

Sunday Celebration (August 30, 2009)
"Remedy for the Troubled Heart"

John 14:1-14

INTRO... August 30, 2005 ...

Job 14:1 "Man who is born of a woman is few of days and full of trouble.

Jn 16:33 "In this world you will have tribulation"

Psa 42:3 "My tears have been my food day and night, while they say to me all the day long,
'Where is your God?'

“ Heart trouble is the commonest thing in the world. No rank, or class, or condition is exempt from it. No bars, or bolts, or locks can keep it out. Partly from inward causes and partly from outward, —partly from the body and partly from the mind, — partly from what we love and partly from what we fear, the journey of life is full of trouble. J.C. Ryle, "John", vol 3, p. 55

Jn 14:1-7 ... Caring Counsel for Every Disciple

“LET NOT YOUR HEARTS BE TROUBLED.”

THE TROUBLED HEART

'trouble' - tarassoo(Gk.); to agitate, trouble... to cause one inward commotion, take away his calmness of mind; to disquiet, make restless... to stir up; to render anxious or distressed, to perplex the mind of one by suggesting scruples or doubts (from Thayer's Greek Lexicon)

What is it that we are experiencing when our heart is "troubled"?

"UNCERTAINTY" ...

Jn 14 is "The Eve of Uncertainty"

NOTICE: The Remedy to the Coming Wave of Heart Trouble was NOT to Avoid the Day of Trouble!! ... It was to BELIEVE!

"LET NOT"

Construction→ Let not trouble

PRESENT IMPERATIVE – The present imperative occurs only in the active and middle voices in the New Testament. In the active voice, it may indicate a command to do something in the future which involves continuous or repeated action or, when it is negated, a command to stop doing something.(from The Complete Word Study Bible Copyright)

"Let not your hearts" ...taking responsibility for the troubled soul.

– The Bible thrusts us into the role of Mental & Emotional Responsibility

Jn 14:1

Matt 6:25 "Therefore I tell you, do not be anxious about your life..."

Col 3:2 "Set your minds on things that are above, not on things that are on earth."

Phil 4:4-8 Rejoice in the Lord always; again I will say, Rejoice. 5 Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

***The Bible doesn't make us VICTIMS of our thinking,
it makes us RESPONSIBLE for our thinking***

"Taking the Soul to Task"

Ps 42:5-6

“ We see here passions intermingled with comforts, and comforts with passions; and what bustling there is before David can get the victory over his own heart. You have some shortsighted Christians that, if they be not comforted at the first, they think all labour with their hearts is in vain, and thereupon give way to their grief. But we see in David, as distemper ariseth upon distemper, so he gives check upon check and charge upon charge to his soul, until at length he brought it to a quiet temper. In physic, if one purge will not carry away the vicious humour, then we add a second; if that will not do it, we take a third. So should we deal with our souls.” **Richard Sibbes**, “The Soul's Conflict”, chap 1 (from Works of Richard Sibbes)

“ Add unto this, a childish kind of peevishness; when they have not what they would have, like children, they throw away all; ...Abraham himself, wanting children, Gen 15:2, undervalued all other blessings. ...This peevishness is increased by a too much flattering of their grief, so far as to justify it; like Jonas, 'I do well to be angry even unto death,' Jonah 4:9; ...Some, with Rachel, are so peremptory, that they 'will not be comforted,' Jer 31:15, as if they were in love with their grievances. Wilful men are most vexed in their crosses. ... No men are more subject to discontentments than those who would have all things after their own way. **Richard Sibbes**, “The Soul's Conflict”, Chapter 3: Of Discouragements from within (from Works of Richard Sibbes)

“ we are prone to cast down ourselves, we are accessory to our own trouble, and weave the web of our own sorrow, and hamper ourselves in the cords of our own twining.... The ground, therefore, of our disquiet is chiefly from ourselves, though Satan will have a hand in it. We see many, like sullen birds in a cage, beat themselves to death. This casting down of ourselves is not from humility, but from pride; we must have our will, or God shall not have a good look from us, but as pettish and peevish children, we hang our heads in our bosom, because our wills are crossed. ... Therefore, in all our troubles we should look first home to our own hearts, and stop the storm there; for we may thank our own selves, not only for our troubles, but likewise for overmuch troubling ourselves in trouble. **Richard Sibbes**, “The Soul's Conflict”, Chapter 4: Of casting down ourselves (from Works of Richard Sibbes)

"BELIEVE"

Against the Backdrop of a Troubled Heart- What Did Jesus Offer as a Remedy?... BELIEF.

1. BELIEVE IN A PERSON

What about Believing in GOD and Believing in Christ is RELEVANT to My Time of Heart Trouble?

Believing in God means Fixing Your Hope in WHO He Is

“ Faith needs adequate grounding, however, if it is to experience serenity and to overcome the ‘troubled hearts’ of the disciples. The effectiveness and strength of faith are bound up with the greatness and dependability of the God in whom the faith reposes.” **Bruce Milne**, “The Message of John”, p. 210

- The Names of God are RELEVANT to Every Human Need!!!
 - YHWH ... the Self-existent God
 - El Shaddai ... God Almighty ... All sufficient
 - Jehovah-Jireh... The Lord will Provide
 - Jehovah-Rapha... The Lord who Heals
 - Jehovah-Rohi... The Lord my Shepherd
 - Abba- father

Believing in Christ means Embracing the Truth that we have Open Access to God's Grace through the Blood of Christ

- The Lamb of God
- Our High Priest who gives us access to the throne of Grace (Heb 4:14-16)

“ What does it mean, then, to believe the resurrection of Christ, this thing which is so important, ...To believe the resurrection of Christ, is nothing else than to believe that we have a Mediator before God. Who is Christ, who makes us holy and acceptable to God the Father.” **Martin Luther** (from Luther: Selected Sermons)

- He has reconciled us to God and torn down the hostility between us and God

Isa 41:8-10 "But you, Israel, my servant, Jacob, whom I have chosen, the offspring of Abraham, my friend; 9 you whom I took from the ends of the earth, and called from its farthest corners, saying to you, "You are my servant, I have chosen you and not cast you off"; 10 fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

“ it is not an insignificant matter here that the Lord rebuked the disciples; for unbelief is the greatest sin that can be named.”

Martin Luther, (from Luther: Selected Sermons)

2. BELIEVE IN HIS PROMISES Promises that bring hope to the future

- **The Promise of a Life Beyond This World** (v. 2-3)
 - The N.T. believer lived like this was a significant source of comfort
 - **Rom 8:18-25**

“ Jesus wants people to realize that no one has any lasting home in this world. Our ultimate destiny lies in the eternity that is to come.” **Mark Johnston**, “Lets Study John”, p. 187

- **The promise of His Abiding Presence** (Jn 14-16 is filled with references to the Holy Spirit)

But What does it Mean to 'Believe'?

“ This faith is the power that severs the root of sin. Sin has power because of the promises it makes to us. It talks like this: “If you lie on your tax returns, you will have extra money to get what will make you happier.” “If you look at this pornography you will have a surge of pleasure that is better than the joys of a clear conscience.” “If you eat these cookies when no one is watching, it will soften your sense of woundedness and help you cope better than anything else just now.” No one sins out of duty. We sin because we believe the deceitful promises that sin makes... Battling unbelief and fighting for faith in future grace means that we fight fire with fire. We throw against the promises of sin the promises of God. We take hold of some great promise God made about our future and say to a particular sin, “Match That!” **John Piper**, “Battling Unbelief”, p. 15-16