

2026-09-13

Are You Troubled?

John 14:1

Are you troubled? Jesus was! John the gospel writer used this term five times in four chapters concerning Jesus. The first time we find John using the word troubled is in John 11:33. John was describing Jesus. John wrote, “*When Jesus saw her weeping, and the Jews who came with her weeping, He groaned in the spirit and was troubled.*” This last phrase means that Jesus was angry and was not pleased with what was going on. What had happened? What was Jesus angry about that troubled Him? Lazarus got sick and died. He had been buried for four days. Jesus had been told that Lazarus was sick, yet **Jesus intentionally stayed away** until after Lazarus died and was buried (11:14). Then Jesus started His return to Bethany, where Mary, Martha, and Lazarus lived. Jesus told His disciples that, “*I am glad for your sakes that I was not there, that you may believe*” (11:15). Jesus was still working on getting His disciples to trust and believe Him on a deeper level.

When Jesus arrived in Bethany, Mary and Martha were told of His arrival (11:20). Only Martha came out of their house to greet Jesus. Mary stayed in their house with all their friends and mourners. Jesus took this opportunity to teach Martha the importance of believing in Him, trusting Him when you are in a crisis. Jesus told Martha, “*I am the resurrection and the life, He who believes in Me, though he may die, he shall live. And whoever lives and believes in Me shall never die*” (11:25-26). Their crisis was the sudden, unexpected death of their brother. Jesus was not around earlier to fix their problem. He could have been, but He was not and this greatly upset Mary and Martha. Jesus specifically asked Martha if she believed Him, if she had faith in Him. Martha responded, “*Yes, Lord, I believe that You are the Messiah*” (11:27). Then Jesus began asking for Mary.

After Martha excused herself, she “*secretly called Mary her sister, saying, ‘The Teacher has come and is calling for you’*” (11:28). Jesus made Mary come out of her house. All the other mourners followed her to Jesus. When Mary got to Jesus, she fell at His feet weeping. All the mourners were weeping. Mary cried, “*Lord, if You had been here, my brother would not have died*” (11:32). It is at this point Jesus “*groaned in the spirit*” (11:33). This means **Jesus had a strong expression of anger and displeasure about what was going on**. It will happen again when Jesus gets to the tomb (11:38). Why is Jesus so upset and troubled? It is because Mary had the greatest opportunity to teach all those mourners and everyone else around her the truth about Jesus, the resurrection, and life after death and she did not. Jesus must have taught Mary these things. He invested lots of time and teaching into Mary (Luke

10:40-42) and she did not live those truths out. She did not teach others the truths of Jesus. Jesus expected Mary to live and teach His truths. This is what Jesus expects of us, especially in a crisis. The disciples were going to face the biggest crisis of their lives. Jesus was going to surrender Himself to be horribly beaten and then crucified. And Jesus told His disciples, *“Let not your heart be troubled; you believe in God, believe also in Me”* (14:1). Jesus did not want His disciples to be upset and confused about what He was going to do. Could they do it.

The second time the word *“troubled”* is used in John’s gospel is in John 12:27. Jesus said, *“Now **My soul is troubled**, and what shall I say? ‘Father, save Me from this hour’? But for this purpose I came to this hour.”* Jesus had just told His disciples that the time for Him to die had come (12:23). It was around this time that Luke recorded the disciples arguing over who would be the greatest (Luke 22:24). They were thinking about themselves. Jesus told the disciples, *“He who loves his life will lose it, and he who hates his life in this world will keep it for eternal life. If anyone serves Me, let him follow Me; and where I am, there My servant will be also”* (John 12:25-26). Christianity is about sacrifice. Jesus knew His purpose in coming to earth was to sacrifice His life for us. As He got closer to that hour, His soul became more troubled. This would not be easy. So, Jesus prayed, *“Father, glorify Your name”* (John 12:28). Immediately a voice from heaven was heard, *“I have both glorified it and will glorify it again.”* Everyday of Jesus’ life brought glory to God because He always helped others. Jesus’ coming death on the cross would bring glory to God because Jesus faithfully and obediently sacrificed His life for us.

Too often our Christianity today is not about sacrifice, it is all about ourselves. There are lots of self-help books out there to improve our lives for our own benefit. **They make life all about us.** For Jesus, **life was about helping others** and being obedient to the Father (Hebrews 5:7-8). I suggest you read through what Jesus said about the coming judgment in Matthew 25:31-46. We are not going to be judged by how healthy we are or how wealthy we are or the nice homes we live in or how important we make ourselves to be. We will be judged by how we help others. *“For I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me”* (Matthew 25:35-36). **Jesus was troubled in His soul** about what He was going to have to do. Humanly speaking Jesus was struggling with having to go through this horrible punishment and crucifixion. In a matter of hours Jesus will be in the garden praying, *“Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done”* (Luke 22:41). Jesus was in such agony over what He had to do that *“His sweat became like great drops of blood”* (22:44).

It is not easy to have the right attitude while always helping others. Your soul may be troubled in some of the ways God wants you to help others. Should you pray, Father, save me from this hour? It would be better to gain the attitude of Jesus by saying, it is for this purpose God has me here. Paul, who understood a lot about suffering and helping others in their time of need, wrote, *“Let us not grow weary while doing good, for in due season we shall reap if we do not lose heart. Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith”* (Galatians 6:9-10). Jesus told His disciples, *“Let not your heart be troubled; you believe in God, believe also in Me”* (14:1). **Jesus did not want His disciple to be troubled with Him about their mission.** He told them, *“Love one another as I have loved you”* (John 13:34). Could they do it.

The third time John used the word “troubled” is in John 13:21. *“When Jesus had said these things, He was troubled in spirit and testified and said, ‘Most assuredly, I say to you, one of you will betray Me.’”* Jesus had told the disciples *“That the Scripture may be fulfilled, ‘He who eats bread with Me has lifted up his heel against Me.’”* (Psalm 41:9 / John 13:18). There are two ways to take this. **First**, Jesus did all He could to keep Judas Iscariot from making a fooling decision. Yet Jesus knew the Scripture must be fulfilled and this troubled Him because, after all Jesus did, Judas would still make his own decision. Or **second**, Jesus was troubled because He knew what would happen to the one who betrayed Him. We know that the Lord is *“not willing that any should perish but that all should come to repentance”*, even Judas Iscariot (2 Peter 3:9). It troubled Jesus to know that one of the disciples He chose would betray Him and perish. Judas would never be willing to repent and find peace with God. My guess is, Jesus is troubled because of both. Jesus told His disciples, *“Let not your heart be troubled; you believe in God, believe also in Me”* (14:1). Jesus did not want His disciple to be troubled when they learn of family and friends who betray them. Could they do all they could to help people make the decision to follow Jesus? Knowing that God will not override a person’s own choice. Could they do it.

The last two times we find the word “troubled” is in John 14:1, 27. They are like bookends with encouragement between to help the disciples from letting their hearts be troubled. Jesus told the disciples twice *“Let not your heart be troubled.”* It is the responsibility of each person to *“let not your heart be troubled.”* **Jesus gives us five ways to keep our hearts from being troubled.**

1. Jesus said, *“You believe in God, believe also in Me.”* We will talk more in depth about this tonight at 4:00 p.m. The belief and faith we have in God, we are also to have that same belief and faith in Jesus. Jesus will tell His disciples *“He who has seen Me has seen the Father”* (14:9). Twice Jesus will tell His disciples *“I am in the Father and the Father is in Me”* (14:10, 11).

2. Jesus is going to His home to prepare a room for His followers. Next Sunday morning we will look at this verse and its teaching in more detail. We are not to let our hearts be troubled in this world because **this is not our home**. Jesus told His disciples that He is going to His Father's house to prepare a room for each of His followers. We may be rejected in this world. We may lose everything we have in this world. There may be no place for the followers of Jesus in this world. *"Let not your heart be troubled."* **There will always be a place for the followers of Jesus in His home**. He is going to make sure of that. Things down here are temporary. Our home in heaven is eternal. Even this body is temporary. We will receive a new body from God, not made with hands, eternal in the heavens (2 Corinthians 5:1).
3. Since Jesus is going away to prepare a place for us, **He will come again and take us to be with Him**. So that, where Jesus is, there we will be also. We will not need a GPS or Google maps to find our way. We know the way. Jesus Himself is the way. He is the truth. He is the life. He is our guide. He is our Savior and Lord. We do not have to be worried or afraid about our future.
4. Jesus promised to **send His Spirit to live in us** so that we will not be orphans. God's Spirit will teach us the things we need to know and do. God's Spirit will guide us into all truth (16:13).
5. Jesus will **give us His peace** (14:27). I could let lots of things bother me or influence me. They could take me far away from God. Or I can believe God. I can believe Jesus. I can trust that what He says and teaches is true. If I love God then I need to be faithful to Him and keep His commands and His teachings. **I have the choice to let my heart be troubled or not** let my heart be troubled. Be careful to believe right.

Questions to ask yourself: Are you troubled? Believe in Jesus. He is God. He is preparing a room for us. He is coming back for us. While we remain here, Jesus has given us His Spirit and His peace. Abide in Him.

Actions to take: Learn God's commands. Follow His teachings. Be ready and willing to share the gospel of God with others. It is the power of God for salvation.

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