

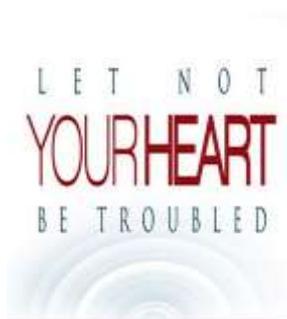
Martin Luther called this passage "the best and most comforting sermon that the Lord Christ delivered on earth, a treasure and a jewel not to be purchased with the world's goods."



The Greek word for **troubled** is **tarraso** - to agitate, to stir up, to render anxious or distressed, to terrify, to disquiet, to unsettle or to perplex.

Trouble means to produce physical disorder, to put into confused motion or to become mentally agitated (Webster).

To be "troubled" is to have inward commotion which causes you to become agitated and restless. It's the opposite of being peaceful, calm, serene, at ease, or comforted.



The "heart" (GR. "cardia") can refer to the "soul" ("psuche") and also "spirit" ("Pneuma"), but includes the whole of the inner states - thoughts, feelings, and will as well as emotions.

A TROUBLED HEART

is filled with anxiety, fear,
dread, stress, restlessness
and worry.

The biography of multitudes
of people today is

**hurry, worry
and bury.**

What is Worry?

To torment oneself with or suffer from disturbing thoughts. Psychologists have even now defined worry as a psychological disease. It is called General Anxiety Disorder: you stay worried, fear the worst will happen, and cannot relax. Worry so controls the person that they cannot function.

WHY WORRY?

- * Worry never works.
- * Worry wastes life.
- * Worry won't make your problems go away.
- * Worry won't help you deal with your problems
- * Worry won't make you feel better.

THE FACTS ARE CLEAR:

- 40% of what you worry about will never happen
- 30% of what you worry about or fear are things that happened in the past and can't be changed
- 10% of what we worry about are considered by most to be insignificant issues
- 12% of what we worry about are issues about our health that will not happen
- This means that **92% of what we fear or worry about will never take place.**

"Let not your heart be troubled."

The tense of the verb is the present imperative passive and denotes an ongoing, continual action in the negative
"Stop being troubled in your heart!"
"Stop letting your hearts be troubled."

John 14:1



**“DON'T LET YOUR HEARTS BE
TROUBLED. TRUST IN GOD,
AND TRUST ALSO IN ME.**

JOHN 14:1

KEEP TRUSTING GOD (v. 1).

Continue Believing. "You believe" - "keep on believing in God and in Me."

Keep on Trusting in God, trust also in me.

It is of no use to say to men,
'Let not your hearts be
troubled,' unless you finish the
verse and say, 'Believe in God,
believe also in Christ.'

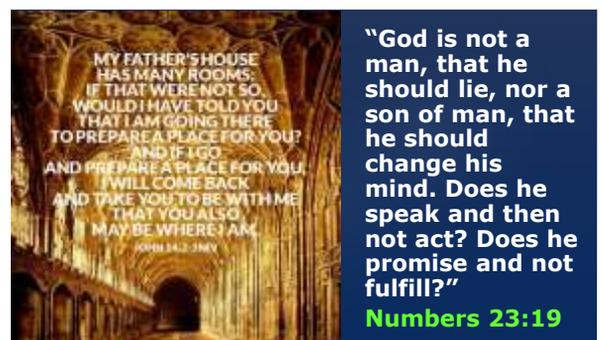
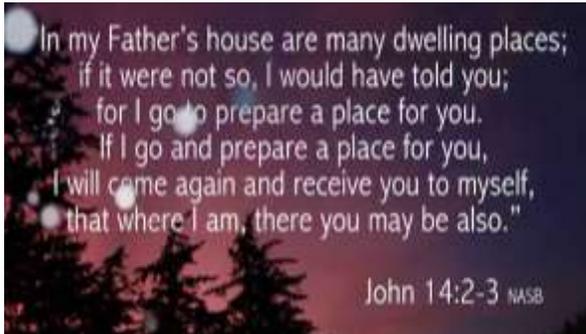
For unless we trust we shall
certainly be troubled.

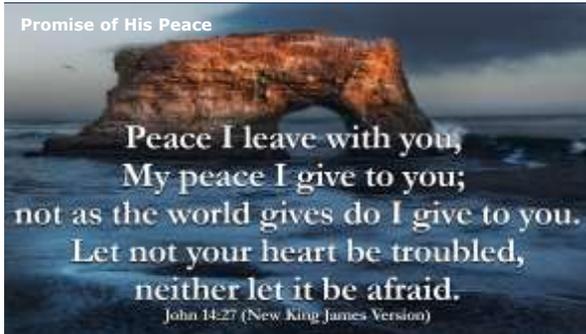
2.

WE CAN TRUST HIS

Trust God

**PLAN &
PROMISES**

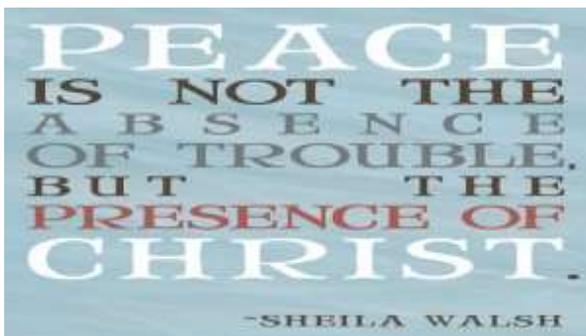




The Greek word for worry is a combination of two smaller words meaning "to divide" "the mind." Therefore to "worry" means to have a "divided mind". Worry pulls things apart. Worry takes our mind and our heart and pulls them apart.

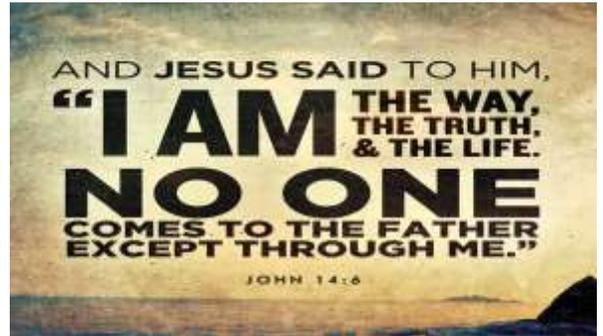
"Peace" means to join together, to put together, to be bound, and woven together; that which is inseparable.

Worry pulls apart.
Peace puts things together.



I have said these things to you,
that in me you may have peace. In
the world you will have tribulation.
But take heart; I have overcome
the world. – John 16:33

Let not your heart be troubled,
neither let it be afraid.



PRAY

John 17:9,20 "I AM PRAYING ... "

There are people that don't have time to pray, but have plenty of time to worry - "Why pray when you can worry?"

Worry doesn't change anything, Prayer DOES! Worry connects us to our circumstance - Prayer connects us God. So "Why worry when you can PRAY?"



TRUST GOD

LET NOT YOUR HEART BE TROUBLED

Trust His

PRESENCE
PLAN AND PROMISES
PERSON