read, memorize, and meditate on these verses.

- "Trust in the LORD with all your heart and lean not on your own understanding" (Proverbs 3:5).
- "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Philippians 4:6-7).

Note: Adversity drives us to God which is right where He wants us to be. Our text is a call to us to become strong Christians, not the kind who weep and wail and expect everyone to pity them, but rather Christians who are of great stature in faith and who are a source of strength to others. Proverbs 24:10 says "If you falter in times of trouble, how small is your strength!" Prayerfully consider the Bible role models—men and women who faced adversity—who we can learn from. Strive to grow strong in your faith!

In verse 6 Jesus makes the sixth "I AM" statement.

What does it mean when Jesus says that He is "the way"? Jesus is not merely One who has shown men the way. He is not merely *a* way; He is *the* way—to God. He is the one and only way that God has provided for men to obtain the forgiveness of their sins and the gift of eternal life. Jesus says it again, in the plainest of words: "No one comes to the Father except through Me." To know Jesus is to know the way to the Father, for He is the way.

How is Jesus the truth? He teaches the truth. His words are truth. But beyond this, He *is the* truth. All truth has its source in Him. He is all the truth that men need for salvation, life, and godliness. It is this "truth" found in Jesus which reveals God to men, which discloses the way to eternal life, which is the basis for sanctification, and which provides the content of the gospel.

How is Jesus the life? Jesus gives life, but this is because He is the source of life—physically (as Creator) and eternally (as Savior).

Note: Because Jesus is the life, His life cannot be taken away from Him. He lays it down, and He has authority to take it up again (See John 10:17-18 and John 5:26). He has life in Himself. None of us has life inherent in ourselves. Our life is derived from our parents. Jesus claimed that His life was derived from no one; it is inherent and uncreated. Theologians call this the quality of self-existence and recognize that God alone possesses it.

What does Philip's question in verse 8 reveal about him? Philip is basing his request on the premise that "seeing is believing." If they could but see the Father, then they would believe all that Jesus has told them about the Father, and then they could have peace of mind. Jesus is going to turn this reasoning inside-out. He is going to say that it is not "seeing that leads to believing," but rather it is "believing that leads to seeing." It is to those who believe in Jesus to whom He reveals Himself (verse 21). Christianity is a walk of faith, not a walk of sight.

How can Christians do greater things than Jesus (verse 12)?

- Jesus heals the paralytic in John 5, but like many others He heals, this man is not spiritually transformed as a result. *The saving of a lost sinner, the transfer of one from death to life, and from darkness to light, is the greatest miracle of all.* By the indwelling presence of the Holy Spirit, such were the miracles about to take place through the disciples and their preaching. Merely being with Jesus doesn't necessarily lead to a transformed life—as seen in the disciples who walk with Him for three years and are still largely clueless at this point.

- During Jesus' earthly ministry relatively few people believe in Him, but after His ascension many more do. The miracle of regeneration multiplies after Jesus ascends to heaven and the Father sends the Holy Spirit. Three thousand people become believers in Jesus on the day of Pentecost alone (Acts 2:41). The church thoroughly permeates the Roman Empire during the apostolic age whereas Jesus' personal ministry does not extend beyond Palestine. The whole Book of Acts is proof that what Jesus predicted here happened.

What are the secrets to asking in prayer as presented in verses 13-14? Ask in His name and for the purpose of glorifying God.

What does "in His name" mean? It's a lot more than saying, "In Jesus' name" at the end of a prayer! We are to ask in accordance with Jesus' mind and will. Ask for things which will glorify God, bless mankind, and be for our own spiritual good. Live in the center of His will, walk in fellowship with Him and ask for anything the Lord would desire because that should be the desire of your heart. The goal of answered prayer is to bring glory to God. "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him" (1 John 5:14-15).

***Application:* What are reasons why we should not be troubled?**

- We know Jesus. He is God. He knows about us and our circumstances. He is able to deal with them. Therefore, there is every reason to trust Him.
- He is going to prepare a place for us. Have you ever decorated a room for someone special? If you have, you know what it is to make a room suit one particular personality. If it is a daughter, you make the room pretty. You hang up her pictures. You make a place for her hobbies. If it is a son, the room might have airplanes or model cars. If it is for Grandma, the room might have her favorite books; and it might be separated from the playroom or the children's bedrooms. We take care in such preparation. Are we to think that Jesus will take less care for those whom He loves, who are to spend eternity with Him?
- Jesus is returning again for those (us!) whom he has left behind "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" (verse 3).
- From that point on we will be with Him forever—with no more troubles!

MEMORIZE: John 14:6