

Intimacy with Father, Son and Spirit

Session 19: Overcoming Fear, Shame, Betrayal, and Grief

(Jn. 14:1)

Overview: In John 15 and 16, Jesus really spends time revealing the heart He calls us to have, Ch 16 is more intense with that language than Ch 15. Ch 15 really shows us that half the chapter is about the heart then the last half of the Chapter He reveals why/Chapter 14, sets it all up. Jesus spends a lot of time speaking to the very issues that keep us from abiding in Him and Trusting His promises.

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

¹***Let not your heart be troubled; you believe in God, believe also in Me...***²⁷***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)

A. Jesus commanded the disciples not to allow trouble to dominate their heart (14:1). Jesus understood the human dynamics the apostles were experiencing in their hearts, the same way He knows the dynamics you are experiencing on your heart.

Jesus promises to release His peace into hearts of those who Trust Him and do not allow troubles to dominate their hearts (14:27)

B. John 13-17 tells how to engage our troubled hearts to overcome ***fear*** (anxiety) with despair from the crisis in the culture and persecution, ***shame*** from personal failure, ***bitterness*** from betrayal, and ***grief*** from the death of a loved one.

In this last week before the crucifixion Jesus addresses seems like line by line the matters of the Father's heart and promises an anchor for our hearts.

He shows us how to overcome 4 of the most painful and dangerous emotions and mindsets that trap humans.

Jesus spends a lot of time giving us insight into the family dynamics within the Trinity.

The beauty of all that Jesus was communicating was not from the perspective of how Jesus communicates with the Father, but showed Himself as a model of a man filled with the Spirit interacting with God, giving us hope that it is available for us too.

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

A. To understand what Jesus spoke on Thursday night (***Jn 13-17***, the last supper), we must go back to what He spoke on Tuesday which was ***Mt 24,25*** (Also ***Mk 13*** and ***Lk 21***)

²***Jesus said to them, "...not one stone [of the temple] shall be left here upon another...***

⁶***You will hear of wars and rumors of war. See that you are not troubled...***⁷***For nation [ethnos] will rise against nation...there will be famines, pestilences, and earthquakes...***⁹***They will deliver you up to tribulation and kill you...***¹⁰***Then many will...betray one another... (Mt. 24:2-10)***

This is so integral in order to grasp the fullness of Jesus purpose that last week. When Jesus is asked by the apostles when the end will come, He prophesies racial conflict, pestilences, betrayal, martyrdom, the siege of Jerusalem (***Zech 14:2***), and more.

Jesus called them "*not to be troubled*" in ***Mt 24:6***

The truths in Jn 13-17 can equip us to respond to the end time troubles highlighted in Mt 24 while providing the necessary “lens” to interpret the Fathers message surrounding the times of Jesus’ return.

B. As we obey Jn 14:1 consistently, His peace guards our hearts (**Jn 14:27; Phil 4:7**). Prayer and conversation with God include Him showing us that His Truths and Promises are real and worthy of our trust and confidence.

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

III. SEVEN REASONS WHY THE APOSTLES WERE TROUBLED

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).

Any Human, especially us today would feel and its normal to feel trouble in our hearts when we talk about these subjects.

A. Trouble #1—Death of their beloved leader and friend: The thought of Jesus dying brought grief to them (Jn. 16:16, 20-28). Jesus knew that most of the apostles along with others would be martyred. We grieve over the sudden death of loved ones but not as those who have no hope (1 Thes. 4:13).

B. Trouble #2—Personal failure: Peter denied Jesus, and the others stumbled (Mt. 26:31; Jn. 13:38). The enemy seeks to overwhelm us with shame, condemnation and accusation related to our failures. Daniel prophesied that in the end times the human potential for sin will reach fullness (Dan. 8:23).

³⁸***...I say to you [Peter], the rooster shall not crow till you have denied Me three times. (Jn. 13:38)***

³⁰***...they went to the Mount of Olives. ³¹Jesus said... “All of you will be made to stumble because of Me this night...³⁴before the rooster crows, [Peter] will deny Me three times.” (Mt. 26:30-34)***

²³***“And in the latter time of their kingdom, when the transgressors have reached their fullness, a king [the Antichrist] shall arise, having fierce features...” (Dan 8:23)***

C. 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). Betrayal is one of most painful experiences because it occurs in context to a close relationship.

²¹***...He was troubled in spirit, and testified and said, “...one of you will betray Me.” (Jn. 13:21)***

¹⁶***You will be betrayed even by parents and brothers, relatives and friends... (Lk. 21:16)***

D. Trouble #4—Crisis in the culture: Pressures disrupted the social order (Mt. 24:4-12; Lk. 21:8-24). The crisis in the culture includes wars, ethnic conflict, pestilence, earthquakes, false narratives, etc.

⁶You will hear of wars...⁷For nation [ethnos] will rise against nation...there will be famines, pestilences, and earthquakes...¹¹Then many false prophets will...deceive many. (Mt. 24:6-11)

E. Trouble #5—Persecution: Some were killed, beaten, or imprisoned (Mt. 24:9; Lk. 21:12; Jn 16:2).

⁹Then they will deliver you up to tribulation and kill you...for My name's sake. (Mt. 24:9) ¹²...they will lay their hands on you [beatings]...delivering you up to the...prisons... (Lk. 21:12)

F. Trouble #6—National destruction: Jerusalem and the temple destroyed (Mt. 24:1-2; Lk. 21:20-24).

²Jesus said to them, "...not one stone [of the temple] shall be left here upon another... (Mt. 24:2)

²⁰When you see Jerusalem surrounded by armies...²³For there will be great distress...upon this people. ²⁴They will fall by...the sword and be led away captive into all nations. (Lk. 21:20-24)

G. 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

¹"Let not your heart be troubled; you believe in God, believe also in Me." (Jn. 14:1)

This command is ultimately determined by how our lives reflect a trust in His leadership. By agreeing with His promises, trusting His leadership, and engaging with His heart. (Katie understood this)

Jesus ***did not*** say, "Let not your hearts be troubled because you will escape all the pressures of life." Nor did He say that if we have enough faith, then we will escape all the pressures that others face.

What do we do when our heart is troubled? We must realign our mind to agree with God's Word. Our emotions (and thus our character) are transformed as we bring our mind into agreement with biblical truths and promises. We can change our mind, but only God can change our emotions.

²...be transformed [emotionally] by the renewing of your mind... (Rom. 12:2)

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

A. 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.

¹***“Let not your heart be troubled; you believe in God [a fact], believe also in Me [a command].”***

(Jn. 14:1)

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.

The cure for troubled hearts is Jesus. The answer He gives our troubled hearts is Himself.

******The focus and essence of heaven is a Person—the very presence of Jesus! Paul understood that he was anointed by grace to proclaim the unsearchable riches of the Man Christ Jesus.

⁸***...grace was given that I should preach...the unsearchable riches of Christ...*** (Eph. 3:8)

B. Truth #2—Jesus’ first promise was to return to be with us in the Father’s house forever (14:2-3). 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.

²***In My Father’s house are many mansions...³I will come again and receive you to Myself.*** (Jn. 14:2-3)

Jesus applied His promise to “come to them” to His second coming (14:3) and by dwelling in them through the Spirit who was given to them at Pentecost (14:23, 26)

The New Jerusalem will descend to the earth (Rev. 3:12), **both** at the beginning (Rev. 21:10) of the Millennium when Jesus returns and at the end of it (Rev. 21:2).

C. Truth #3—We can engage in a deep relationship with God in this age (14:3, 23). We are called to participate in the family dynamics of the Trinity as described in 14:7-27. One primary kingdom foundation is that we cultivate the “oil of intimacy” in our relationship with Jesus (Mt. 25:9).

³***I will come again and receive you to Myself; that where I am, there you may be also.*** (Jn. 14:3)

²³***If anyone loves Me...We will come to him and make Our home with him.*** (Jn. 14:23)

⁴***...the wise took oil in their vessels...⁸The foolish said to the wise, ‘Give us some of your oil, for our lamps are going out.’⁹The wise answered, ‘...go buy [oil] for yourselves.’*** (Mt. 25:4-9)

D. Truth #4—God’s love for God and His people—is the ultimate reality and source of beauty. From all eternity the Father has loved the Son and the Spirit and They have loved Him having pleasure in Their relationship with One Another and the redeemed—this makes God’s family secure forever.

⁹***As the Father loved Me, I also have loved you; abide [live] in My love.*** (Jn. 15:9)

²³...that the world may know that You...have loved them as You have loved Me. (Jn. 17:23)

E. Truth #5—He supernaturally empowers us now by the indwelling Spirit (Jn. 14:16, 26; 16:13-15). Jesus gave us the Spirit to teach and direct us and to anoint our hands and words to impact others.

¹⁶...He will give you another Helper...¹⁸I will not leave you orphans...²⁶The Holy Spirit...will teach you all things, and bring to your remembrance all things that I said... (Jn. 14:16-18, 26)

F. Truth #6—Access to supernatural resources through Spirit-led prayer as God supplies our needs. We are urged to ask God for provision, to change our circumstances, to open doors of blessing, etc.

¹³And whatever you ask in My name, that I will do, that the Father may be glorified... (Jn. 14:13)

¹⁹And my God shall supply all your need according to His riches in glory by Christ... (Phil. 4:19)

G. Truth #7—How Jesus responded to the apostles when they stumbled. On the night that Peter and the others stumbled (Mt. 26:31), He prayed for them and assured Peter that he would recover and be used by God; He affirmed His love for them (15:9), spoke words of encouragement (15:8), and called them His friends (15:15). In Jesus' third appearance to them (Jn. 20:26; 21:1, 14), He confirmed Peter's calling to leadership by a miraculous catch of 153 fish (Jn. 21:11, 17).

³¹The Lord said, "Simon...Satan has asked for you..."³²I have prayed for you, that your faith should not fail; and when you have returned to Me, strengthen your brethren." (Lk. 22:31-32)

⁸...that you bear much fruit...⁹I also have loved you...¹⁵I have called you friends (Jn. 15:8-9, 15)

¹⁷He [Jesus] said to him [Peter] the third time..."Feed My sheep." (Jn. 21:17)

H. Truth #8—The joy of eternal rewards related to being faithful to Jesus and enduring persecution. Rewards are about how Jesus feels about how we loved Him in small ways throughout this life.

⁴²Whoever gives one...a cup of cold water...he shall by no means lose his reward. (Mt. 10:42)

²²Blessed are you when men hate you...and revile you...for the Son of Man's sake.

²³Rejoice in that day and leap for joy! For indeed your reward is great in heaven... (Lk. 6:22-23)

²¹...you were faithful over a few things, I will make you ruler over many things." (Mt. 25:21)