

**Comfort for Troubled Hearts***John 14:1-7*

**Introduction:** Chances are that at some point in your life you will encounter circumstances that will turn your world upside down and your heart will be troubled. This is how the disciples felt the night before the crucifixion. Jesus had made a series of troubling statements about a betrayal and a denial and a departure (His own). None of these ideas made sense to them and they left the disciples “troubled in heart.” Jesus, though He was the One facing crucifixion, was concerned about the disciples' troubled hearts. In John 14:1-7, He instructs the disciples regarding what would comfort them and in His encouragement to them we find help for our troubled hearts as well.

**Opening Discussion:** What, if anything, is creating anxiety in your heart these days?

**Read John 14:1-7**

1. Think for a moment about the context of what Jesus says here. What specifically had He said earlier to his disciples that had caused them to have troubled hearts?
2. What theological truths does Jesus teach the disciples to encourage their troubled hearts?
3. What does Jesus mean when He says that He goes to prepare a place for them (v. 2-3)?

Steve said:

If you're in the middle of some deep, distressing trouble, this may sound rather hollow: “You mean to tell me that I'm supposed to be comforted by believing that one day (perhaps years or decades from now) that I'll be at home with God?” Yes, that's what I'm saying because that's what Jesus told His disciples. He actually taught that when you are confident that you have a home with God in the next life, you can endure virtually anything in this life.

4. Is the truth that one day you will be at home with God something in which you have found comfort? Why or why not?

5. Jesus promises that he "will come again" (v. 3). How often do you find yourself thinking about this promise?

Steve said:

I understand the tendency to avoid studying and thinking about the return of Christ. The details can be confusing. Putting together everything the Scriptures teach about the "end of the age" requires a lot of study. Plus, every few years somebody grabs the headlines by predicting *when* Christ will return - which is downright embarrassing. . . . But the fact of the matter is that *the return of Christ is taught over and over* again in the New Testament. The return of Christ is supposed to be a powerful comfort in the midst of trouble and a powerful motivation to live for God.

6. How can remembering the return of Christ be a comfort in the midst of our troubles?
7. Jesus declares that He is the way, and the truth, and the life and that no one comes to the Father except through Him (v. 6). How might this truth address a troubled heart?

Steve said:

So often we're just like Thomas: we want a roadmap through our troubles. If God would only show us ahead of time how our problems would be resolved, our hearts would be comforted. But sometimes God says, "I'm not giving you a roadmap; you don't need to know how things will turn out. It's enough that you know Jesus. Jesus is the way, the truth, and the life. The knowledge that you know Him is enough." If you're going through some tough times, before you get busy trying to figure out what course of action to take, cling to Jesus.

8. What does it look like to "cling to Jesus" when you are in the middle of troubling circumstances?
9. Is there a trouble that you need to trust God with this week?