

TROUBLE, NOT TROUBLED

John 14:1 (11-6-05)

INTRO: I received an email this week that became a large part of my focus. The person said they would like to give me a “special word” from the Lord, but all they could come up with is believe ... but with a BIG behind it. At first, with regard to this situation I felt I have believed, and believed and believed. I have seen progress, I have seen setbacks. What am I supposed to believe for, especially *believe big* for? The first part of the week I kept fixing on certain things I would like to see in this. As the week progressed I could only hold on to believe, BIG. I found it easier to just attend to those words than to think of the things, for when thinking of the situation the “things” began to confuse me. Then it seemed God was saying “you know Sam, you are NOT done with John 14. I knew there was more, but I said “God, people are going to think that I am monotonous, stuck on one chapter because I don’t know anything else. God won the argument, and here I am, and you are stuck with me. Maybe, just maybe you can walk with me today, and something will happen to all of us on the journey.

THE STATEMENT

A. Consider the Statement “Let Not.” In the Analytical Literal Translation it says “Stop letting your heart be troubled.” The Contemporary English Version says: “don’t be worried,” The Good News, “Don’t be worried and upset,” and The Message, “Don’t let this thing throw you.” John Wayne said: “Courage is being scared to death but saddling up anyway.” Now that sounds good and has it’s place but the request of Jesus, is simply to not let our hearts be troubled. What is the problem with being troubled anyway? Doesn’t that stir us to action at times? It certainly gets me going. *The REAL question, is what am I troubled about, where does it take me and what is it founded on?*

B. Consider the Result of Being Troubled. I read An average person's anxiety is focused on : 40% -- things that will never happen, 30% -- things about the past that can't be changed, 12% -- things about criticism by others, mostly untrue, 10% -- about health, which gets worse with stress , 8% -- about real problems that will be faced. What is the price I pay for worry? *Christy Henrich*, as a teenager, ranked among America's best gymnasts. But a judge told her that at 95 pounds, spread over a 4-foot-11 frame, she was too fat to make the 1988 Olympic team. So she began starving herself, subsisting some days on an apple or just an apple slice. If she ate more, she would force herself to vomit. She missed making the Olympics by a fraction of a point but, thanks to nine-hour training days, she placed fourth in the uneven parallel bars in 1989's world championships in Stuttgart. Months later, after her weight fell to 52 pounds - - she died at age 22 in a Kansas City hospital of multiple organ system failure. Isn’t my being troubled usually based on some false fear?

THE SETTINGS

A. Consider Jesus Life. There is such a thing you know of being troubled for a valid reason. What about Jesus. Was He troubled? YES!! Read John 11:33 and you find that Jesus spirit was troubled, and the word for troubled is the exact same word that is used in out text. It means *agitated or stirred*. Read John 12:27 and see that Jesus was troubled in His soul, same word, though there are others He could have used. John 13:21 Jesus was troubled in spirit. I am comforted by the fact that Jesus was troubled. I am encouraged that He was agitated or stirred about things. At least He knows what it is to be stirred. We must however really study the settings in which this occurs. Study them, explore them, compare them to your setting of being troubled. What will you see?

B. Consider Jesus circumstance. I see several things. In John 11:33 Jesus was troubled at the weeping of despair in others, after declaring the glory of God would be seen in this circumstance. In John 12:27 Jesus soul is stirred after a discourse to the public on the fact that death brings life! In John 13:21 Jesus is agitated and stirred over the fact that one of His own was going to miss out on the glory that lay ahead. He had just washed the feet of one who would miss this whole deal. Nowhere in any of this do I find that

His troubled soul and spirit is because of the unknown, but rather the known. It seems He truly felt what I feel, but all too often my feelings are for different reasons. I am stirred or agitated over what I don't know, what I am unsure of, not what I am sure of. There is another interesting point though I don't know how significant it is. I can't find a single passage where Jesus talks about His "heart" being troubled. Maybe, and this is only a maybe, there is a different thing about the heart being troubled versus the spirit or the soul. I am still reflecting on that. Someone said the heart is the link between soul and spirit. Soul and spirit have a definition that includes breath. In fact that is the very first definition of both the word used for soul and spirit. The word for soul used in 12:27 is very closely aligned with the Hebrew for heart, so maybe it is insignificant. However, knowing that the heart is so often talked of as the center or seat of emotions, I wonder if there isn't some message here. Having my spirit or soul troubled may be a different thing than all of my emotions being upset. Never the less, I think the more accurate picture of the difference in Jesus, being troubled and my being troubled is all too often surrounding the REASON for the troubled heart, not the word troubled itself. When Jesus wanted to make a point about the wrong kind of "troubled" He said to Martha in Luke 10:41, "Martha, Martha, you are worried and *troubled* about many things. The word for troubled here is very different. It is not agitated, *it is "turbid" or clouded, thick, and most of all from Webster's 1828 dictionary, "foul with extraneous matter."* So let's instead focus on the word which Jesus applies to Himself when He says He is troubled, and to us when He says "Let not your heart be troubled." This takes us to the solution.

THE SOLUTION

A. *The Foundation of Jesus "Let Not Your Heart Be Troubled."* I mentioned that the circumstances under which Jesus was "troubled" seem often different than mine. His included others, mine often includes primarily me. What am I going to do? How am I going to fix this? What's the next plan I can pull off? It isn't that I am not thinking of the others, it's just that often I just have to DO something. That's not all wrong, but the basis of my doing is critical. *The basis for Jesus was "My Father", constant referring, reliance and resting in the Father. Jesus was always saying It wasn't His words, it wasn't His doing, it was the Father in Him. This was more than BELIEVING, the object of that belief was central, critical if you will. To "believe big" is important, and the object of that belief is paramount.* Look again at the circumstances under which Jesus said "let not your heart be troubled." He has washed the feet of His betrayer. He has informed Peter that he would deny Him three times, and now He says "let not." Wow!

B. *The Foundation of My "Let Not Your Heart Be Troubled."* My friend reminded me why I could believe. It was out of who He is. Even more than what He said, for it wasn't just His words, it was the SOURCE of those words. Jesus did not say believe in my power here, though that is surely implied. He didn't say believe in my wisdom, though that is obvious. He said, BELIEVE IN **GOD**, BELIEVE IN **ME**. Again, this word "IN" is *to or into place, time and purpose.* Into His TIME, His PLACE, His PURPOSE. Is that the foundation of my belief? What does this word believe really mean? Faith, credit, entrust. One scholar says to place your confidence in. I think in Scripture it is far more. It is more the Residence of the one who believes, it is in fact where I live, not what just what I think. That's what John 11:25-26 really says.

Jesus said to her, "*I am the resurrection and the life. He who believes in Me, though he may die, he shall live. 26 And whoever **lives** and believes in Me shall never die. Do you believe this?*"

CONCLUSION

Augustine said: *Seek not to understand that thou mayest believe, but believe that thou mayest understand.*" I would say to you today: The highest goal of believing may not be to understand, but rather to have your life consumed by the One who is the definition of understanding. That is why no one has written a song titled "It is well with my understanding." **Believe Big in God with a very big IN.**