5-Day Bible Reading Plan and Devotional Guide

Jesus Is the Answer to a Troubled Heart

Based on John 14:1-14

Day 1: When Trouble Finds You, Trust Is Your Anchor

Reading: John 14:1-4

Devotional: Trouble is not a sign that God has abandoned you. Jesus spoke these words to men who were confused, afraid, and grieving -- yet he did not tell them to be stronger or to push through on their own. He told them to believe. The antidote to a troubled heart is not willpower; it is trust placed in the person of Jesus Christ. He has already secured your future. He knows what tomorrow holds because he holds tomorrow. Whatever diagnosis, broken relationship, or uncertainty you are carrying today, bring it to the one who has already prepared a place for you. He is not surprised by your trouble.

Reflection: What specific fear or uncertainty are you carrying right now? Write it down and consciously surrender it to Christ in prayer today.

Practical Application: Begin each morning this week by saying aloud, "Jesus, you know what today holds. I trust you with it."

Day 2: The Only Way Through

Reading: John 14:5-7

Devotional: Thomas asked the question everyone else in the room was afraid to voice: "We do not know where you are going. How can we know the way?" It is one of the most honest moments in all of Scripture. Jesus did not rebuke Thomas for asking. He answered him with one of the most definitive statements ever spoken -- that he himself is the way, the truth, and the life. Not a way among many, but the way. Not a perspective on truth, but truth itself. Not one path toward life, but the very source of it. In a world that celebrates endless options, Jesus lovingly and clearly declares that he alone reconciles sinful people to a holy God. This is not narrow-mindedness. This is grace.

Reflection: Have you fully embraced the exclusivity of Christ, not as a burden but as a gift? What does it mean to you personally that there is a guaranteed way to the Father?

Practical Application: Share with one person today, in your own words, why Jesus being "the way" is good news rather than restrictive news.

Day 3: Looking in the Right Direction

Reading: John 14:8-11; Hebrews 1:1-3

Devotional: Philip said, "Lord, show us the Father, and it is enough for us." Perhaps you have prayed something similar -- God, just show me something. Just give me a sign. Jesus responded with a truth that should reshape the way we read every page of the Gospels: to see Jesus is to see the Father. Every moment of compassion Jesus showed, every sinner he forgave, every grieving person he wept with -- that is the heart of God on display. Hebrews 1:3 describes Jesus as the exact imprint of God's nature. You do not need to search the horizon for God. Look to Christ. As Corrie Ten Boom wrote, "Look around and be distressed. Look within and be depressed. Look at Jesus and be at rest."

Reflection: When you picture God the Father, what comes to mind? How does looking at the life of Jesus in the Gospels correct or confirm that picture?

Practical Application: Read one Gospel account today of Jesus interacting with a struggling or broken person. Remind yourself as you read: this is what God is like toward you.

Day 4: The Question That Changes Everything

Reading: Romans 8:28-39; James 1:2-4

Devotional: There are two questions a person can ask when life goes wrong. The first is: "Why is this happening to me?" That question turns the eyes inward, feeds discouragement, and limits perspective. The second is: "Why is this happening for me?" That question does not minimize pain -- it redirects it toward the purposes of a sovereign God. Romans 8:28 does not promise that everything will feel good. It promises that God can work all things together for good for those who love him and are called according to his purpose. That is a radically different claim, and it requires a faith that is rooted in who God is, not in how circumstances feel. Isaiah 26:3-4 reminds us that God keeps in perfect peace the one whose mind is stayed on him.

Reflection: Think of a painful season in your past. Looking back, can you identify any way God worked through it for a purpose you could not see at the time?

Practical Application: The next time a difficult situation tempts you toward the "to me" question, pause and deliberately reframe it as a "for me" question. Write down what that shift produces in your thinking.

Day 5: Living Through Him -- Prayer as a Wartime Walkie-Talkie

Reading: John 14:12-14; Philippians 4:6-7; Psalm 37:4

Devotional: Jesus closes this passage with a staggering promise -- that those who believe in him will do even greater works, because he is going to the Father and will send the Holy Spirit. He then anchors everything in prayer offered in his name. This is not a blank check for personal comfort. To ask in Jesus' name means to ask in alignment with his character, his mission, and his glory. As John Piper has written, prayer is not calling for more comforts in the den -- it is a wartime walkie-talkie. It is the desperate, dependent cry of someone advancing the mission of God against a very real enemy. Delighting yourself in the Lord, as Psalm 37:4 describes, means being so immersed in him that your desires begin to reflect his. That is where bold, expectant, God-glorifying prayer is born.

Reflection: Honestly evaluate your current prayer life. Does it more closely resemble a comfort request or a wartime communication? What would need to change for it to become the latter?

Practical Application: Set aside fifteen minutes today to pray specifically for something beyond your own needs -- a church plant, a missionary, a person far from God, or a community in need. Pray with the expectation that God is at work in ways far greater than what you can see.

Jesus Is the Answer to a Troubled Heart

John 14:1–14

“Let not your hearts be troubled. Believe in God; believe also in me.” — John 14:1

Those words from Jesus are familiar to many of us, but they were not spoken in a calm, easy moment. They were spoken in a room heavy with confusion, fear, and grief.

Jesus had told His disciples He was going away. He had told them He would die. He had revealed that one of them would betray Him, that Peter would deny Him, and that all of them would fall away. The disciples had left everything to follow Jesus, and now He was telling them He was leaving.

So when Jesus says, “Let not your hearts be troubled,” He is not speaking to people who have everything figured out. He is speaking to people whose world feels like it is unraveling.

And His answer to their troubled hearts is not, “Try harder.”
It is not, “Be stronger.”
It is not, “Figure it out.”

His answer is: “Believe in me.”

Jesus is the answer to a troubled heart.

1. Trust Jesus: He Secures Your Future

Jesus begins by pointing His disciples beyond their present trouble to His eternal promise:

“In my Father’s house are many rooms… I go to prepare a place for you.” — John 14:2

Jesus promises a prepared place, a personal return, and a permanent relationship with Him.

The hope of heaven is not merely about a destination. It is about being with Jesus. He says, “I will come again and will take you to myself, that where I am you may be also.”

That means the greatest gift of heaven is not streets of gold or the absence of pain, as glorious as those realities are. The greatest gift of heaven is Jesus Himself.

And that raises a searching question for us now: if we do not enjoy the presence of Jesus today, why do we long for heaven, where He will be the center of everything?

Trouble is real. Cancer is real. Grief is real. Anxiety, depression, betrayal, and loss are real. But the promises of God are also real.

When hardship comes, we often ask, “Why is this happening to me?” But faith learns to ask a different question: “Lord, how might You use this for me?”

That does not make pain easy. But it changes our perspective. Instead of focusing only on our pain, we begin looking for God’s purposes. Instead of sinking into hopelessness, we cling to the One who holds our future.

“You keep him in perfect peace whose mind is stayed on you, because he trusts in you.” — Isaiah 26:3

Jesus knows tomorrow. He is already there. And He calls us to trust Him.

2. Follow Jesus: He Is the Only Way

Thomas speaks up with the question everyone else was probably thinking:

“Lord, we do not know where you are going. How can we know the way?” — John 14:5

Jesus responds with one of the clearest and most exclusive claims in all of Scripture:

“I am the way, and the truth, and the life. No one comes to the Father except through me.” — John 14:6

Jesus does not say He is *a* way.
He does not say He is *a* truth.
He does not say He is *a* life.

He says He is *the* way, *the* truth, and *the* life.

That may sound narrow in a culture that celebrates many paths to fulfillment or enlightenment. But Jesus’ words are not arrogant; they are gracious. He is not hiding the way to God. He is revealing it.

Jesus is the way because He reconciles us to the Father. Sin separated us from God, and we could not repair that relationship ourselves. Jesus came as our substitute, lived the perfect life we could not live, and died the death we deserved.

Jesus is the truth because He reveals reality as it truly is. In Him, we see who God is, who we are, what sin is, what grace is, and what life is meant to be.

Jesus is the life because He conquered death. He went to the cross, entered the tomb, and rose again. No one else has done that. And He is coming back for His people.

The Christian message is not a set of directions to follow so we can hopefully find God. The Christian message is that God came to us in Jesus.

He is the way home.

3. See Jesus: He Reveals the Father

Philip says to Jesus:

“Lord, show us the Father, and it is enough for us.” — John 14:8

Jesus’ response is stunning:

“Whoever has seen me has seen the Father.” — John 14:9

Jesus is not saying that the Father and the Son are the same person. Rather, He is saying that He perfectly reveals the nature, character, and heart of God.

If you want to know what God is like, look at Jesus.

When Jesus shows compassion, you are seeing the heart of the Father.
When Jesus forgives sinners, you are seeing the heart of the Father.
When Jesus welcomes children, you are seeing the heart of the Father.
When Jesus weeps with the grieving, you are seeing the heart of the Father.
When Jesus lays down His life for His enemies, you are seeing the heart of the Father.

Hebrews says:

“He is the radiance of the glory of God and the exact imprint of his nature.” — Hebrews 1:3

Everything we wonder about God becomes clear in Jesus.

Corrie ten Boom once said, “Look around and be distressed. Look within and be depressed. Look at Jesus and be at rest.”

That is what troubled hearts need most. We need to see Jesus.

Not just once. Not just on Sundays. Every day.

4. Live Through Jesus: He Empowers His People

Jesus then makes a surprising promise:

“Whoever believes in me will also do the works that I do; and greater works than these will he do.” — John 14:12

Greater works? What does that mean?

Jesus is not saying His followers will be greater than Him. He is pointing to what will happen after His death, resurrection, and ascension. He will send the Holy Spirit, and the gospel will spread across the world through His people.

The “greater works” are greater in scope. Jesus’ ministry took place in a specific region among a specific people. But after Pentecost, empowered by the Spirit, His people would carry the gospel to the nations.

Jesus also connects this Spirit-empowered life to prayer:

“Whatever you ask in my name, this I will do, that the Father may be glorified in the Son.” — John 14:13

This is not a blank check for selfish desires. Praying “in Jesus’ name” is not a magic phrase we tack onto the end of our requests. It is about alignment with His character, His mission, His purposes, and His glory.

Psalm 37:4 says:

“Delight yourself in the Lord, and he will give you the desires of your heart.”

To delight in the Lord means to be immersed in Him, surrounded by Him, shaped by Him. Like being plunged into water, where there is no part of you untouched, delighting in God means His presence and desires begin to shape everything in us.

Prayer is not mainly about asking God for more comforts. It is a wartime walkie-talkie. It is dependence on God as we join Him in His mission against a very real enemy.

So often we pray, “Fix this. Heal this. Do this. Give this.” And God invites us into something deeper: intimacy with Him.

He does not merely empower us to get what we want. He empowers us to live for His glory.

The Word We Need in Troubled Times

Life brings trouble.

Flights get delayed. Plans fall apart. Pets get sick. Bodies fail. Relationships hurt. Diagnoses come. Elections happen. Circumstances shift. Anxiety rises.

But Jesus is still on His throne.

He is still preparing a place for His people.
He is still the only way to the Father.
He still reveals the heart of God.
He still empowers His church by His Spirit.
He is still coming back.

So what do we do with our troubled hearts?

We trust Jesus.
We follow Jesus.
We see Jesus.
We live through Jesus.

And we believe.

“Let not your hearts be troubled. Believe in God; believe also in me.” — John 14:1