



Handout January 16, 2026

Let Not Your Heart Be Troubled John 14

Welcome back and here we go! You know, over and over, we tend to resort back to the bad idea of listening to ourselves! We listen to others. We rework it in our heads to make it reasonable to us and then we fret! The end result: we have a troubled heart!

John 14:1-4 *“Let not your heart be troubled; you believe in God, believe also in Me. In My Father’s house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also. And where I go you know, and the way you know.”*

1) Jesus was _____ the disciples!

We often grasp on to the sentence, “let not your heart be troubled” and hold on to it as a beginning of a promise. But put in context from the last part of John chapter 13, the last supper, Jesus says, one of you will betray me, and I am going away, and then he predicts Peter’s denial.

2) Jesus _____ with a _____!

It is easy for us to understand the concept of a troubled heart. You might have one now. Our hearts get troubled over:

3) Circle what troubles you:

- | | | |
|-----------------|----------------|--------------|
| • Relationships | • Politics | • The Future |
| • Health | • World events | • _____ |
| • Finances | • Pets | • _____ |
| • Children | • Memories | • _____ |

Jesus really takes a moment in time and gives us a teaching for all time --- a roadmap to peace. He reassures our hearts by first telling us.....

4) I’m _____ a _____ and I’m _____ for you!

Certainly, if all we had to hope for was this life, this broken world, then despair could reign. In fact, Paul alludes to this very point in ***1 Corinthians 15:12-19***.

5) Our _____ is not in _____!

Jesus continued by saying in ***John 14:12-13***..... *Greater Works*

In terms of preaching and spreading the WORD, Jesus was confined to the area around Israel. The apostles sent the WORD around the known world, all by faith in what they heard!

6) Jesus also _____ to not _____ us _____.

John 14:15-18

Let's invite the Holy Spirit again right now.

I don't know what is troubling your heart today, but God has always said...

Hebrews 13:5-6 *'Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, "I will never leave you nor forsake you." So we may boldly say: "The Lord is my helper; I will not fear. What can man do to me?"'*

7) He will never _____ you, nor _____ you.

I want to reassure you today that God loves you. He knows what is troubling you.

John 14:25-27

Jesus promised to give us peace... not as the world gives. How can you personally find that today..... that **Philippians 4:6-7** peace?

Think on what is troubling you. How does God see this issue? Is He worried at all? Why not?

You see, that is your peace because you share in Jesus' destiny. You are going to the same place. He has promised you.

How can you find peace... that peace that always seems to elude you? By having confidence in the outcome and by claiming the promises.

"Neither let it be afraid..."

The future can be a scary proposition ----- the crazy world, our health.....

- But Christ is risen!
- We have this hope.
- We are not orphans.

Romans 8:26-28 *'Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God. And we know that all things work together for good to those who love God, to those who are the called according to His purpose. '*

Do you believe this?

To Live supernatural lives you must believe in supernatural things.

Let's pray.

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