COMFORT FOR THE TROUBLED IN HEART

John 14

Awareness

Before listening, reflect:

- Have you ever been troubled by something someone said to you? What did you do about it?
- What are some things in our world that trouble you?
- Why do you think our human tendency is to cheer people up when they are sad, distressed, or troubled?

When situations in life trouble us and worry threatens to take over, reading John 14 can soothe our troubled hearts. Before his arrest and crucifixion, Jesus celebrated the Passover with his disciples. During this time, he gave them important truths and promises that can bring us comfort, offer us assurance, and fill us with serenity if we trust his word and follow his simple, though not always easy, command.

Listen:*Comfort for the Troubled in Heart*

Reflection

After listening, consider:

- While reflecting on John 14:1-6 in segment 1, host Scott Hoezee suggests “we need to change the acoustics of this passage a little bit.” How does your understanding or appreciation for the passage change when you think about Jesus’ tone being pastoral, twinged with compassion and grief rather than declarative and triumphant?
- Why does it matter that Jesus can sympathize with our troubles? Why should it comfort us to have a God that understands because he experienced these troubles too?
- In segment 2, the conversation identifies three promises Jesus makes to his disciples before he leaves them: 1) a place, 2) his presence by his Holy Spirit, and 3) his return and reunion with him. Which is the greatest comfort to you when you’re feeling troubled? Why?
- It’s human nature—our instinct—to do something when someone is hurting; we want to cure, solve, or fix a troubled heart. But all Jesus Christ tells us to do is love; love God, and love each other. What are some ways you can continue to love God when your heart is troubled? In what ways can you continue to love others while in a situation that troubles you?

Related Passages

- **John 13**
- **Matthew 22:36-40**
- **John 16:16-33**

Conclusion

Close your time of study and reflection in prayer. Use the one below or consider writing one of your own.

> Lord, thank you for revealing yourself to us in Jesus.
> Thank you for assuring us through Christ that you understand our troubles.
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> Jesus, you are the Way, the Truth, and the Life.
>
> When we are troubled and need direction,
> remind us to seek our way in you.
>
> When our hearts are troubled by confusion or deception,
> remind us to seek our truth in you.
>
> When our hearts are troubled, lacking motivation or meaning,
> remind us to seek our life in you.
>
> Help us to love with a love like yours.
>
> And as we seek you and practice loving like you, despite our circumstances,
> may we discover serenity and peace in the depths of our hearts.
>
> In Jesus name,
> Amen.

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