

Troubled Hearts

Introduction

Scripture Reading: **Philippians 4**

1. In Jerusalem, in an upper room, night has fallen and Jesus and His apostles are celebrating the Passover meal What we know as the LAST SUPPER.
2. In this setting, Jesus knows something that the Twelve did not know that their world was about to tumble in, hearts were about to be troubled.
3. These men had invested three-and-a-half-years following Jesus. What were they going to do when He was arrested? ... Tried?... Found guilty?... And hung on a cross as a common criminal?...
4. Their plans, hopes, dreams were about to be tested!
 - A. Have we ever been there — where our plans, hopes, and dreams were tested? OF COURSE WE HAVE.
5. In many ways, for most of us, we have been there in various forms and degrees with the coronavirus that has affected each one of our lives in different ways.
 - A. We may be dealing with a troubled heart at this moment.
6. In the book of John, Jesus has some encouragement for such troubled times.
John 14:1-6
7. In our lesson this morning, let's learn what we can learn about times when our heart is troubled.

He Will Never Leave Us

- 1. Jesus has indicated that troublesome times will come.**
- 2. God never promised us freedom from a troubled heart.**
- 3. God never promised that we wouldn't have hard times.**
- 4. God never promised that we would sail through life without difficult times.**
- 5. What He did promise is that He will NEVER leave us nor forsake us!**
 - A. In Philippians 4 He promised that He would supply our every need.**

Psalms 55:22 Cast your burden on the LORD, And He shall sustain you; He shall never permit the righteous to be moved.

- 6. Even though we will agree that God does not cause all things..... but He is in control of all things..... and uses all things to our benefit and betterment.**
 - A. When bad things happen to us... It may seem to us that God is NOT in control.....**
 - 1) But when we look at our whole life.... rather than just the hour or days of our trouble.... we come to the realization that indeed... God is sovereign and He is working in our life.**
- 7. Times of adversity are not always harmful. Often times adversity tends to improve and strengthen our character.**

Lessons Learned from Eagles

Eagles build nests high in the branches of a tree. In the openings of a cliff. On the top of a rocky mountain. Few, if any of us, have actually seen an eagle's nest. It is said that when a mother eagle builds her nest, she starts with rocks, thorns, large broken branches and other items that seem entirely unsuitable for a bird's nest.

Then she lines the nest with a thick padding of wool, feathers and fur from animals she has killed.. This makes the nest soft, safe, and comfortable — for the eggs. By the time the growing birds reach flying age, the COMFORT of the nest and the LUXURY of free meals make them quite reluctant to leave.

That's when the mother eagle begins stirring up the nest. With her strong talons she begins pulling up the thick carpet of fur and feathers bringing the sharp rocks and branches to the surface. As more of the bedding gets plucked up, the nest becomes UNCOMFORTABLE for the young eagles. Eventually, this and other urgings prompt the growing eagles to leave their once-comfortable nest and move on to more mature behavior.

1. Based on this, we need to understand that God does not cause troubled times — however, He does use them to our benefit and betterment as we go through our daily lives here on earth.

A. To nudge us out of our comfort zone toward a more responsible spiritual behavior...

1) To becoming the person He wants us to be.

Isaiah 40:27-31

2. God is taking care of the eagles... And He is taking care of us!

A. Even though times are troubled. he's using our adversities to our benefit — this is his promise — trust him!

3. Peter affirms this thinking as he wrote:

1 Peter 1:7 that the genuineness of your faith, being much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor, and glory at the revelation of Jesus Christ,

A. James said:

James 1:2-4 My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing.

4. Remember this, that God promises that He will not try us, test us, or allow us to be tempted beyond that which we are able to overcome — always providing a way to escape in victory.

1 Corinthians 10:13 No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.

A. Remember – when troubles come, when life tumbles in, when our heart is troubled....

1) God is at work making us better people!

Place Our Trust in God

1. Jesus said believe in me ... have faith in me ... trust me!

John 14:1 "Let not your heart be troubled; you believe in God, believe also in Me.

2. If our life is in the middle of turmoil and the waves of temptation are about to swamp us, then we MUST look up and place our trust in God!

3. Today we have faith in a lot of things.....

- A. Faith in education**
- B. Faith in finances**
- C. Faith in a job or career**
- D. Faith in family**
- E. Faith in country**
- F. Faith in church**
- G. Faith in friends**
- H. Faith in our networking**

1) But there are times when life tumbles in and our faith in these things cannot help.

2) We must have faith in something bigger than this world and it's possibilities.

4. We must have faith in the one who rules the world.

- A. He and only He has the ability to calm our hearts regardless of the depth of our suffering.**

5. **God is God and He's all-powerful.**
 - A. **There's no limit to His ability to meet our need.**
 - B. **There is no limit to His deliverance and provision.**
 - 1) **God never gets tired**
 - 2) **He never grows weary**
 - C. **He is always listening for the prayers of His children to rush to our aid.**
6. **We may not understand why God allows things to happen, but we need and must put our faith and trust in Him.**
 - A. **Knowing that somehow God will take care of our needs... Whatever they may be.**

Philippians 4:19 And my God shall supply all your need according to His riches in glory by Christ Jesus.

7. **The longer I live, the more I realize that everything is in God's hands. I feel that I am just beginning to get a glimpse of what living by faith really means....**
 - A. **Faith says....** Everything will work out when it seems life is crumbling around me.
 - B. **Faith says....** My bills will be paid when I can't see how.
 - C. **Faith says....** Stop fretting about my health issues – Life is much more than living in this world — we have eternity!
 - D. **Faith says....** That God will take care of us and I must stop being overly concerned with tomorrow.
 - E. **Faith says....** That I know somehow God will work it all out. When He does, I will be blessed for having trusted Him.

Never Lose Hope

1. Jesus said for us to never lose hope!

John 14:2 In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.

2. Perhaps nothing helps us in times of trouble more than to remember that this is not all there is to life.

A. I am not suggesting that we throw caution to the wind and not value our life and the lives of others.

B. But what we do have as Christians is a life after life, promised to us by God.

1 Corinthians 15:50-58

3. Biblical hope is a confident expectation in Jesus' promise to prepare a place for us....

A. A place where time never expires.

B. A place where there's no more tears, no more pain, no more suffering, no more mourning, and no more troubled hearts.

C. A place of a flawless fellowship with God. The saved of all ages who have obeyed Him.

4. The silver lining that we have through troubled hearts is that there truly is a place called HEAVEN!

A. Our current situation is not all there is to life.

Conclusion

- 1. Sometimes our behavior as a child of God must be shaped by the encouragement of God.**
 - A. By His placing uncomfortable circumstances in our path**
 - B. By troubling our heart**
 - C. By stirring the nest**
 - D. By moving us out of our comfort zone**
 - 2. Without God's loving correction and faithful discipline, we would never develop spiritual strength and endurance.**
 - 3. If the Lord didn't permit threatening conditions to come into our lives....**
 - A. Then how would our faith ever be tested and to be able to grow spiritually?**
 - 4. These troubled heart promises can be ours.**
- John 14:6 Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me.
- 5. Make Jesus your way, your truth, your life this very day!**
 - 6. For most of us we need to simply cast our cares, our fears, our troubled heart upon Him**
 - A. For He cares for us!**

