

## How To Triumph Over A Troubled Heart (John 14:1-4)

### Introduction:

- I. Open your Bibles to John 14 and in just a moment we will read the first four verses. In this passage under consideration, we find Jesus in the upper room with those who would be His apostles. Jesus has revealed some very troubling things to them. He told them that one of them was going to betray Him. This would agitate their minds and cause them to wonder just who it would be. He told them that He was going away and that at that time they would not be able to follow Him. He even told them that Peter, one of His prominent disciples, was going to deny Him three times. These things would greatly disturb the apostles and cause their hearts to be heavy and very troubled.
  
- II. Now, the feelings the disciples had at that time are not foreign to us are they? We have all had feelings of anxiety. We have all been confused and confounded by the perplexities of life. We have all had troubled hearts. But no one can bring us more comfort than Jesus. No one can fix our problems or relieve our pain better than the Son of the living God. Now, in our text Jesus, being aware of the feelings of His disciples, gives them words of comfort and consolation (**Jn. 14:1-4**).

These words of Jesus are universal in application for the people of God. And may I say to you that they are not only words of affection and care, but they also serve as an admonishment as well. No matter what the circumstances of our lives may be, we are not permitted by God to allow our hearts to be in a perpetual state of anxiety. And the fact of the matter is, to do so is not only not necessary, it is not even practical. Someone has said, "*in times of drought, grief doesn't produce any rain.*" Listen to me: A troubled heart has never solved any problem or put an end to any predicament. Instead it causes us to linger and loiter in the mess we find ourselves in without any attempt to come up with a solution. So Jesus says don't that. Don't allow yourself to abide continually in a state of depression. Now, I'm not saying that it is sinful to be troubled from time to time. Even Jesus Himself was troubled at times. But I'm saying to you, don't get settled in a state of a troubled heart. There's too much glory a head of us to allow ourselves to do so. There are too many blessings awaiting us to constantly be in sorrow. Someone says, "but how can I prevent myself from having a troubled heart." Well, in our passage for today, Jesus tells us, "***How to Triumph over A Troubled Heart.***"

**Lesson:**

There are all kinds of reasons today why people are troubled. Some are troubled by marital misery where the dream of a perfect relationship is shattered by the reality of perpetual problems. Some are troubled by monetary misfortune caused by bills that are too high, an income that is too low, and sometimes a thirst for material things that is too strong. Some are troubled by the many emotional roadblocks of life—feelings of unhappiness and hopelessness; feelings of dejection and despair because of the direction of their lives. Then, of course, there are the wide array of health problems that trouble so many people along with their family and friends. Yes trouble is a trade mark of life. Job said, “*Man that is born of a woman is of few days, and full of trouble.*” But listen to me: you can have days that are full of trouble without having a troubled heart.

**I. Jesus Tells Us How.**

*John 14:1*

*“...Believe in God; believe also in me.” ESV*

It is faith in the Father and the Son where a troubled heart can be relieved. Let's begin by talking about faith in Father.

**A. Faith in the Father.**

Faith and trust in God is where everything comes together to help us endure the difficulties of life. And let's be clear about this: faith in God is a command. The Hebrews writer said, “*But without faith, it is impossible to please him...*” Faith is a charge that must be met if we want to go to heaven. And since this is the case, it should be understood that faith is always possible because God doesn't give us commands that can't be kept. God doesn't rest the salvation of our souls on something that is outside of our grasps. If faith is a condition of justification and continued fellowship with God, and it certainly is, then we can possess it regardless of the trials and tribulations of life. So the exhortation of Jesus to his disciples, then and now, is have faith in the Father.

“But my load is heavy, Lord!” “I hear you,” Jesus would say, “but you must have faith in the Father.” “But my life seems to be crumbling down on me like the walls of a collapsing building.” “I sympathize with you,” Jesus would say, “still you must have faith in the Father.” But life seems to be getting the best of us, Lord. We barely have room enough to live. We are crammed into our small apartment like a busy New York subway during rush hour. We both work long hours and we work hard all day but still it always seems like we have more month than we do money. I'm behind on my mortgage. I'm behind on my car note and I can barely keep up with

the utilities bills. I'm frustrated and frazzled, I'm distraught and disappointed. I'm troubled, Lord, I'm troubled. What should I do?" Jesus would say, "I only have one answer for you, my child. Have faith in the Father."

This is the answer to a troubled heart. In every circumstance of life have faith in the Father. Trust in the protection and providence of God. Trust in the decency and divine power of God. Trust in the care and concern of God. No matter what is going on in your life, never stop believing that God is right there because His love is constant. Remember, it is God that has promised, "*I will never leave thee, nor forsake thee,*" so have faith in the Father.

**B. Believe in the Beloved Son.**

Faith in the Father is not enough. The formula for triumphing over a troubled heart, is to believe in the Father and the Son. And why shouldn't we believe in Jesus? The evidence that demands a verdict says that Jesus is that Christ, the Son of the living God.

- It was Jesus who took six waterpots of water and turned the water into wine.
- It was Jesus who told the nobleman whose son was dying that his son lives and at that exact moment, that is, the seventh hour of the day, the boy's fever left him.
- It was Jesus who went to the pool of Bethesda where the disabled would go to be healed when the water was troubled by an angel. The first one in the water after it was troubled would be healed. But Jesus saw a man who had been crippled for 38 years and had no one to put him in the water. Jesus said to him, "Wilt thou be made whole?" The man said, I have no one, when the water is troubled, to put me into the pool..." But listen to me: Jesus didn't need water and Jesus didn't need that pool. Why? Because He is the Son of the living God and has power over all sickness and infirmity. So Jesus said unto him, "Rise, take up thy bed, and walk." And immediately the man was made whole..."
- It was Jesus who fed five thousand people with five loaves of bread and two small fishes and then when the people were finished eating and were full they still had twelve baskets of leftovers.

## *Expository Preaching*

- It was Jesus, ladies and gentlemen, who went to the grave of Lazarus after he had already been dead for four days, and cried with a loud voice, "Lazarus, come forth." And he that was dead came forth...

My friends there should be no reason to doubt that Jesus is who the Bible says that he is. And who does the Bible say that Jesus is? Listen to me:

- He's the Savior who was willing to suffer and the Servant willing to sacrifice.
- He is the Master who was willing to be murdered and the Messiah who was willing to be mock.
- He's the Bishop of our souls and the Bread that gives us life.
- He's the Guide who never stops leading and the Good Shepherd who never stops loving.
- He is the King who can never be conquered and the Captain who is always in control.
- He is our Advocate and our Anchor.
- He's our Head and our High priest.
- He's our Lamb and our Light.
- He's our Lord and our Living Water.

Do you really want to triumph over a troubled heart? Jesus said, "...believe in God and believe also in me."

## **II. What Should We Believe in Order to Triumph Over A Troubled Heart?**

Jesus gives us three promises to believe, and these promises should relieve any anxiety and agitation in our heart.

### **A. The Father Has Many Mansions.**

God, ladies and gentlemen, has a house. Now, when we think of houses, we like to dream of the houses of the rich and famous, don't we? There is something tantalizing about a big, beautiful house with large rooms and spacious closets with all of the luxuries of wealth. Average folks like us enjoy looking at these kind of houses, even knowing that we will never own one. We like to look. We like to imagine. We like to dream. And so when we think of a great house, we imagine a house like the \$136,000,000 house of Bill gates with its modest eight bed-rooms and 50,000 square footage overlooking Lake Washington. Or Oprah Winfrey's 82,000,000 mansion that rest on 42 acres of land in Montecito, near the city of Santa Barbara where I was born. Or we might think of Tiger Wood's beautiful 54,000,000 waterfront estate in Florida. But

let me tell you ladies and gentlemen, these earthly residencies pale in comparison to our Father's house. You see, God's house is heaven and its beauty and its brilliance, its majesty and magnificence can't be described by human language. Now, Jesus assures us that in this house, there are many mansions.

Now, the word mansion simply means "*an abode or abiding place.*" The emphasis of Jesus is really not largeness. In fact, the word mansion, which is the Greek word, *monay* (μονή) is better translated rooms or "dwelling places." The significance is not the size of the rooms but the number rooms. We don't have to worry that all the rooms will be filled before we get to heaven because there is plenty of room in the Father's house. I'm glad about that because my name starts with a W and I'm often the last one in line for things. If there was an issue with the shortage of rooms, I might have a problem. But the truth is, it doesn't matter if your name starts with A or Z, you never have to worry about seeing a "no vacancy" sign. Jesus is telling us, don't worry, there is room for you in my Father's house. As long as you have made your reservation by obeying the gospel of Christ and you preserve that reservation by walking in light, your room is ready and your place is prepared.

So the first question that needs asking is have you made your reservation? "Yes sir," someone says, "I have believed in my heart that Jesus is the Son of God." Well, if that is all that you have done, that will get you a place in a denominational church, but it won't reserve you a room in the Father's house. Someone says, "I have lived a good and morally upright life." Well, that will provide you with a good reputation among men, but it won't provide you with a dwelling place in the Father's house. Someone else says, "I have earned a lot of money in my life and now I'm a millionaire." Well, that might buy you mansion on earth, but it won't even get you closet space in my Father's house. You see, ladies and gentle, it doesn't matter who you are or what you have done; it doesn't matter how much silver and gold you possess, you can't earn you way, buy your way or bribe your way into the Father's house. You must obey the gospel of Christ (**Mk. 1:15; Rom. 1:16; 6:17-18**).

The second question is, are you preserving your reservation by walking right? Listen to me: you can't roll around in the mud of sin and dress in the dirt stained rags of misbehavior and expect to sit on God's furniture in heaven. You wouldn't even try to enter an earthly mansion if you were covered with grime and soot, would you? In fact, sometimes before we enter into someone's home, the first thing we do is take off our shoes and leave them by the door because we don't want to stain someone's nice carpet. Well, you

can't stain anything in heaven with the dirt of this world because it's not a physical place. So God isn't interested in your physical appearance. God doesn't care how dirty your shoes are or how unclean your attire might be, but He does care about the garb of your life and the garments of your soul because the one thing that can leave a stain in our Father's house is sin and so it's not allowed **(Rev. 21:27)**.

Now, if you have made your reservation and you are preserving it well, you don't have to worry about the room. That's the promise of Jesus. There will be plenty of room.

**B. Jesus Has Prepared for Us A Place.**

I have this worded just the way I want it because I want you to understand the sureness of this second point. Notice I have it in the past tense. You see, it is not that Jesus is going to go and prepare a place. It is not that Jesus is in the process of preparing a place. The fact of the matter is, Jesus has already prepared a place. Now, as He was talking to his disciples in Jn. 14, He hadn't gone yet, so He is asking them to trust that He would go and prepare a place. Now we still need to trust Jesus but the timing is different. We need to trust that Jesus did what He said He was going to do. He said He was going to prepare a place and we must believe that He did it.

And where did Jesus go to prepare a place? Someone might say, "he went to heaven." No, while that is where He eventually ended up, that's not where He did the preparing. Some have a picture in their mind of Jesus doing some construction work in heaven as if Jesus was going to build rooms in the Father's house. No, the rooms were already there; the house was already built. Jesus wasn't going to prepare the rooms, He was going to prepare the way. And where did Jesus go to prepare that way? He went to the cross. Doesn't this say volumes about the love that Jesus has for His disciples? Jesus prepared the way for us through suffering and shame. Jesus prepared the way through sacrifice and sorrow. Listen to the Hebrews writer:

*Heb 12:2*

*Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.*

Ladies and gentlemen, we have a room in our Father's house, a room that is ready and reserved for us all because Jesus prepared for us a place. How did He do it? He did it by enduring the cross

The cross, my friends, was meant for crooks, but Jesus, a man free from crime, endured it. The cross was meant to punish law-breakers, but Jesus, a man who upheld every law, endured it. Yes Jesus was willing to bear pain and suffer shame just so we could dwell someday in the Father's house. Jesus allowed Himself to be misused by the masses and murdered by those He made in order to prepare for us a place. No wonder we are commanded not to allow our hearts to be troubled. It seems silly, does it not, to allow ourselves to be agitated by the circumstances of life when we consider what Jesus endured. Listen to the rest of what the Hebrews writer said about this:

*Heb 12:3-4*

*For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds. 4 Ye have not yet resisted unto blood, striving against sin.*

But do you know who did? Jesus did. Jesus sacrificed it all so that we could go through life with a trouble-free heart, filled with the hope of heaven.

Now, I'm not making light of the real life problems that some of you might be facing. I know this world seems to be spinning out of control like a massive tornado that no one can stop. The economy is a mess. Jobs are disappearing left and right and the moral compass of our country is broken. And I know that these societal issues are touching some of your lives and giving you difficulty. But don't let your heart be troubled because Jesus has prepared a place for you. You see, in the darkest of times we can be comforted if we remember that Jesus has prepared for us a place. Bad times might invade our lives; tragedy might strike at any time, still we must remember that Jesus has prepared for us a place. And do you know what Jesus said next?

*"And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also."*

This is the third promise of the text.

### **C. Jesus Is Coming Back to Get Us.**

What this tells us is that whatever struggles we have in life, we can triumph over a troubled heart because they are all just temporary. Jesus is coming back. Whether you struggle for just a while or whether you are forced to struggle for a longer season, maybe even the rest of your earthly days, still you can triumph over a troubled heart. Why? Because Jesus is coming back and let me

## *Expository Preaching*

tell you, ladies and gentlemen, He is coming back with a purpose. He's not just coming back, but He is coming back to get us.

And where is He taking us? He's taking us back to the Father's house. I know that Jesus went to the cross and died but He defeated death and conquered corruption. You see, the grave could not hold Him and Hades could not prevail against Him. By the power of God Jesus was raised from the dead and ascended on high back to the Father's house. In Acts 2 Peter preached the resurrection story (**Acts 2:22-32**).

So we know where Jesus ended up. We know where Jesus is right now. But we also know that Jesus is going to return because He said, "*I will come again.*" And let me tell you something, He's not coming back to suffer. He's already done that. He's not coming back to set up a kingdom. He's already done that too. He's coming to judge the quick and the dead. He's coming to defeat His last enemy, that is, death. But He's coming for even a higher purpose than that. He's coming, ladies and gentlemen, to deliver up the kingdom to God; He's coming to carry us home.

Listen: you can have trouble, you might even be in trouble, but you don't have to have a troubled heart. Why? Because one of these days, you're going home. The words of Jesus remind us that this world is not our home, we're just pilgrims passing through on our way to the Father's house. But the Father's house is not just any old dwelling place. The Father's house is not just four walls, a ceiling and a floor. The Father's house is not just a place for us to visit for a little while. The Father's house is home. Let me tell you a little something about a home. Home, at least a godly home, is a place of safety. The world is dangerous and dreadful and all kinds of bad things can happen to us out there, but for the most part we are safe at home. I suppose that I have the most peace of mind when my whole family is at home. That doesn't happen very often anymore because of the age of my children, but when I get into bed at night and Janice is next to me and all three of my children and of course Tristan and Roman are all in their own rooms safe and sound I have no worries. Everyone is home and that means we are all safe for the moment because that is what home is, not just a place of shelter, but a place of safety; not just a place of cover, but a place of comfort. Listen: right now we are in danger in this world because of the devil, but after a while we will be safe in our Father's house because that house will be our home. There will be no more threats, no more temptation and no more trouble. We will be safe because we will be home.

But I'll tell you something else. A home is a place of love. There is no other place on earth where love shows its power so prominently than in a home. In a godly home love is always present. That's what makes the word home one of the most comforting words in our language. It is a word that immediately causes us to think about love, not only because there are people there that we love, but because there are people there that we know love us. Oh I know that there are some homes that are not what they ought to be. I know that some people have a house but not a home and that is sad and tragic, but in a godly home there is always love and affection. Now while this is true in regard to a god-fearing home on earth, it is infinitely more true in regard to our real home in heaven. You see, in heaven love will never run out. God will never stop loving us, nor will the other inhabitants of heaven. Image that! Everyone you meet will love you perfectly. There won't be any backbiting. There will be no ill-feelings. There will be no yelling or arguing. There be no rolling eyes or exasperating looks. There will be no going to bed crying and unhappy. There will be no anger of any kind or hatred of any sort. There will only be love because our Father's house will be more than just a house, it will be the perfect home filled with love and joy and happiness **(Rev. 21:1-5)**. No wonder Jesus said, let not your heart be troubled.

**Conclusion:**

Yes, we can triumph over a troubled heart. We don't have to go through life agitated and angry. We don't have to go through life depressed and in despair because we have the hope of someday being in our Father's house. But we must believe in God and His Son also.

What about you? If you are visiting with us, are you a part of the family of God? Do you know who dwells in someone's house? Family. Family. If you want to be in the Father's house after awhile, you must become a part of the family of God here on earth. What are you waiting for? Obey the gospel and become a child of God right now!