

## ***Overcoming Fear, Shame, Betrayal, and Grief (Jn. 14:1)***

### **I. JESUS' COMMAND NOT TO LET TROUBLE DOMINATE OUR HEART**

- A. Jesus commanded the disciples to not allow trouble to dominate their heart (Jn. 14:1). There are human dynamics involved as indicated by His command to “let not...” Included in His commands is the promise of His enabling to walk out His commands such as “*Let not our heart be troubled.*” Only those who seek to obey “*that command*” will be empowered to love Him with all their heart.

***<sup>1</sup>Let not your heart be troubled; you believe in God, believe also in Me...<sup>27</sup>Peace I leave with you, My peace I give to you...Let not your heart be troubled, neither let it be afraid.*** (Jn. 14:1, 27)

- B. John 13-17 tells how to engage our troubled hearts to overcome *grief* from the death of a loved one, *fear* with despair from the crisis in the culture and persecution, *shame* from personal failure, and *bitterness* from betrayal. Jesus gives us line-upon-line insight into God’s heart and promises that are an anchor for our hearts. John 13-17 gives insight into the family dynamics in the Godhead—the remarkable thing is that Jesus desires that we relate with Him in ways that He interacts with God.
- C. Jesus was troubled as He considered being killed the next day and being betrayed by Judas (Lk. 22:44; Jn. 12:27; 13:21). Yet, Jesus was focused on His beloved disciples not being troubled.

### **II. JESUS' PROPHECY TWO DAYS EARLIER IS PART OF THE CONTEXT OF JOHN 13-17**

- A. On Tuesday, two days before the last supper (Jn. 13), Jesus prophesied concerning military conflict, racial conflict, pestilences (plural), earthquakes, betrayal, and martyrdom in Matthew 24 (and its parallel passages in Mark 13 and Luke 21). Jesus ***called them not to be troubled*** (Mt. 24:6). The truths in John 13-17 can equip us to respond to the end-time troubles highlighted in Matthew 24.

***<sup>2</sup>Jesus said to them, “...not one stone [of the temple] shall be left here upon another...***

***<sup>6</sup>You will hear of wars and rumors of wars. See that you are not troubled...the end is not yet.***

***<sup>7</sup>For nation [ethnos] will rise against nation...there will be famines, pestilences, and earthquakes ...<sup>9</sup>They will deliver you up to tribulation and kill you...<sup>10</sup>Then many will...betray one another...***

***<sup>11</sup>Then many false prophets will rise up and deceive many.*** (Mt. 24:2-11)

***<sup>12</sup>...they will lay their hands on you [beatings] and persecute you, delivering you up to the... prisons...<sup>16</sup>You will be betrayed even by parents and brothers, relatives, and friends...<sup>20</sup>When you see Jerusalem surrounded by armies...<sup>23</sup>For there will be great distress...upon this people.***

***<sup>24</sup>They will fall by the edge of the sword, and be led away captive into all nations.*** (Lk. 21:12-24)

- B. John 14:1 is essential to obey in a consistent way because when our hearts are weighed down with grief, despair, fear, and shame, we are more vulnerable to darkness. His peace guards our hearts.

***<sup>6</sup>Be anxious for nothing, but in everything by prayer...with thanksgiving, let your requests be made known to God; <sup>7</sup>and the peace of God...will guard your hearts and minds... (Phil. 4:6-7)***

- C. In Matthew 24, Jesus emphasized the danger of deception more than persecution or tribulation (24:4-5, 11, 24). A troubled heart is a seedbed of the very confusion and deception about which Jesus warns us. We must not lose clarity as to who Jesus is, and what the gospel is all about.

### III. SEVEN REASONS WHY THE APOSTLES WERE TROUBLED

- A. Just moments before Jesus exhorted them not to let their hearts be troubled (14:1), He spoke of leaving the disciples by death (13:36), Judas' betrayal (13:11), and Peter denying Him (13:38). Two days prior, He prophesied that troubles would come to them personally and to society (Mt. 24).
- B. *Trouble #1—Death of their beloved leader and friend:* The thought of Jesus dying brought grief to them. It was very traumatic and confusing to them. Jesus referred to His death 18 times in the Upper Room Discourse (Jn. 13:1, 3, 33, 36; 14:2, 4, 12, 28 [2x]; 16:5, 7 [2x], 10; 16, 28; 17:11 [2x], 13).  
<sup>36</sup>...Jesus answered him [Peter], "Where I am going you cannot follow Me now, but you shall follow Me afterward"...<sup>38</sup>"Will you [Peter] lay down your life for My sake? Most assuredly, I say to you, the rooster shall not crow till you have denied Me three times. (Jn. 13:36-38)
- C. *Trouble #2—Personal failure:* Peter denied Jesus, and the others stumbled (Mt. 26:31; Jn. 13:38).  
<sup>30</sup>...they went out to the Mount of Olives. <sup>31</sup>Jesus said to them, "All of you will be made to stumble because of Me this night..."<sup>34</sup>before the rooster crows, [Peter] will deny Me three times." (Mt. 26:30-34)
- D. *Trouble #3—Bitterness of betrayal:* Their close-knit team was hurt by Judas' betrayal of Jesus and of them. They would also be betrayed by loved ones (Mt. 24:10; Lk. 21:16; Mk. 13:12; Jn. 13:21).  
<sup>21</sup>...He was troubled in spirit, and testified and said, "...one of you will betray Me." (Jn. 13:21)  
<sup>16</sup>You will be betrayed even by parents and brothers, relatives and friends... (Lk. 21:16)  
<sup>12</sup>Now brother will betray brother to death, and a father his child; and children will rise up against parents and cause them to be put to death. (Mk. 13:12)
- E. *Trouble #4—Crisis in the culture:* Pressures disrupted the social order (Mt. 24:4-12; Lk. 21:8-24).  
<sup>6</sup>You will hear of wars and rumors of wars...<sup>7</sup>For nation [ethnos] will rise against nation...there will be famines, pestilences, and earthquakes ...<sup>11</sup>Then many false prophets will...deceive many. (Mt. 24:6-11)
- F. *Trouble #5—Persecution:* Some were killed, beaten, or imprisoned (Mt. 24:9; Lk. 21:12; Jn 16:2).  
<sup>9</sup>Then they will deliver you up to tribulation and kill you...for My name's sake. (Mt. 24:9)  
<sup>12</sup>...they will lay their hands on you [beatings]...delivering you up to the...prisons... (Lk. 21:12)
- G. *Trouble #6—National destruction:* Jerusalem and the temple destroyed (Mt. 24:1-2; Lk. 21:20-24).  
<sup>2</sup>Jesus said to them, "...not one stone [of the temple] shall be left here upon another... (Mt. 24:2)  
<sup>20</sup>When you see Jerusalem surrounded by armies...<sup>23</sup>For there will be great distress...upon this people. <sup>24</sup>They will fall by...the sword and be led away captive into all nations. (Lk. 21:20-24)
- H. *Trouble #7—Delay of God's promises:* There was a delay in the release of the fullness of God's prophetic promises to them and the nation of Israel. He was talking about leaving them physically without defeating Rome who was oppressing them or setting the apostles on thrones (Mt. 19:28).

#### IV. JESUS COMMANDED THEM TO BELIEVE HIM— 8 IMPORTANT TRUTHS

- A. The command in John 14:1 to not allow trouble to dominate our heart is obeyed by determining to *believe Jesus*—by agreeing with His promises, trusting His leadership, and engaging with His heart.

<sup>1</sup>***“Let not your heart be troubled; you believe in God, believe also in Me.”<sup>2</sup>In My Father’s house are many mansions...<sup>3</sup>I will come again [Jesus’ second coming] and receive you to Myself.***  
(Jn. 14:1-3)

- B. Notice that Jesus doesn’t say to them: “Let not your hearts be troubled because you will escape all the troublesome pressures of life or the difficult days that lie ahead.” He did not say that if we have enough faith that we will escape all the physical, relational, and financial pressures that others face.

- C. What do we do when our heart is troubled? We realign our mind to agree with God's Word.

<sup>2</sup>***...be transformed [emotionally] by the renewing of your mind...*** (Rom. 12:2)

<sup>1</sup>***Behold [meditate on] what manner [quality] of love the Father has bestowed on us...<sup>2</sup>We shall be like Him, for we shall see Him...<sup>3</sup>And everyone who has this hope in Him purifies himself...***  
(1 Jn. 3:1-3)

- D. *Truth #1—Belief in the truth about Jesus—His person, promises, and leadership.* This is not a reference to the initial faith we exercise to become born again. The disciples were already saved. Jesus declared that they were already “clean” or forgiven (13:10). So this is not a gospel appeal.

<sup>1</sup>***“Let not your heart be troubled; you believe in God [a fact], believe also in Me [a command].”***  
(Jn. 14:1)

1. Many in Israel including the Pharisees believed in the *God of Moses* without having ever seen Him (Jn. 5:37). They had *faith in an invisible God* (1 Tim. 6:16). Jesus called them to also believe in Him *in this way*—knowing that after He died that He would be invisible to His people. He was calling the disciples to believe in Him when they could no longer see Him with their physical eyes similar to how they had long believed in God the Father.

***“... Blessed are those who have not seen and yet have believed.”*** (Jn. 20:29)

2. The cure for troubled hearts is Jesus. The answer He gives our troubled hearts is *Himself*: The main focus and essence of heaven is a Person—the very presence of Jesus!

- E. *Truth #2—Jesus promised to return to be with us in the Father's house forever* (14:2-3; Mt 24:30). The Father’s house speaks of the New Jerusalem (heaven). This promise gave them a whole new perspective for their life. Few approach the topic of overcoming a troubled heart by calling people to focus on the New Jerusalem. The New Jerusalem will descend to the earth (Rev. 3:12), ***both*** at the beginning (Rev. 21:10) of the Millennium when Jesus returns at the end of it (Rev. 21:2).

<sup>2</sup>***In My Father’s house are many mansions...<sup>3</sup>I will come again [Jesus’ second coming] and receive you to Myself; that where I am, there you may be also.”*** (Jn. 14:2-3)

<sup>16</sup>***The Lord will descend from heaven...we shall always be with the Lord.*** (1 Thes. 4:16-17)

<sup>12</sup>***“...the New Jerusalem, which comes down out of heaven from My God.”*** (Rev. 3:12)

- F. Truth #3—We can engage in a deep relationship with God in this age. We are called to participate in the family dynamics of the Trinity as Jesus described in John 14:7-27 and applied in John 15. Jesus described how He related to the Father *as a man* (14:7-11), and how His disciples are to relate to Him and the Father in a similar way by the Spirit (14:12-27); then He applied it in John 15:1-12.  
<sup>20</sup>I am in My Father, and you in Me, and I in you...If anyone loves Me, he will keep My word; and My Father will love him; We will come to him and make Our home with him. (Jn. 14:20, 23)  
<sup>5</sup>...He who abides in Me, and I in him, bears much fruit. (Jn. 15:5)
- G. Truth #4—He supernaturally empowers us now by the indwelling Spirit (Jn. 14:16, 26; 16:13-15).  
<sup>16</sup>...He will give you another Helper...<sup>17</sup>He dwells with you and will be in you...<sup>26</sup>The Holy Spirit ...will teach you all things, and bring to your remembrance all things that I said to you. (Jn. 14:16-17, 26)
- H. Truth #5—God’s love for God and His people—the ultimate reality and source of beauty. God’s love for God is our grand security (15:9). My confession is “God loves me, and I love God therefore, I am successful.” Jesus prepared a place for us by the sufficiency of the cross (14:2).  
<sup>9</sup>As the Father loved Me, I also have loved you; abide [live] in My love. (Jn. 15:9)  
<sup>23</sup>...that the world may know that You...have loved them as You have loved Me. (Jn. 17:23)
- I. Truth #6—Access to supernatural resources through Spirit-led prayer as God supplies our needs.  
<sup>13</sup>And whatever you ask in My name, that I will do, that the Father may be glorified... (Jn. 14:13)  
<sup>19</sup>And my God shall supply all your need according to His riches in glory by Christ... (Phil. 4:19)
- J. Truth #7—How Jesus responded to the apostles when they stumbled. On the night that Peter and all the others stumbled (Mt. 26:31), He spoke of loving them (15:9), called them friends (15:15), prayed for them, and spoke words of life over them (15:8)—assuring Peter that he would recover and be used by God; then confirming his calling by a miraculous catch of 153 fish (Jn. 21:11, 17).  
<sup>8</sup>...that you bear much fruit...<sup>9</sup>I also have loved you...<sup>15</sup>I have called you friends (Jn. 15:8-9, 15)  
<sup>31</sup>The Lord said, “Simon...Satan has asked for you...<sup>32</sup>I have prayed for you, that your faith should not fail; and when you have returned to Me, strengthen your brethren.” (Lk. 22:31-32)  
<sup>17</sup>He [Jesus] said to him [Peter] the third time...“Feed My sheep.” (Jn. 21:17)
- K. Truth #8—The joy of eternal rewards related to being faithful to Jesus and enduring persecution.  
<sup>22</sup>Blessed are you when men hate you...and revile you...for the Son of Man’s sake. <sup>23</sup>Rejoice in that day and leap for joy! For indeed your reward is great in heaven... (Lk. 6:22-23)  
<sup>33</sup>Sell what you have and give alms; provide yourselves...treasure in the heavens ... (Lk. 12:33)  
<sup>42</sup>Whoever gives one...a cup of cold water...he shall by no means lose his reward. (Mt. 10:42)  
<sup>21</sup>...Well done, good and faithful servant; you were faithful over a few things, I will make you ruler over many things. Enter into the joy of your lord.’ (Mt. 25:21)