



Sermon  
Rev. Lang Yang

## “Do Not Let Your Heart Be Trouble”

Fifth Wednesday in Lent  
Our Savior Lutheran Church  
4-5-17

Grace, mercy, and peace to you from God our Father and the Lord Jesus Christ. Amen.

**John 14:1** *“Do not let your hearts be troubled. Believe in God; believe also in me.”* (ESV) This is the word of God. (Cross reference – John 14:27; 16:6, 22, 24)

Illustration      “Heart”      (Show heart beat)



One of the most dreaded diseases in the world today is what we call "heart trouble." Every day we hear of someone cut down by a heart attack. This is not a dis-respect to a person whom have had a heart attack, because it can effects all people. But, the heart is also a wonderful creation. It is the main vital organ of our body. It beat an average of 75 beats a minute, 40 millions times a year, 2 1/2 billions time for a person of age 70. It pumps enough blood (650,000 gallon a year) to fill more than 82 tank cars with 8,000 gallons each. No wonder, we could say, “What a beat.” But one day when we least expect it, our heart will beat for the last time. When it does, life is over for you and I.

(<https://www.sermoncentral.com/sermons/let-not-your-heart-be-troubled-evie-megginson-sermon-on-disciples-35026>)

- I. When we look at the Gospel Lesson, many times, this chapter was use for a funeral sermon. But we come to the end of Lenten season and we will focus on the upper room while Jesus was with His disciples. Jesus was about to bear and taste the bitter cups of death for sinners. Jesus gave them a assurance for them not to let their heart be trouble because Jesus knew that they will witness to what Jesus will go through to save the world. (Show Jesus in the upper room)



Those were dark hours that night before the Lord was betrayed, abused, tortured, and ultimately crucified. In a very short time the world of the eleven disciples was going to collapse into unbelievable chaos. Jesus, for whom they had forsaken all, was leaving. Their beloved Master, whom they loved more than life, the One whom they had been willing to die for, was going away. Their sun was about to set, and their whole world was going to fall in all around them. In fact,

the pains had already begun. The disciples undoubtedly bewildered, perplexed, confused, and filled with anxiety. (Jesus riding on a donkey to Behlehem)



When Jesus said to his disciples, *“Do not let your heart be troubled,”* in the original Greek literally means, *“stop letting your hearts be troubled.”* Jesus knew that they were already troubled. In fact, they were probably terrified. They had been fully convinced that He was the Messiah, and their hopes had risen even higher just a week before this, when Jesus had

come riding into Jerusalem and everyone had thrown palm branches down and worshiped Him. Why would He get their hopes up, and then leave them? And who are they going to turn for comfort?

(Show John 14:1)



John 14:1  
"Do not let your  
hearts be troubled.  
Believe in God; believe  
also in me."

What Jesus really saying is, "You can trust Me." *"Do not let your heart be troubled. Believe in God, believe also in me."* (John 14:1) He encourage the disciples that that they already believe in God even though they can't see God. Believe in Jesus meaning keep on believing. Their faith in Jesus must not be diminished just because they will not see Jesus. Jesus will still be present in them. Even though Jesus will be leaving them physically, but His presence would still be with them spiritually. He would be leaving but they will always have access to God. (Show palace with many rooms)

II. Jesus continue by saying to the disciple,



*"In my Father's house are many rooms. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also."* (John 14:2-3) Jesus want them to understand that while they are still living in this world, Jesus is going ahead to heaven to prepare a place for them. It is not that Jesus will be leaving them forever. He just go in a head to prepare a place so that when they come, it will be ready. It is important for the disciples and us to remember that when Jesus said, "My Father's house." It is a dwelling place that will last forever and ever.

There was a story about a father who dropped off his little boy at a street corner, and told him he would be back in twenty minutes after taking care of some business. (Show father and son)



The father's car broke down, and he wasn't able to get back to his son for four or five hours. The son waited on the corner by a store that whole time, and the panicky father had no way of phoning him. He didn't get back until eleven o'clock at night, and the boy was rocking back and forth on the sidewalk whistling a tune. The father pulled up to the curb, hugged his son, and said he was very sorry. The boy replied, "What are you sorry about? You said you were coming."

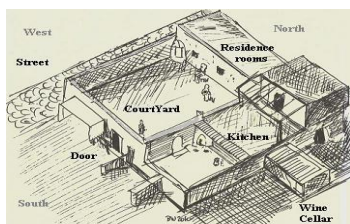
Brothers and sisters in Christ Jesus, most of us has taken a vacation or just visit our relative out of town or out of state. After the visit, it is indescribable feeling of goodness when you go back to your own home and sleep in your own bed. You feel relax, peace, and comfort at your own home. Jesus is coming back to take you home to be with Him where He is. You will be going home, to your Father's house, because our home is there and we are not a guest. (Show Heaven)



Our earthly home is only a temporary place. It is similar to a rest area, where we rest for a little while then we continue on with our journey until we reach our destination. Heaven is our home. So, what is heaven like? Scripture describe heaven is a place of paradise, a place where the road are pave with gold, a place where there is no sickness, no death, no tears, no mourning, free from sin and a place of everlasting joy with Christ forever and ever.

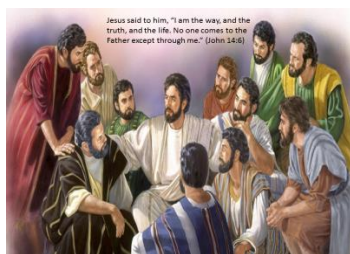
In Jesus' culture, when a son is married, he seldom left his father's house. Instead, he would simply add another wing to the existing structure. If the father had more than one son, he would attach a new wing

to the house for each son's new family. (Show typical family house with family resident etc.)

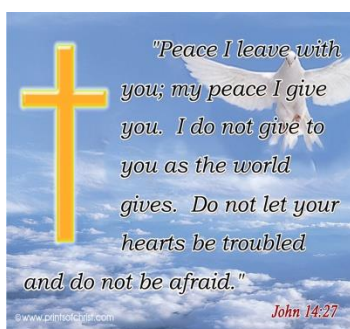


The new wings would enclose a patio in the center, with the different families living around it. That is the kind of arrangement Jesus was referring to. He was not talking about different rooms or house over the hillside, but rather a dwelling place that encompasses the complete family of God. We will dwell with God, not down the street from Him. We'll have the same patio.

III. After Jesus just explained to the disciples, the disciples Thomas asked, “.... Lord, we do not know where you are going. How can we know the way?” (John 14:4-5) In a sense, Thomas was saying, “Jesus, we don’t know how to go to heaven to our Father house unless we die? (Show John 14:6)



Our human knowledge stop at death. You’re going the Father and we don’t have any maps going to the father after we die?” Again this is a good questions to ask Jesus. *Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me.”* (John 14:6) Jesus was saying, “You don’t need to know how to get there, I am coming to get you. All you have to do is believe and trust in me as Lord and Savior.” (Show John 14:27)



When Sir Walter Raleigh was led to the block, his executioner asked him if his head lay right. Raleigh answered, “It matters little, my friend, how the head lies, provide the heart is right.” We all have a tendency to borrow trouble into our life. What is your heart trouble you about today? Children, work, finance, marriage.... In the world we all looking to have peace and not a trouble heart. Jesus tell his disciples that, *“Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.”* (John 14:27) (Show John 16:33)



I have told you these things.

www.TrustInTheLord.com



so that in me you may have peace.

www.TrustInTheLord.com



In this world you will have trouble.

www.TrustInTheLord.com



But take heart! I have overcome the world.

John 16:33  
www.TrustInTheLord.com

Jesus said, *“Do not let your heart be trouble. Believe in God, believe also in me.”* (John 14:1) And Jesus said again in John chapter 16, *“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) No matter what comes your way in this world. You will have peace because Christ is the peace that will comfort you in time of your trouble heart. Do not let your heart be trouble, Jesus is the way to the Father, Jesus is the truth in this world, and Jesus is life that is eternal. Do not let your heart be trouble, we can trust His presence and His promises that our heart will be at peace forever and ever. Amen.

No may the peace of God which passes all understanding keep our heart and minds in Christ Jesus. Amen.

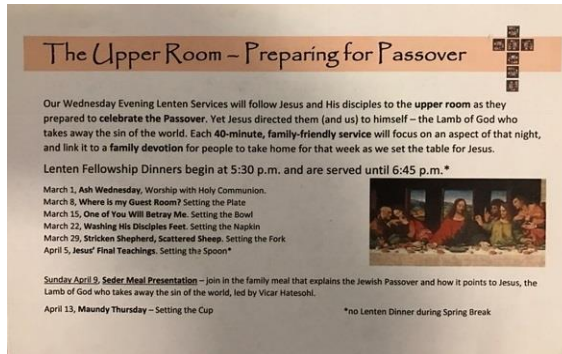


# Children Message

## Lenten Service – Midweek 6

### The Upper Room – Preparing for Passover

**Theme:** Do Not Let Your Heart Be Trouble – The Best is Yet to Come  
**Object:** Midweek 6 - Hand out Spoon



**Scripture:** John 14:1 “Do not let your hearts be troubled. Believe in God; believe also in me.”

In the last 5 weeks of our midweek services for Lenten, today, we come to our 6<sup>th</sup> week and we are passing out a spoon to remind us of Jesus spending the last supper in the upper room with his disciples. Today we have a teaspoon. The Jewish call this a **Kapit, Kapiot** (kah-peat, kah-pee-oht; teaspoon, teaspoons). What do we use spoon for? (*Let the children answer*) Yes! We use the spoon for many things. We use to eat, to stir, to dip, and we can even use for playing game.

In our lesson, Jesus was talking to His disciples because Jesus was leaving them. The disciples must be heart broken. But Jesus told them not to let their heart be trouble. Because when Jesus leave, He is going ahead to prepare a place for the disciples. Jesus will come back and take the disciples to live with Him in Heaven. So in a sense, Jesus is telling them that He is saving the best for last.

That bring us to the spoon. What is the spoon has to do with our Scripture lesson today? What do you do with a spoon after you finish your meal? (*Let them answer*). You save your spoon because dessert is coming. The best is coming for last. We save our spoon so that we can eat dessert with it. We may have pie, ice cream, and others goodies. So remember that when you see a spoon, think of it as the best is yet to come. Our home in heaven is yet to come. We will be with Jesus when He come back to take us home. Our home is in heaven and we will be with Jesus forever and ever. Amen.

**Prayer:** Dear Jesus, you save the best for last. We will be with you in heaven forever and ever. Amen.