

Finding Hope in Turbulent Times

John 14:1-6

John 14:1 (ESV) — Let not your hearts be troubled. Believe in God; believe also in me.

The word “troubled” here means, “to cause acute mental and emotional distress or turbulence.”

The word “believe” here means, “complete trust and reliance”.

Persistent feelings of sadness and hopelessness nearly doubled from 2009 to 2021

This increase jumped from 26% to 44% during those years

→ You can trust your life on the foundation of God

John 14:1 (ESV) — Let not your hearts be troubled. Believe in God; believe also in me.

Romans 15:13 (ESV) — May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

1 Corinthians 3:11 (ESV) — For no one can lay a foundation other than that which is laid, which is Jesus Christ.

Matthew 7:24–27 (ESV) — Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it.

John 16:33 (ESV) — I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.

→ You can trust your eternity to the certainty of heaven

John 14:2–3 (ESV) — In my Father’s house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also.

Romans 8:22–24a (ESV) — For we know that the whole creation has been groaning together in the pains of childbirth until now. And not only the creation, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. For in this hope we were saved....

Matthew 24:29–31 (ESV) — Immediately after the tribulation of those days the sun will be darkened, and the moon will not give its light, and the stars will fall from heaven, and the powers of the heavens will be shaken. Then will appear in heaven the sign of the Son of Man, and then all the tribes of the earth will mourn, and they will see the Son of Man coming on the clouds of heaven with power and great glory. And he will send out his angels with a loud trumpet call, and they will gather his elect from the four winds, from one end of heaven to the other.

“If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for another world.”

- C.S. Lewis

→ You can trust your everyday to the reality of Jesus?

John 14:4–6 (ESV) — And you know the way to where I am going.” Thomas said to him, “Lord, we do not know where you are going. How can we know the way?” Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me.

Romans 12:2 (ESV) — Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

John 8:32 (ESV) — And you will know the truth, and the truth will set you free.

John 1:4–5 (ESV) — In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it.

Acts 4:12 (ESV) — And there is salvation in no one else, for there is no other name under heaven given among men by which we must be saved.”