

# “The Remedy for a Troubled Heart (John 14:1)”

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Nags Head Sunrise with John 14:1 - Photo by Whitney V. Myers

***“Do not let your heart be troubled; believe in God, believe also in Me”***  
**(John 14:1)**

***Consider.*** On the evening before his death, Jesus spoke with his disciples. Jesus told his disciples that he was about to leave them (John 13:33). Naturally, their hearts filled with sorrow (John 16:5-6).

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Jesus had already told his listeners who he is. "I and the Father are one" (John 10:30). "Truly, truly, I say to you, before Abraham was born, I am" (John 8:58, Exodus 3:6, Exodus 3:14).

As the remedy for *their* troubled hearts, Jesus asked his disciples to *believe* in him. The Greek word for "believe" is *pisteuó*, which means *have faith in, trust in* (Ref. 1).

As the remedy for *our* troubled hearts, Jesus asks us to *believe* in him. Jesus asks us to *trust him* and to *have faith in him*.

***The remedy for a troubled heart is to believe in Jesus.***

To the father of the boy who was deaf, mute, and had seizures, Jesus said, "All things are possible for the one who believes *and* trusts [in Me]!" (verse 23 in Mark 9:14-29)

To the woman who touched Jesus' cloak and was healed, Jesus said, "Daughter, your faith [your personal trust and confidence in Me] has restored you to health; go in peace and be [permanently] healed from your suffering" (Mark 5:34).

To his disciples, Jesus said, "Peace I leave with you; My [perfect] peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be afraid. [Let My perfect peace calm you in every circumstance and give you courage and strength for every challenge.]" (John 14:27).

***Listen.*** I encourage you to listen to Louis Armstrong's recording of the African-American spiritual song, "Nobody Knows the Trouble I've Seen."

***Apply.*** Is something troubling your heart today? Will you choose to believe in Jesus?

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- *Walking in God's Way (Old Testament Perspective)*
- *"The Way" - The Name of the Early Christian Church*
- *Why is Jesus the Only Way to Heaven?*
- *Are You Ready to Believe in Jesus?*

## **Reference**

1. <http://biblehub.com/greek/4100.htm>