

PEACE THAT PASSES UNDERSTANDING

You Can Help It

Foundation Statement: *No matter what is happening in your life you NEVER HAVE to be troubled – You can help it*

I. John 14:1-Don't let your heart be troubled

A. Can you help it if you're troubled or not?

1. Jesus is telling them that he is leaving and they are upset and troubled; Their lives have radically changed since they have followed Him and they are receiving revelation from Heaven and seeing miracles and their lives are amazing and Jesus looks at them and says I'm leaving and you can't go with me right now and they are upset and troubled about it – **He's saying to them, "Don't do that, stop doing that."**

a. **Troubled**-Agitated, inward commotion, no calmness of mind, disquiet, restless, strike one's spirit with fear, anxious, distressed

2. Many people's response to that would be? "I can't help it and you don't know what I'm going through and if you were going through what I was going through you'd be troubled too," and they are insinuating that it's not their fault they are troubled because they can't help it

a. John 14:1-LET NOT-Translations-CEB-Don't be troubled --- CJB-Don't let yourselves be disturbed --- DLNT-Do not let your heart be troubled --- GNT-Don't be worried and upset --- JB-You must not let yourselves be distressed --- MSG-Do not let this throw you. You trust in God don't you? Trust me. --- NET-Don't let your hearts be distressed --- VOICE-Don't get lost in despair --- WE-Do not let anything trouble your heart --- AMP-Stop allowing yourselves to be agitated and disturbed and do not permit yourselves to be fearful and intimidated and cowardly and unsettled

b. **Are you at the mercy of your circumstances? Do your circumstances determine whether or not you're troubled or do you?**

- B. When Jesus told you to do it he empowered you and authorized you to do it – You have the power and authority to not let your heart be troubled under any circumstance, in any situation EVER and therefore

You NEVER HAVE TO BE troubled

1. Don't let your heart be troubled, NO EXCEPTIONS; He didn't say try to do it or do your best; I gave you the power and authority so don't let it happen
 2. If you're are troubled today you allowed it to happen, you let it happen and you didn't have to
- C. This whole thing starts with believing that I NEVER HAVE TO BE TROUBLED ABOUT ANYTHING EVER and I can help it; If you believe you can't help it you'll be stuck being troubled and you won't resist it

when it comes but rather you'll yield to it, let it in you and live under the thumb of it; You have to believe that you can live your life like this and not allow your heart to be troubled about anything, ever

1. Many believe that under certain circumstances you just couldn't help but to be troubled, but to believe that is to disagree with Jesus; **You never have to be troubled about anything** – You could have helped it, but you choose not to
2. Matthew 14:24- Peter could have heard Jesus say, "Come," and said that's impossible, man can't walk on water and if Peter refused to believe he could walk on the water he never would have and yet all the while he's sitting in the boat with the authority and power to walk on the water
 - a. Jesus said, "Let not your heart be troubled," and you can hear that and say that's impossible, there are some situations where you're just going to be troubled and you can't help it; If you believe that then you'll sit in the boat and live and troubled life with the authority and power to never be troubled about anything ever
 - b. **Believers are walking around troubled when they've been given power and authority by Jesus to not be troubled about anything ever and one of the main reasons is because they don't believe it's possible to not be troubled (and sometimes it's just going to happen and you can't help it)**

II. Jn14:1-Rather than being troubled trust me; You replace the trouble with trust; You can be troubled or you can trust, but you can't be both

- A. This is a choice that you have to make – Faith is a choice (I will believe God, I will trust God, I will not be troubled)
 1. **Believe**-Place confidence in, To trust in Jesus or God as able to aid either in obtaining or doing something
- B. One of the greatest demonstrations that you are actually in faith is that you have a peace about you
 1. Why would they be troubled? They don't trust that God is going to take care of them when He's gone; If they trusted that God was going to take care of them no matter then they wouldn't have been troubled when he said he was leaving – Jesus addresses them being trouble my directing their faith
 2. **If you are troubled you are not trusting, if you have no peace you're not in faith; Any time you are troubled about anything you are not trusting God; If you were trusting you wouldn't be troubled-Romans 15:13**
 3. Isaiah 26:3-He has peace because he trust you, has confidence in you; Your peace is connected to your faith; If my faith wanes my peace weakens
 4. Hebrews 4:3-When you truly are believing and in faith you enter into **rest** (Calming of the winds, make quiet, to still)

5. 1 John 4:18-Fear has torment (Misery of mind, that which gives vexation or misery, to vex, to harass, to put into great agitation)
6. We don't measure your level of faith by what you say, but by answering this question how troubled are you? You can force yourself to say the right thing from your head and have no peace at all – If you'd stop pretending like you're faith and be honest with yourself and with the Lord the Lord will give you the grace and help to make the corrections you need to make to have real faith and real faith would work and help you overcome-Mk9:23
 - a. Faith is of the heart NOT just of the mouth and if your heart is troubled and heavy you can put the right thing in your mouth and try to portray faith, but it'll be phony faith not the real-Matthew 15:8