

## The Remedy for a Troubled Heart

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John 14:1-6

Our text has been a favorite of many Christians down through the ages. With the exception of Psalm 23, these comforting verses have been quoted in more funerals than any other verses in the Bible.

Jesus words are especially comforting during these troublesome days. As Paul wrote, *"In the last days perilous times shall come"* (2 Tim. 3:1).

Stress levels are at an all time high. According to recent article in *USA Today*: "Stress increased 18% for women and 24% for men from 1983 to 2009, according to researchers at Carnegie Mellon University in Pittsburgh, who analyzed data from more than 6,300 people."<sup>1</sup>

An American Psychological Association poll conducted in 2008 indicated 80 percent of Americans were under significant stress because of the economic mess and the unemployment epidemic.

ILLUS: A song in the '60's gave this version of the latest quotations from the New York Stock Exchange:

Heart Attacks are up three & three quarters.

Mental Illness split three for one.

Ulcers are up one and one half.

General Chaos, that's General Chaos, is up two quarters.

Civilized Society, unfortunately, is down ten points.

However, one industry is doing remarkably well: Pharmaceuticals that provide medicines to relieve stress. Fifteen million Americans take medications to help them cope with stress and anxiety.<sup>2</sup>

Jesus told His disciples on the eve of His crucifixion, *"Let not your heart be troubled..."* (John 14:1). He just told them He was leaving and they could not come with Him (12:23-27; 32-33; 13:1, 33, 36). This

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<sup>1</sup> <http://usatoday30.usatoday.com/news/health/story/2012-06-13/stress-increase-over-time/55587296/1>

<sup>2</sup> Pam Belluck, "Recession Anxiety Seeps Into Everyday Lives," New York Times, 9 April 2009, page A1; Steven Reinberg, "Anti-Anxiety Medications Online," Anti-anxiety Medications.org, 10 June 2008, [www.anti-anxiety-medication.org/15-million-americans-suffer-from-social-anxiety-disorder.html](http://www.anti-anxiety-medication.org/15-million-americans-suffer-from-social-anxiety-disorder.html) (accessed 27 June 2009)

troubled them, therefore Jesus sought to comfort them with words of our text.

Jesus gives a simple one word remedy for our troubled hearts—“*Believe.*” “*Believe*” is the key word in the Gospel of John. Some form of “believe” is found 101 times in John. About one third of all the references to “*believe*” in the Bible are found in John’s Gospel (101 out of 322). Therefore, it should not surprise us that the key verse of John’s Gospel is John 20:31— “*These are written, that ye might believe that jesus is the Christ, the Son of God: and that believing ye might have life through his name.*”

**Faith is the cure** for anxiety, stress, and discouragement. Most of the stress we suffer is due to a lack of faith in God.

**Faith is the victory** that overcomes the world (1 John 5:4).

Jesus told His disciples to believe four things to comfort their troubled hearts:

### **I. Believe in a PERSON** (v. 1).

- Paul wrote to Timothy, “*I am not ashamed: for I know whom I have believed, and am persuaded that he is able to keep that which I have committed unto him against that day*” (2 Tim. 1:12)
- We sing, “I know *WHOM* I have believed,” **not** “I know *what* I believe.” Our faith is not in a religious creed—It is in a PERSON!
- It does no good to simply tell some hurting person, “Let not your heart be troubled,” and stop there. Help is in the next phrase. The key is to believe in God and believe in Jesus!

A. Believe in His **IDENTITY**. When Jesus said, “*Believe also in me,*” He was declaring His deity, deserving equality with God.

1. The Jews believed in ONE GOD. Dt. 6:4— “*Hear, O Israel: The LORD our God is one LORD.*” Now Jesus is telling His disciples to believe in Him the same way— What we render unto God, we render unto Jesus. Both can be equally believed in and trusted since both are equally God (John 10:30)!
2. If someone does not believe who Jesus is, they will probably not believe what He says.

## B. Believe in His **INVISIBILITY**.

1. The Jews believed in God who was *invisible*. In essence, Jesus was saying, “You believe in God, even though cannot see Him. Believe in Me the same way. I’m about to be taken from you. But still believe in Me, even when you cannot see Me.”

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Peter wrote in his epistle, “*Whom having NOT SEEN, ye love; in whom, though now YE SEE HIM NOT, yet believing, ye rejoice with joy unspeakable and full of glory*” (1 Pet. 1:8).

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2. It does no good to believe in something or someone that is dead. They cannot help you. We believe in the One who conquered death and is alive today.

➡ Jesus said the remedy for a troubled heart is, “*Have faith in God*” (Mk. 11:22). “*Ye believe in God, believe also in me!*”

## II. **Believe in a PLACE** (v. 2).

➡ The “*Father’s house*” is heaven... Paradise... Glory!

### A. A **PREPARED** place. It is a REAL place.

1. Notice the “mansions” are already there. Jesus is preparing “*a place*” FOR US—The New Jerusalem!
2. He created the world in six days—He has been preparing our heavenly home for about 2000 years.

### B. A **PLEASANT** place.

1. In the parable of the prodigal son, the Father’s house is pictured as a place of happiness, music, dancing, and rejoicing! It is the home of the believer! This world is not our home.
2. In heaven there will be no more pain... no more sorrow... no more darkness...

### C. A **PEACEFUL** place. No more sea (Rev. 21:1).

1. We are not in heaven, yet. But, it extends hope to us now. It soothes our hearts when we lose a loved one. It calms our afflictions.

Romans 8:18— *I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.*

2. Earthly cares begin to fade when we focus our faith on our heavenly home. It won't always be like this. We are going to a better place.

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Dave Hunt wrote a book, *“What Ever Happened to Heaven.”* He points out people are thinking less and less about heaven because they have their roots too deep in this world.

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### III. Believe in a PROMISE.

- ➡ When God makes a promise, you can count on it.
- ➡ Jesus is coming again for us! Believing this helps me face each new day— “PERHAPS TODAY!”

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In the darkest days of World War II, as defeated U.S. troops in Bataan awaited promised reinforcements, President Roosevelt ordered General Douglas MacArthur to leave the Philippines for Australia—virtually deserting his men. When he arrived in Australia, he made a speech promising those troops and the Filipinos, “I shall return.” U.S. government officials asked him to change his statement to, “We shall return,” but he refused. He kept his promise. Four years later he triumphantly returned as he said he would and retook the lost ground and freed the prisoners.

If a human general can keep his promise to return, how much more certain is the promise of the Son of God? He will come back to take all of us unto Himself. WHAT A COMFORT!

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- Our future is bright and guaranteed! This promise should calm any troubled heart if they would just believe it!
  - It is a **matter of choice**—It is your decision! Believe it, or not.

### IV. Believe in a PLAN (vs. 5-6).

- ➡ Thomas wants a map! Jesus tells Thomas, “I am the Map!” Jesus is our spiritual “GPS” (Global Positioning Savior)!

➡ Jesus is THE way to heaven. Not “a” way, but the ONLY way.

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David Jeremiah tells about meeting Billy Graham’s grandson, Will (who is also a preacher). Brother Jeremiah asked him what it was like to be the grandson of Billy Graham. Will answered, “Everybody wants to meet you. Then, as soon as they meet you, you discover they don’t really want to meet you. They want you to help them to meet your grandfather. My standard reply is: ‘The Bible says the way to the father is through the son, not through the grandson.’”

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➡ Acts 4:12; 1 Tim. 2:5; Prov. 14:12

**SUMMATION:** Jesus says, “Believe in me... Believe in the reality of the home I’m preparing for you... Believe my promise that I am coming again... and, Believe I am the Way.”

Do you believe?

‘Tis So Sweet To Trust In Jesus! Just to take Him at His Word!

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Your comments are welcome. Please [CLICK HERE](#).