

**PEACE & JOY IN THE HOLY GHOST**  
Let Not Your Heart Be Troubled

- I. **Jesus commanded us to not let our heart be troubled-***Jn14:1-Let not (negation, denial, a negative answer, permit, allow) your heart be troubled (Agitate, inward commotion, restless, fear, dread, anxious, distressed, grief, disturb with various emotions)...<sup>27</sup>Peace I leave with you, my peace I give unto you...Let not your heart be troubled, neither let it be afraid*
- A. A heart absent of joy/peace-Fear, sorrow, anxious, depressed, upset, angry
- B. For your heart to be troubled you have to let it be-*Jn14:27-EHV-Do not let your heart be troubled do not let it be afraid-CJ-Don't let yourselves be upset*
- II. **According to Jesus we can help whether or not our heart is troubled-Many believe they can't help it**
- A. He's not saying don't feel, he's saying don't yield-I can't control the feelings I feel, I can control the ones I yield to-*Jn14:27-TP-Don't worry or surrender to your fear...Do not yield to fear or be troubled in your hearts*
1. When your heart tries to be troubled don't let it be-We all experience feelings of fear and sorrow, but don't yield
- B. Jesus authorized and empowered me to not let my heart be troubled-Therefore I NEVER HAVE to be afraid, depressed, anxious, sorrowful
- C. If you're going to walk in peace and joy it'll be because you don't allow your heart to be troubled-If you're not depressed, anxious, sorrowful, afraid one big reason will be because you don't allow yourself to be
- III. **Jesus told them to quit letting their hearts be troubled-***Jn14:1-Let not (one is bidden to cease from something already begun)-Mt6:25-Stop being perpetually uneasy (anxious, worried) about your life-Ne8:9-Mourn not, nor weep-CJ-Don't be sad-CS-Grieve-NKJ-Sorrow*
- A. Can we just stop?-Been led to believe this is not how it works-*1Sm1:18-Went her way and did eat and her countenance was no more sad-1Sm30:4-No more power to weep...<sup>6</sup>greatly distressed...but encouraged himself in the Lord*
- B. Satan wants you to think you can't help it-So that you just lay down
1. I am not at the mercy of my feelings-"Smith Wigglesworth doesn't ask himself how he feels, he tells himself how he feels."
- IV. **To walk in peace/joy we must push back against fear/sorrow and never yield-**
- A. Learn to feel it and rather than yield push back against it-You do that on the authority of The Word and in the authority of the Name of Jesus
- B. The will is involved, but it's not just will power-It's choosing to believe/act on the Word of God and that accesses the power of God
- V. **Fear/sorrow are often accompanied by a sensation/feeling of helplessness--- Feeling like you're under it's thumb and you can't help but be sad/afraid**
- A. Feelings lie-Peter might have felt like he couldn't do it but Jesus authorized/empowered him so he can whether he feels like he can or not-*Mt14:28-Bid me come unto thee on the water. <sup>29</sup>And he said, Come.*