

LET NOT YOUR HEART BE TROUBLED

Intro JOHN 14:1-2, 27,

The context of these words is Jesus' last discourse to his disciples (John 13-17) before his impending death. He is exhorting, encouraging and affirming them of how they can face the uncertain future with confidence. His love for them and in them will cause them to have peace and be fruitful.

- 1) *Let not your heart be troubled (Tarasso)*
- 2) *Neither let it be afraid*
- 3) *Believe in God, believe also in Me*

The Greek word *tarasso*, "troubled", has a variety of meanings. Some of them are:

"To take away calmness of mind, to render anxious or distressed, to perplex the mind of one by suggesting scruples or doubts"

- A distressed mind is the birth place of worry and fear, which are stepping stones to doubt and unbelief -

I. NIP ANXIETY IN THE BUD

MARK 5:36

II. FORBID DISTRESS TO TAKE ROOT

MARK 5:37

III. UPROOT SUGGESTIONS TO DOUBT

MARK 7:32-33

MARK 8:22-25

IV. BE ROOTED IN THE VINE

JOHN 15: 1-15

GAL 5:6 *“Faith is activated and energized and expressed and working through love”* - **Amplified Version**

Conclusion

It is we who allow or disallow ‘troubles’ to influence our lives negatively. If we protect our hearts we will be fruitful.

PROV 4:20-23 *“My son give attention to my words...keep them in the midst of your heart...keep your heart with all diligence...for out of it spring the issues of life”*

- a) Be attentive to the Word
- b) Let the Word abide in your heart
- c) Protect your heart