

LET NOT YOUR HEART BE TROUBLED

Jesus prepares His disciples for times of trouble.

There are many things in life that can be troubling.

Criticism, strife, death, or separation are examples.

When we are troubled, Jesus expects us to make a decision.

A decision to believe, trust, rely and depend on Him.

Jesus DOES NOT expect us to change or control our feelings.

Jesus understands the way you feel, He cares about the way you feel.

It's not about controlling your feelings, it is about where you put your thoughts.

It's about what you set your mind on.

Your thoughts are like watching TV, you have the ability to change the channel.

Stop playing those troubling thoughts over and over again in your mind.

Tune in to Jesus instead, fix your mind on Him.

What we fix our minds on, over time, will move into our hearts.

There is joy set before us, but we cannot get to it if we do not change the “channel” (our thoughts).

So we need to fix our minds on Him (Jesus).

Reading God's Word, Praying and worshiping Him is how we fix our minds on Him.

Daily, perhaps multiple times a day.

We have to focus on Him.

A lower quality camera, like an iPhone camera might not be able to focus on the right object if there are too many objects in view.

Remove other objects from your view that keep you from focusing on Him.

So the three things to do are:

1. Fix our minds on Him.
2. Focus on Him, see Him clearly in the midst of what you are going through.
3. Then move forward in following Him.

If you make the decision to NOT let your hearts be troubled, God promises three things:

1. Jesus promises to give rest for the weary.
Are you emotionally tired, are you burned out, are you stressed out?
There is rest for your soul.
To take Jesus's yoke signifies submission to His will.
To submit to His will, we must first submit our thoughts to Jesus.
2. There is room for the lonely.
3. There is a new road for the doubting one.

Jesus is acquainted with sorrows and pain.

He is just as well acquainted with your pain and your trouble and your sorrows today.

SCRIPTURE LIST

John 14:1-6

Hebrew 12:1-3

Mathew 11:28-30

1 Peter 5:7

Psalm 23