

**Let  
Not  
Your  
Heart  
Be  
Troubled**



**"Let not your heart be troubled: ye believe in God, believe also in me."**

John 14:1 (KJV)

King James Bible Online .org

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## Introduction

“Let not your heart be troubled: ye believe in God, believe also in me.” **John 14:1.**

The dictionary says that the word troubled means:

1. A state of distress, affliction, difficulty, or need:
2. A distressing or difficult circumstance or situation:
3. A cause or source of distress, disturbance, or difficulty:
4. A condition of pain, disease, or malfunction: heart trouble; car trouble.

There are a lot of reasons to be troubled. Life is full of challenges, difficulties, heartaches, worries, and the like. However, we tend to fret over things that may happen but never do.

**‘We Worry About Things, Most of Which, Never Happen’**

# Calming The Troubled Soul

Our feelings can sometimes get the best of us, especially when evil forces dog our heels and make us question our every decision. It happens to me all the time. When I seek to do the will of God, I get all kinds of attacks and a multiple array of feelings. My mind becomes a battlefield. Did I do the right thing? Did I say the right thing? and so on. I'll bet that has happened to you before as well. It's called second-guessing yourself. We question ourselves because why? There are so many different reasons and so many different accompanying feelings.

**Hear how the psalmist dealt with his feelings.**

*“Why art thou cast down, O my soul? And why art thou disquieted within me? Hope in God: for I shall yet praise him, who is the health of my countenance, and my God.” Psalm 43:5*

The psalmist is speaking to himself. His remedy for stress and a troubled heart was:

- 1. To transfer the situation from the emotional to the logical realm.**  
He recognized that he was upset but he did not allow his feeling to take control. **(for I shall yet praise him)**
- 2. To reason with his own soul.**  
He reasoned with himself asking the one question that would cause him to think... **Why Art Thou Disquieted?**
- 3. To speak to his soul with words of comfort and encouragement.**  
He did not engage in a “Pity Party” Instead, he gave wise counsel to himself **(Hope thou in God)**
- 4. To provide a Godly solution to his own dilemma.**  
He fell back onto the Word of God as a solution to his dilemma. **(who is the health of my countenance, and my God)**

5. **To confess only victory over the situation.**

He did not agree with his feelings but rather put his faith and trust in God.  
(and my God)

When we get all bunched up in our emotions, we need to remember one key phrase. This phrase will help us to switch from fear and confusion to faith. Here's the key phrase.

**Why Art Thou Disquieted Within Me?**

*Answer the question.* Don't think of anything else. Do not focus on your mood-swings, your tears, or anything else. *Just answer the question.* It's always nice to invite the Lord into your situation. He already knows why you are fearful and how to fix things. NEVER try to figure it out alone. Rely on the Holy Spirit for counsel and guidance.

**Refer To God's Word**

May I suggest that you refer to the Word of God for answers and guidance? You can easily "Google" Bible verses that speak against Fear. I use fear because it is the #1 most destructive cause of a troubled heart. Wrapped up in fear are confusion, anxiety, depression, hopelessness, worry, and other negative emotions. They seem to dance together.

Here are a few NIV Bible verses that you should commit to memory.

1. "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." **Isiah 41:10**
2. "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." **John 14:27**
3. "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." **Matthew 6:34**

4. “Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” **Psalm 23:4**
5. “The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid?” **Psalm 27:1**
6. “But even if you should suffer for what is right, you are blessed. “Do not fear their threats ; do not be frightened.” **1 Peter 3:14**
7. For God has not given us a spirit of fear, but of power and of love and of a sound mind.” **2 Timothy 1:7**

Overcoming fear is not easy. Listen to what **Debbie McDaniel of Crosswalk.com** shared in a recent blog.

## **The Enemy’s Most Popular Weapon**

**Fear!** One of the enemy’s most popular weapons that he uses against us. Worry, anxiety, fear...can overwhelm us with a thick shadow of darkness, controlling our every move and decision.

So much crazy going on around us today - wars, conflicts, persecution, violence, crime, natural disasters, terrorism, economic uncertainty, unemployment, divisions, disease, death. We fear for our children’s future, we fear for our families, we fear for our financial future, we fear for our safety. The list goes on...long. There actually is a lot we could potentially worry about.

***Yet reality tells us that so much of what we spend our time worrying about never even happens. Living under the weight of the "what if's" is a hard place to dwell.***

I struggled with fear and worry for years. But through time, I began to find that the things that once would have sent me down an anxious spiral, no longer had the same effect. It didn’t happen quickly, but over days, months, years.

I read words - of life - of truth. Soaking them in, over and over, praying them out loud. Until they became so familiar, they replaced the other things in my mind that I’d battled against. There’s nothing magical about words and verses, but there is power through them, because they’re God’s words.

**Change happened.** Anxious thoughts began to diminish. Worry let go of its constant grip. And though fear is sometimes still there, it no longer wields control, holding me back, paralyzing me in its grasp.

His words are “life” words, soothing to our soul, calming to our spirits, giving power to our days.

**It’s not always easy, and it often comes down to a choice:**

- Choosing not to allow fear and anxiety to control your life.
- Choosing to guard your heart.
- Choosing to focus your mind on what is truth in the midst of uncertain times.

We might still feel afraid, but we can believe that God is with us. We may not be in control, but we can trust the One who is. We may not know the future, but we can know the God who does.

## **The Choice Is Ours**

**“Let not your hearts be troubled. Trust in God; trust also in me.” (John 14:1)**

Jesus spoke these words to His disciples sometime before He was led away to be crucified. His concern was for those that would be left in confusion and bewilderment at His death. All of their dreams of being free from the oppression of Rome and the selfrighteousness of their religious leaders were being destroyed.

The future for the disciples was not looking very bright. It is in this context that Jesus tells them that they will have a choice to either fall under the sorrow of His departure or live in the hope of His ultimate victory. They could choose to not be troubled over the events that would soon threaten their hopes.

Jesus said “Let” or in our day language, “allow”...in other words...do not allow yourself to become distressed, anxious or worried because of the things that will possibly come to pass. That says to me that we are to be cautious as to how we react to a given situation. The thing we are worried about or fear may never happen.

We do have the choice of falling apart because of what could be or just happened to us or, as Jesus said, *“You believe in God so believe also in Me”*. It’s not the end of the world, only the end of the street. There are other roads to walk and explore. He will even make a path where there is no path.

# Fear of The Future

## The “What If” Senario”

I want to share a story with you that caused us to worry and cost us money but never happened. We live in a nice neighborhood but about two years ago a family moved in to rent the house down the street. They were selling drugs, pushing ladies of the night and openly showing guns outside of their residence. We saw the police there several times and found out later that they caught a fugitive at that location. We also heard the police helicopter buzzing the area looking for another fugitive. There was also a drive by shooting...all in our really nice community. This went on for two long years and caused us to be very anxious, fearful and really worried about the future.

The fear that we felt, although justified, never produced an end result of sorrow or tradey. It did, however, kept us in torment. As we prayed about it, God led us to this Bible verse. *“The angel of the LORD encampeth round about them that fear him, and delivereth them.”* Psalm 24:7

God had given His Word to us but, *just to be sure*, we installed an alarm system, went through gun safety classes, qualified for a special license to carry concealed, bought weapons an were glad we had two big dogs that barked at everything.

What’s really amassing is...once we did all of this, the family suddenly moved out of our neighborhood and the house is now up for sale. We couldn’t just trusted God’s word that His angel was with us to deliver us. Instead, we went to all the trouble and expense for a fear of being harmed...something that never materialized.

God still worked everything together for good because we now are well informed in the use of firearms and able to defend ourselves if necessary.

**The point is**...we, like many other folks, dwelled on the fear instead of the Lord. Yes, we might have been in danger. Yes, we might have had to defend ourselves against a burglar. Yes, we could have of had something bad happen to us. But we didn’t.

God gave us a hook to hang our faith on. The hook was **Psalm 24:7**. We could have just as well trusted God and rested in his love, dispelling the fear and eliminated the torment.

In this “What If” scenario, we made the wrong choice. I say that because on the one hand, the opportunity before us was to exercise faith and allow God to handle the situation. On the other hand we could have taken charge of the situation and

prepared for the worst-case scenario which would nullify our faith. It was a matter of let God rule or let us rule over the matters at hand. We made the wrong choice and missed seeing the power of God at work.

The Lord was still gracious towards us. He did force the family out of our area so we wouldn't have to confront them or the threat of using a weapon in our defense. It was a real application of **Romans 8:28**, which says, *“And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”*

Since we were still seeking God's will, He took care of us anyway and kept us from harm.

## **Rest My Child**

**Rest my child, says the Lord.  
Take thy peace and be restored.  
I have provided, thy mouth to feed.  
From the beginning, I knew your need.**

**Do not worry, fret or even fear,  
For, my child, I am always near  
To bless thy soul with love and grace,  
To be with thee, face to face.**

**Come, my child, near to my throne.  
Do not allow your faith to roam.  
For those who will not believe  
Can never find rest in times of need.**

**My Word shall see you through.  
My grace I freely give to you  
That you should rest, thy soul to keep,  
Forever delivered from unbelief.**

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“If you're discontent, worried, anxious, bewildered, perplexed, confused, agitated, or otherwise in need of comfort, the reason is that you don't trust Him like you should. If you really trust Christ, what do you have to worry about? The reason the disciples were so stirred up is that they had begun to focus on their problems, and they didn't seem to be able to put their trust in Christ. So in these verses He reminds them of the importance of trusting Him.” *Excerpt from John Mac Arthur's web article 1983 Grace To You*

Mac Arthur believes that what Jesus was actually saying is, "You believe in God, even though you can't see Him. You also believe in Me. Keep believing.

Your faith in Me must not be diminished just because you will not see Me. I will still be present with you." He wanted the disciples to understand that even though He was leaving them physically, His presence would be with them spiritually. He would be leaving, but they had and would always have access to God.

I agree with his review and explanation of the text. It is in times of stress and difficulty that we need to trust that Jesus is with us, that he will never leave us and that He will help us through whatever comes our way.

## Conclusion

It's high time we wake up to spiritual remedies for human problems. We must let God be God and stay off the throne of our own lives. We will need to remember how to jump from fear to faith. Here are a few hints:

1. Know that God is for you and always by your side.
2. Call upon Him and invite Him into your situation.
3. Speak to yourself in words of comfort using scriptures that express God's power and love.
4. Ask yourself, "Why Am I so upset, anxious, troubled or fearful?"
5. Answer your own question...why and apply a counter measure against it from the bible.
6. Listen for the voice of the Holy Spirit. He will talk to you.
7. Trust in the Lord and do not lean on your own understanding.

***God bless you as you find victory in Jesus.***