

Troubled or Trusting?

(John 14:1-9)

The night before His death, Jesus huddled with His confused, frightened disciples one final time. In a borrowed upstairs room somewhere in Jerusalem, He gave promise after promise to reassure their troubled hearts. The brief, but rich exchange we find in John 14:1-9 prompts us to ask *ourselves* a few questions:

Do I have _____? (1)

Am I _____? (2-4)

Am I _____? (5-9)

Trouble-ometer

(Indicate what's going on in your heart in each of the following categories—i.e., the lower the number, the more your heart is troubled.)

	I've given up—I have NO hope!	I'm hanging on, but only by a thread.	I live in dread/fear of what's ahead.	My heart's in turmoil all the time.	I get worked up on a regular basis.	I get really worked up on occasion.	Low-grade, chronic anxiety	Infrequent, minor concern	Good. No significant worries!	Fantastic! Couldn't be better!
Issues w/ my parents	1	2	3	4	5	6	7	8	9	10
My marriage	1	2	3	4	5	6	7	8	9	10
The welfare of my children	1	2	3	4	5	6	7	8	9	10
My work/career situation	1	2	3	4	5	6	7	8	9	10
My financial condition	1	2	3	4	5	6	7	8	9	10
My physical health	1	2	3	4	5	6	7	8	9	10
My experience of community	1	2	3	4	5	6	7	8	9	10
My academic situation	1	2	3	4	5	6	7	8	9	10
My emotional state	1	2	3	4	5	6	7	8	9	10
Where things are nationally/internationally	1	2	3	4	5	6	7	8	9	10
My connection with God	1	2	3	4	5	6	7	8	9	10
My overall feeling about my life (i.e., the future, where I'm headed, etc.)	1	2	3	4	5	6	7	8	9	10

