

**Let not your heart be troubled... -**  
**Upper Room Discourse Principles found in the New Testament**  
**A study for the College and Career Class of Gulf Coast Baptist Church 7-24-22**  
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**Introduction**

Christ is preparing the disciples for His departure. They do not understand it yet, but this departure is necessary for them to obtain the Position that will bring them peace, among other benefits. They are about to be baptized into the Body, which will be at the right hand of God. For this to take place, Jesus must leave them, and send them the Holy Spirit. Too often the believer is unwilling to experience short term grief, in order to enjoy long term joy and peace. Jesus tells them, “Stop allowing your heart to be troubled...” He himself had been troubled in His Spirit (John 11:33, 12:27, 13:21) but had dealt with this each time. He now instructs the disciples how to deal with this situation.

**The Son of God Troubled**

Christ was troubled (like water in a storm John 5:4) at the unbelief of His friends and family at the death of Lazarus. Having spent 3 years with them, Christ was discouraged that they did not believe that He was in control of the situation. This “groaning” of the spirit will be a part of the Christian life. When the believer encounters circumstances he will be stirred up like water in a storm. In 11:40 Christ details the solution to this situation. Focus on the power of God, and directing faith towards what God says will calm the troubled waters of the heart.

In the garden, Christ communicated with the Father, the trouble was in His soul at this moment. But the solution is still the same, confirmation of the word of the Father and the will of the Father, calms the storm in the Son. Christ understands that the glory of the Father being revealed is the necessary cause of the circumstance.

Christ was troubled in his soul discussing Judas’s betrayal. The trouble eases as Jesus begins to discuss the imminent glory of God (13:31-32).

**Let not your heart be troubled...**

Jesus gives the disciples the solution to a troubled heart - belief. Jesus told them of the purpose of His departure. He told them that they would do greater works than He had done (14:12), a new answer for asking (14:13-14), and reveals the giving of the Comforter. Christ also reveals the new situation of both resurrection and eternal life (14:20).

The giving of the Comforter, revelation on how to direct their mind, and a purpose for this new life will bring them peace (14:27). Christ repeats the introduction to this chapter so that the disciples might believe (14:29). Just as with joy and love, the connection of faith to peace is made here. In order to experience the peace of Christ, the believer must direct faith towards the words of Christ (Rom 8:6). He must set his mind the way that the Son of God set His mind.

**Greeting and Benediction**

Throughout the NT, Paul uses the concept of peace to open and close several of his letters (Rom 1:7, Rom 15:13, 1 Cor 1:3, Gal 1:3, Gal 6:16, Col 1:2, 1 Th 1:2, Heb 13:20). The revelation found in these letters

should bring peace to the believer. It is necessary for the believer to familiarize himself with the words found therein and to fix the mind on them.

These verses are clear that the source of peace is Christ, and the instrument of peace is the Holy Spirit. This was clear in the study on joy and love. These fruits of the Spirit are only available to the spiritual believer who is framing his mind on his position in Christ.

### **Christ's Crosswork the Necessary Ingredient for Peace**

As Christ was revealing in the Upper Room, not only his departure, but the manner of His departure was necessary for the disciples to receive peace (Rom 5:1, 10; Eph 2:16, 2 Cor 5:21). Man's sin had created a situation where peace with God was not possible. The atonement for sin at the cross made possible justification for the sinner through belief. This is part of what is involved in Christ's request for glorification in the upper room. Christ was going to carry out the plan of the Father and reveal a bit of divine glory.

### **The Believer's Focus the Necessary Conduit of Peace**

Paul makes clear that in order for the believer to experience the peace, his focus must be on the godhead, and communication will reveal his spiritual condition (Phil 4:6-7, Gal 5:22). Worship, Supplication, Thanksgiving, and the Request is shown to be the recipe for peace for the believer. A focus on what God has said about Himself, an understanding of the believer's need for aid and the Father's position to give that aid, a reliance on the Father to give whatever aid is in accordance with His will, an understanding of the works of God and gratitude for those works, and then a specific request to the Father, in the character of the Son to glorify Himself through the believer's circumstances. This pattern will bring peace that guards the mind and heart of the believer.

### **Three Types of Peace**

Scripture reveals that the believer is granted Peace with God, the Peace of God, and Peace with Men. Peace with God is granted through belief in the gospel (Rom 5:1). Christ's crosswork makes this peace possible and belief in the facts of the gospel applies it to the believer's situation.

The Peace of God is what is made available to the believer through the Fruit of the Spirit. As Christ mentioned in the upper room, this peace belonged to Him, and was made available to the disciples. It is available to the spiritual believer who will be "spiritually minded."

Peace with men is not always possible (Rom 12:18), but should always be the goal of the believer. It is only possible after the first two types of peace are established.

### **Conclusion**

Just as with Joy and Love, Christ made His peace available to the believer. How sad that many believers do not avail themselves of this precious gift, choosing to hold on their cares instead of casting them on Christ. Learning the words of Life, and directing faith towards them will give the believer access to the Peace that passes all understanding and guard the mind of the believer in Christ Jesus.