

how to deal with a troubled beart

S E R M O N G U I D E

No Limits with Pastor Delman

How To Deal With A Troubled Heart

John 14:1-7

INTRODUCTION

The heart is so central to the body, so significant for our health, that failure to care for, maintain, and protect the heart results in 17 million Americans dying each year from heart related diseases. But as central as our heart is to our physical well-being, it is of even greater importance to our spiritual well-being. When the heart experiences shock and sadness, troubles and trauma, hurt and heartache, it can weigh us down, and if left untreated, can literally tear us apart. It is no wonder that in one of Jesus' last earthly conversations with His disciples, Jesus spoke to them about caring for the heart. He warned them not to allow the negative circumstances around you or the things have agitated or frustrated you to create conflict and tension within you. Because if you leave those things unattended in your heart, it can cause major problems. In light of that, here are three things you can do to overcome a troubled heart.

KEY POINTS

1. Learn To Trust God's Plan

Jesus tells His disciples that the reason they don't have to worry is because His departure is part of a broader plan. In response to their fears and questions, Jesus redirects their focus from their fear to their future, from the pain of their predicament to the promise of God's plan. While none of them wanted to face what was about to happen, He had to help them understand that what they were going through was part of what was being orchestrated by the hand of God. They didn't have to worry because God had a plan for their lives, for their future, and for their redemption. Therefore, they had a choice. They could either wallow in their sadness or see their situation as a setup for something greater.

2. Be Honest About The Process

One of the most maligned characters in Christian history is the disciple identified in today's key passage as Thomas. He is often referred to in Christian and church circles as "doubting Thomas." And while Thomas was very vocal with his uncertainty and questioning about the plans of Jesus Christ, there is something to be said for Thomas's lack of shame for voicing these doubts. He had the courage and the boldness to ask the tough questions, to acknowledge that things didn't look great from his perspective, and that he was struggling to believe what Jesus was telling him. He is a great example of what it looks like to not be afraid of sharing your fears, worries, and questions in a world where we as Christians are under the impression that we must have it all together. NOTES

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3. Rest In God's Peace

The reason the disciples didn't have to let their hearts become overwhelmed with trouble is because Jesus is going to prepare a place for them. In other words, He had a place where they could rest from the problems of this world, a place where there is peace on the other side of worry and anxiety. And just like He went to prepare a place for His disciples, He is also preparing a place for us as His children as well. When you know that all things are being worked together for your good, you don't get despondent about hard times. One of the most rewarding aspects of a tough season is seeing how your faith grows, matures, and develops through trials. That kind of growth only happens when you're willing to let go of your worry and your anxiousness, surrender your troubled heart to the Lord, and rest in His peace, knowing that He is always in control. NOTES

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QUESTIONS TO CONSIDER

- 1. When do you find it difficult to trust God's plan for your life?
- 2. Are you honest and forthcoming when you have doubts and concerns about God's plan? Or are you quick to cover up your doubts and questions because you don't want others to question your faith?
- 3. What is one thing you need to let go of and stop worrying about so that you might rest in God's peace?

