

## GOD'S CURE FOR A TROUBLED HEART

### Introduction

According to some sources, a large percentage of Americans suffer from the issue of anxiety just like the Disciples did on the night before Jesus died because they were worried about the thought of losing Him. It really bothered them. Therefore, Jesus told them "Do not let your heart be troubled" which is what we are going to talk about this morning by looking at "4 Cures for a Troubled Heart in this Passage."

### 1). You Overcome a Troubled Heart by Remembering that You are Going to Heaven (verses 1-4).

Verses 1-2 says, *"Do not let your heart be troubled; believe in God, believe also in Me. In My Father's house are many dwelling places; if it were not so, I would have told you; for I go to prepare a place for you."*

Discussion Question A: Explain this passage in your own words.

Discussion Question B: Why does Jesus bring up the issue of "My Father's house" in this passage and how does it relate to the Passover?

### 2). You Overcome a Troubled Heart by Remembering that You Know the Way to Heaven (verses 5-6).

Verses 5-6 says, *"Thomas said to Him, 'Lord, we do not know where You are going, how do we know the way?' Jesus said to him, 'I am the way, and the truth, and the life; no one comes to the Father but through Me.'"*

Discussion Question A: What kind of man was Thomas and how does that impact what he says in verse 5?

Discussion Question B: Were his words spoken with a tone of encouragement or discouragement? What was Jesus' advice to help him deal with that?

### **3). You Overcome a Troubled Heart by Remembering that Jesus is God (verses 7-15).**

Verses 7-9 says, “*‘If you had known Me, you would have known My Father also; from now on you know Him, and have seen Him.’ Philip said to Him, ‘Lord, show us the Father, and it is enough for us.’ Jesus said to him, ‘Have I been so long with you, and yet you have not come to know Me, Philip? He who has seen Me has seen the Father.’*”

Discussion Question A: What kind of man was Philip and how does that impact what he says in verse 8?

Discussion Question B: Were his words spoken with a tone of encouragement or discouragement? What was Jesus’ advice to help him deal with that and what role does the trinity play in this discussion?

### **4. You Overcome a Troubled Heart by Remembering that You have the Holy Spirit (verses 16-17).**

Verses 16-17 says, “*I will ask the Father, and He will give you another Helper, that He may be with you forever; that is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be in you.*”

Discussion Question A: The sermon mentioned several characteristics of the Holy Spirit that are given in verses 16-17. What are they and how would they have encouraged the disciples?

Discussion Question B: Why should these characteristics of the Spirit’s ministry be an encouragement for us today as well?