

## **That You May Believe & Be Not Troubled**

John 14

Pastor Jeremy Cagle, October 7, 2018

If you would, turn with me in your Bibles to the Gospel of John. That's what we're going to look at this morning. We're in the Gospel of John.

As you're doing that, just to help you shift gears for a moment, researchers have estimated that one of the most common maladies that Canadians suffer from, that Americans, anybody suffers from today is anxiety. They suffer from anxiety, fear of the unknown, what's to come.

Just a few years ago, according to one poll, an estimated 3 million Canadians or 27% of the population suffered from this. And a large percentage said it was debilitating for them. They had panic attacks or they were paralyzed with fear. It left them unable to do anything. I also looked it up and according to the Global News website, the number one cause of anxiety is their job, their boss. And it said, "He stresses them out. She stresses them out, makes them worried and afraid."

But as you know, anxiety could come from anywhere. It doesn't have to be your boss. You can stress out over the weather if you want to. I think it was Mark Twain who says, "Everybody complains about the weather, but nobody wants to do anything about it?" Right? You can stress out about how bad the Canucks are playing - I hear they're getting better though, right? Chris, he's my Canucks expert, they're doing better? It's a source of prayer, yeah. One lady said it this way, she said, "I get nervous about everything and sometimes I don't even know why. I just am." Maybe you can relate to that this morning. Maybe you just are nervous, you don't even know why.

One husband said to his wife, he said, "Why do you worry so much when it does you no good?" And she said, "Yes, it does me good, because most of the things that I worry about never happen." So, that's the thing about anxiety, right? Most of the things you worry about are just made up. They're just figments of your imagination. But the question I want to ask you this morning is, what are you supposed to do about that problem? How do you stop being anxious? What does the Bible say about that?

The famous preacher, Henry Ward Beecher used to tell a story about a man who was being interviewed for a job in a factory that was run by an anxious man. The boss was a very worried person and when he met the owner, the owner said, "I want to hire someone who will take my worries away. That's the job. I want to hire someone who will cure me of my anxiety." The man said, "Well, that's a big job. What does it pay?" And he said, "Well, it pays \$225,000 a year. It pays a quarter million dollars." The man said, "That's a lot of money. Where does the money come from?" And the owner said, "Well, that'll be your first worry." I thought you guys might use that in your business.

Doesn't work that way, right? You can't pay someone to take your worries away. So, what are you supposed to do with it? How do you get over the sin of being afraid? Well, if you want to turn over to John chapter 14 - this is our passage for today; John 14. And I say all that by way of

introduction, because in this passage, Jesus answers that question for us. He tells us what to do with our anxiety. He tells us how to put a stop to our fears.

Before we get into that, if you're joining us for the first time this morning, we're in the middle of a series on the Gospel of John called "The That You May Believe" series because that's why John wrote this book. You guys have heard me say that many times. But John 20:30-31, I just want to read that to you, says, "Therefore many other signs Jesus also performed in the presence of the disciples, which are not written in this book; but these have been written so that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in His name." So, John says, "That's why I wrote this book. That's why it's in the Bible, so that you may believe and be saved."

And the way John does this, the way he helps you believe is by giving you a story from the life of Jesus and then explaining it. That's his style of writing, that's what he does; story then explanation, story then explanation.

The story we saw last week is found in John 13 when Jesus washes the disciples' feet. So, that's the story behind this. And the explanation is found in John 14 through 17. The end of John 13, really until chapter 17.

When Quentin Smith was preaching to us several weeks ago, he said there were four great sermons that Jesus preached in the Bible. The first is the Sermon on the Mount that He preached kind of at the beginning, or at least at the beginning of the Gospel of Matthew. The second was the Parables of the Kingdom that He preached in the middle. The third was the Olivet Discourse that He gave at the end. And the fourth one is this one right here. It's called the Upper Room Discourse. This sermon Jesus preached here about washing the disciples' feet is called the Upper Room Discourse.

If you notice, if you have a red-letter Bible, where the words of Jesus are in red, you see that almost everything in these four chapters is like that. It's just one long explanation as to why He did that. Washing their feet was so shocking. It was so bizarre to the disciples that Jesus had to go into a long explanation.

If you want to see a timeline for this, chapter 13:1 says that, "Now before the Feast of the Passover, Jesus knowing that His hour had come that He would depart out of this world to the Father, having loved His own who were in the world, He loved them to the end. And during supper ..." That's the reference to the last supper that Jesus ate before He died. It's His last meal on earth.

I told you last time, there's a lot of talk about what you would eat for your last meal on earth. Some of you would eat like two dozen Tim Horton's doughnuts, right? The Timbits, those things are delicious. They're very good.

This was Jesus' last meal. It was the Passover meal, the one where the Jews celebrated the Passover. As a matter of fact, this was the last Passover ever eaten. And this was the last one with God's blessing, because the next day Jesus would die as the Passover lamb, right? The

Northern Jews ate their Passover meal on Thursday night while the Southern Jews ate theirs on Friday morning, due to the large number of lambs that had to be killed. Which means that Jesus ate this meal with His disciples on Thursday night and on the next day, on Friday morning, as the lambs were being slain for the Southern Jews, He died as the Lamb of God who takes away the sins of the world. That's the timeline for this event. And before He does that, He has this meal in the upper room.

John doesn't say this, but the other Gospels say that Jesus told the disciples to prepare this meal in a large furnished upper room. We don't know where that was. There was no description as far as that goes. It was somewhere in the city of Jerusalem. We don't know who owned it. Some say Mary owned it, kind of interesting. Other say maybe Nicodemus or Joseph of Arimathea, but the Bible doesn't say.

One more thought about this upper room, some think it might've been the same room the disciples met in when the Holy Spirit came down upon them in the book of Acts. Do you remember that story? The Holy Spirit came down, they spoke in tongues and they preached and all that. That occurred in what was called the upper room, so maybe in the same place. If that was the case, it was a big room because there's 30 something people mentioned in that room.

But one of the things Jesus talks about in this setting, on His last night on earth, was the issue of anxiety. Because He was going to leave the disciples. He talked about the issue of worrying and being afraid, He was going to go and they were worried about it. Chapter 13:33, Jesus says, "Little children, I am with you a little while longer. You will seek Me; and as I said to the Jews, now I say to you, 'Where I am going, you cannot come.'" And then down in verse 36, you see Peter's response to that. He says, "Lord, where are you going?"

Jesus goes on to talk about other things right above that. Talking about loving and a new commandment and all that kind of stuff, and Peter's stuck on the idea of Him going. "Jesus where are you going?" If you look in chapter 14:5, Thomas says, "Lord, we do not know where You are going, how do we know the way?" In other words, it's still on his mind. He can't get it off his mind. "You're going? Where are You going? You have enemies Jesus, what do You mean You're going to go? We've left everything to follow You, well, where are You going?" Later on, in chapter 16, they're going to say, "We don't know what He's talking about, what does He mean He's leaving?"

And to address this, if you look in chapter 14:1, to address this gloom and doom over the dinner table, Jesus says in chapter 14:1, "Do not let your hearts be troubled." The word for "troubled" in Greek is *tarasso* which means "to be troubled" or "to be stirred up". We could translate it "to be anxious". Because when you're anxious, your heart is stirred up, right? You can't rest. It's been said that the only thing at the bottom of the ocean is a nervous wreck. And that's what you're like when you're anxious. You're just a mess. You're just a nervous wreck. It's also been said that anxiety is like a rocking chair because you rock and you rock and you rock and you never get anywhere. And you just worry and worry and worry, and it does you no good. That's what the disciples are doing at this supper. That's the climate of this dinner table. And Jesus reminds them, He says, "Do not let your heart be troubled."

I wonder if there's any of you here this morning who need to hear this. I wonder if there's any of you here this morning with a troubled heart, because someone's left you. Someone has let you down. They've gone away and left you in a funk. They've put a shadow of gloom and doom over you. Or maybe they haven't done that. Maybe, you're anxious over something else. You're anxious about your job or your boss or your family. You're worried about your marriage or your kids or the weather. What are you supposed to do about that?

Now in J. C. Ryle's commentary on John, he said,

Heart trouble is probably the most common thing in the world. No rank or class or condition is exempt from it. No bars or bolts or locks can keep it out, partly from inward causes and partly from outward causes, partly from the body and partly from the soul. The journey of our lives is full of trouble.

He says, "Even the best of Christians have found this world to be a veil of tears." We can say amen to that, right? And the question we're going to wrestle with this morning is what do you do with the tears? What do you do with a troubled heart? That's what this passage is all about.

If you're taking notes this morning in John 14, Jesus gives us five cures for a troubled heart. That's our outline for today. That's what we're going to be looking at in this passage. Jesus gives us five cures for a troubled heart, five ways to deal with the sin of anxiety. And they're all set against the backdrop of the Last Supper. We're going to celebrate the Lord's Supper here in a moment, but that Lord's Supper started right here in John chapter 14. And as Jesus is initiating that, He talks to the disciples about how to cure a troubled heart, and there's five cures.

The first one is this: your future is in God's hands. If you want to cure the sin of anxiety, you have to remember that your future is in God's hands. Or in the words of this passage, Jesus is going to prepare a place for you. He's taking you somewhere else, which means no matter how bad it is in this life, you'll be okay because you're just passing through. I don't know about you guys, but anytime I go to the airport or somewhere like that, I get a little anxious. I feel like I'm in a sardine camp. But you know what, I'm just passing through, it's okay, right? And give me peanuts on the plane, I'll eat them, it's fine. This world is not your home. You're just passing through. So, don't be anxious.

If you read in verses 1 through 3 of chapter 14, the Lord says,

1 Do not let your heart be troubled; believe in God, believe also in Me. 2 In My Father's house are many dwelling places; and if it were not so, I would have told you; for I go to prepare a place for you. 3 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.

If you think about the context for this, it's very interesting. Jesus is about to die. In just a few short hours, He's going to be crucified on a cross and He washes the disciples' feet, and then He says, "Do not let your hearts be troubled." In other words, He's about to suffer the worst death any human being has ever suffered for the sins of the world, and He's worried about them.

He's counselling them. It's pretty amazing. And He says, "Do not let your hearts be troubled." In other words, it's actually a command. The word "do not", that's in the imperative, which means it's like a command. In other words, "Stop it, cut it out. Don't worry anymore. Why? Because in My Father's house are many dwelling places."

And the word for "house" there is *oikos* in Greek, which means "a house" or "a place to live". The King James Version has translated it "mansions" and some people have taken that to say, we all get our own mansions. But that's not really the idea here. The idea is that God has a mansion, God has a house, and we get to live in it. It has many dwelling places. It's a reference to heaven. Heaven has a lot of names in the Bible. It's called a country because of its size. It's called a city because of its inhabitants. It's called a kingdom because of its ruler. It's called a paradise because of its beauty. And here it's called a house because of its family. That's the idea in John 14.

In the first century Israel, families usually lived in one house. You see that with some of the different people groups even here in Chilliwack. Some families here, you see several generations living in one house, and when new ones want to move in, they just build an extra room. That's what they did in the first century. It was customary back then for a father to build a house, raise his children, and when they got married, he would simply add rooms onto it, so they could live with them. They would have their privacy. They would have kind of their own place, but they would be in the father's house. And Jesus says, "In a similar way, do not let your heart be troubled. Do not let your heart be anxious or stirred up or restless or rocking, rocking, rocking, rocking, because in My Father's house are many dwelling places, and I go to prepare a place for you there."

"Don't be anxious," He says, "Because I am going, but you're coming with Me. Not today, not tomorrow, but one day you're coming with Me." Another way to say that is your future is in God's hands. "It's in My hands," Jesus says. "I've got it under control."

I think the number one reason people are anxious today is because they don't think the future is under control, right? Do you guys say amen to that? They think it's not taken care of. They see bad things happening on the news, they see bad things happening next door, they see bad things happening in the government, public schools and they get afraid. And they wonder where is this going? Where is it all going to end up?

Can I tell you where it's going to end up if you're a Christian? Can I tell you where it's going? It's going to the Father's house. If you're in Christ, if you're saved, it's going to end up in heaven for you. And Jesus says, the logical conclusion to this in verse one is, "Believe in God, believe also in Me. Don't be afraid." They say heaven is a prepared place for a prepared people. That's what it says here. Jesus is preparing a place for you. And He's preparing you for it, so don't be anxious. Don't be afraid.

Let me say it this way, because this is important. If you feel like you don't belong here, that's because you don't. Amen? Anybody feel like they don't belong? You don't belong. This world is not your home. You belong in the Father's house. Your home is a place you've never been to yet. You belong in heaven. If you feel uncomfortable here, if you feel uneasy and restless, well,

there's a reason for that. I meet Christians all the time who tell me they feel restless in this world, they feel uncomfortable. Well, that's the way it should be. You're a traveller here.

A businessman was once on a flight that got caught in the storm and it had some terrible turbulence. And the plane rolled this way and that, it bounced to and fro, and everyone was afraid except this little girl who was sitting in the seat right next to him. Everybody was worried and even maybe hollering out a couple times on the flight. And she just sat there quietly reading a book and finally when they landed, the businessman looked over at the little girl and he said, "Why are you so calm?" And she said, "Because my daddy's flying the plane, and he's taking me home." Friends, your Daddy's flying the plane and he's taking you home. Your Daddy's steering the ship. Your Daddy has it all under control. Your Daddy has it taken care of, and you don't need to worry about it. You don't have to be afraid. His hands are bigger than yours anyway. His hands are stronger than yours. His mind is wiser than yours. So, leave it in His hands.

That's enough right there to end the sermon on, isn't it? I mean those couple of verses here, that's how Jesus begins and you think, "Okay, I'm good Lord. I've got it." But He goes on to give us more because He's that kind of gracious Saviour. And it leads to another cure for a troubled heart. And that is this: you know the way to heaven. Not only is your future in God's hands, not only is your future in God's house, the Father's house, but you know how to get there. You know the way.

In the words of this passage, Jesus goes on to say, "I am the way and you can follow Me there. You don't have to wait, you don't have to be paralyzed with fear." You have something to do right now, you follow Jesus. If you look in verse 4, Jesus ends that first section. He says, "And you know the way where I'm going." Thomas said to Him, he said, "Lord, we do not know where You're going, how do we know the way?" And Jesus said to him, "I am the way and the truth and the life. No one comes to the Father, but through Me."

During the course of this conversation, there's a little bit of back and forth between Jesus and the disciples. Like I said, this is a sermon. I mean, it is a speech of sorts, but it's a little interactive. And the disciples interrupt Him at times to ask questions. And here Thomas says, he says, "Lord, we do not know where You're going, how do we know the way?"

If you understand what Jesus is saying, it's a little simplistic. A little muddle-headed kind of to say that, Thomas. Jesus is talking about the way to heaven, He's talking about the way to eternity and Thomas is talking like he's talking about the way to the grocery store or something. So, to correct that, Jesus says in verse 6, "For I am the way and the truth and the life. No one comes to the Father but through Me." In other words, "Thomas, this is about coming to the Father. That's what this is about. This is about going to the Father's house." This is the goal of every religion in the world by the way, to get to the Father. This is the goal of every faith system, to get to heaven. And Jesus says, "I am the way to heaven."

If you noticed, the definite article is used there three times, "the way, the truth, the life" because there is no other way. In a positive manner, that's how He says it. He says, "I am the way to the Father and the truth about Him." In other words, "I can tell you all you need to know about the Father. You want to know about the Father? Come to me, I'll tell you about Him." He says, "I am

the life or the eternal life that He brings.” That's all in the positive sense. In the negative sense, He says, “No one comes to the Father, but through Me.” In other words, “No religion, no man, no woman, no child comes to heaven except through My life and death and resurrection.”

Here's how this applies to the issue of anxiety. Here's how it connects to a troubled heart. You know how to get to God, which means that you don't have to stand around anxiously wondering what to do when life gets hard. You don't have to sit at the bottom of the ocean and keep rocking and rocking and rocking in the rocking chair. You can go to God now with your problems. You know what to do about them today.

I mentioned the reason people are anxious, one reason earlier, but I think another reason people are anxious is because they don't know what to do with their problems. They don't know where to go when they're afraid, so they pay someone \$200 an hour just to listen to them. Or they spend hours and hours and hours in some kind of help group to try something, anything. I've talked to people about that and I said, “Why are you going to that group?” “Because I'm trying anything.” You don't have to do that if you're a Christian, you can bring your problem straight to God. You know the way to get there. I heard one man say it this way, he said, “We don't need a map of heaven because there's only one house, and we don't need a map to get there because there's only one way and it goes through Jesus Christ. It runs straight through Him.” In one of His books on this, Martin Lloyd Jones said it this way - this is very good. It's kind of a lengthy quote, but I want to read this to you because he hit the nail on the head. He said,

Faith according to Jesus, is primarily about thinking ... We must never think of it as something purely mystical. We don't sit down in an armchair and expect marvellous things to happen to us as we worry and worry and worry. That is not the Christian faith ... We are told to think ... The Christian life can be defined like this: it's a man thinking when everything else seems determined to stop him ... to fight against him and knock him down ... The trouble with the anxious person is not that he thinks too much, but he thinks too little. Instead of controlling his thoughts, he lets himself be controlled by something else and he goes round and round in circles. That is the essence of anxiety. It is the essence of worry and fear. It's not too much thinking but too little. It is not too much thought but not enough. It's a failure to think.

We might add that anxiety is a failure to think about Jesus. It's a failure to remember that He is the way, the truth and the life.

That leads to another cure for a troubled heart. The future is in God's hands. You know the way to get there, the way to get to heaven. We'll move through these next ones rather quickly. Here's a third one here: remember that Jesus answers your prayers. This goes right along with the other one. But if you know the way to heaven and you know the One who controls the future, you can cure your anxious heart by remembering that Jesus answers your prayers. You know who to call out to when you're feeling anxious. You know who to go to when you're afraid.

Verse 8 says it this way, continuing the line of thought, “Philip said to Him, ‘Lord, show us the Father, and it's enough for us.’” That sounds a little random. But it's not, because as Jesus is leaving, He says, “You know the way for I am the way.” And Philip says, “Well, just show us

the Father then. Let's not talk about the way, show us God Himself." If you look in verse 9, this is very interesting what Jesus says. He says, "Have I been so long with you, and you have not come to know Me, Philip? He who has seen Me has seen the Father; how can you say, 'Show us the Father?'" In other words, "Don't you know who I am Phillip? I am one with the Father, I'm God." In the words of John 10:30, "I and the Father are one" or in the words of Hebrews 1:3, "Jesus is the radiance of the Father's glory, and the exact representation of His nature."

Now, if you remember this, backing up just a little bit, Jesus had just washed the disciples' feet. And now, He's reminding them that He is God. They just got their feet washed by God. Now, let that sink in for a minute. What would you even say to that? I would probably lose my appetite for a moment, just trying to let it sink in.

The Lord goes on to flesh this out in verses 13 through 14, just skipping ahead a little bit. Here's an application of what He's saying. He says, "Whatever you ask in My name, that will I do, so that the Father may be glorified in the Son. If you ask anything in My name, I will do it." Jesus says, "I am so close to the Father. I am so one with Him in nature. In essence, that whatever you ask for in My name, I'll do it for you. Whatever you pray for in My name, it will be done." That's one of the ways you know He is God because He answers your prayers. Only God can answer your prayer.

That phrase "in My name" qualifies this, because it means you can't pray whatever you want to and get it. You can't ask for a car and get a car. You can't ask for money and get money. I remember one of my jobs in seminary, I was an elementary PE teacher. And I was watching one time when a little girl got hit I think in the back of the head by a dodge ball or by a kickball. And one older lady came up to her and put her hand on her head and said, "Lord, Jesus." I remember thinking, "Well, her head is still going to hurt." That's not really what this is referring to, is what I'm saying. You can't just say Jesus' name and He'll do just whatever it is that you want. Jesus says, "It has to be in My name," which is another way of saying, "According to My will." Jesus is God, which means that if you want your prayers answered, you have to ask according to His will, not your will. He's Lord, which means if you want your prayers to be heard, you ask in His name, not in your name. You pray according to what He says in Scripture.

So, for instance, this is pretty simple. If you're anxious, you can ask for the strength to fight it, and He will answer because that is according to His will. The Scriptures telling you, "Do not be anxious." And so, if you call out to the Lord for help to fight the sin of anxiety, He will answer that. That's according to His will. If you're worried and afraid, you can ask for help to get over that, to get through that, and He'll answer that. That's not what He wants for you.

Let's flesh this out a little more. This means some of you may be anxious this morning because you're not praying to Him. Some of you may be worried because your prayer life is not in order. You need to spend time talking to God about your problems. I read a sign this week that said, "Anxiety is when you worry about things you can't change, but prayer is when you talk to God about things He can change." If you want help for a troubled heart, ask God for help.

This leads to another cure for the troubled heart, and that is this: remember you're not alone. (I'll go through these next ones pretty quickly.) Many people today are anxious because they feel like

they're alone. There's no one there to help them. And Jesus says in verse 16, He addresses that issue next. He says, "I will ask the Father, and He will give you another Helper, that He may be with you forever; that is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but you know Him because He abides with you and will be in you." He says, "I will not leave you as orphans; I will come to you."

The word "helper" here in verse 16 is *parakletos* from which we get the word paraclete. Some of you have heard the Holy Spirit called the "paraclete". That comes from the word *para* which means "alongside" and *kletos* which means "to call". The Holy Spirit is the one who is called to come alongside believers and help us. Some translations translate that word "comforter" because that's what He does. He comforts us in our time of need.

If you want to follow along a little bit, Jesus gives us some descriptions about Him. Verse 17, He calls Him the "Spirit of truth", which means that He will lead us in the truth. That's one of the things He will do. He will show us what truth is. It says there that He will abide with us and be in us. Which means wherever you go, the Spirit goes with you. Whatever difficult situation you're in, you take the presence of God with you if you're a believer. Skipping on down, verse 26 says, "He will teach you all things and bring to your remembrance, all that I said to you." There's a little back and forth with commentators as to what that means. But one common interpretation is that this is a promise for the disciples because as they wrote the Bible. As they wrote Scripture, the Holy Spirit helped them to remember what Jesus said. As they wrote down these long sermons from Jesus, it was the Spirit who recalled to their remembrance all of that. But the point is you shouldn't be alone because the Spirit is with you. You shouldn't be afraid because God Himself lives inside of you.

And all of this leads to one more cure for a troubled heart. We could say more about that. But bringing this all together, there's one more cure for a troubled heart. Let me go over these just for your notes. Your future is in God's hands and you know the way to heaven. It's not a mystery to you. You don't need a map. There's only one way. And He will answer your prayers and never leave you alone. Those are some other cures. You have a helper. You have a comforter forever, Jesus says, by the way. You have a comforter forever. That's a long time. But if all this is true, if you have all these wonderful things, then the conclusion is this (and you see it in the text). This is the final cure for a troubled heart: you can have peace. Jesus has given you peace. There's no need to be troubled. There's no need to be afraid, because the Prince of Peace has given you peace. And this is how the chapter ends in verse 27. Jesus says, "Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful or afraid."

He repeats that phrase "do not let your heart be troubled" for emphasis here, because it rounds off the chapter. He's going to go on to say a few more words about leaving and going away and those sorts of things, but this is really how the chapter ends - don't be afraid. "Don't be troubled because My peace I give to you." He says, "Not as the world gives," which is another way of saying, "My peace is not like what you would get from unbelievers."

I think I looked it up, in the history of the world, there's only been just a few centuries of recorded history where there's actually been peace on this earth. Did you know that? We have

several thousand years of recorded history, there's only a handful of centuries where there hasn't been a fight going on somewhere. Jesus says here that, "I can bring peace into your soul. See, that's something the world can't do. I can bring peace to your heart." As one commentator said, he said, "This is the property of all believers. Whether high born or low, Jesus can give you peace. He can bring rest to your weary soul." Another one said, "This is what Jesus left us with, neither silver or gold, neither money or possessions, neither wealth or riches or all the things this world has to offer - He left us peace."

Which leads me to ask, do you do you have this peace today? Do you have a rest for your soul? As we've gone through this passage and we've talked about the future and the way to heaven and prayer and the Spirit, do you trust Jesus on all those things? Do you believe He's really going to take care of you, or are you anxious? Are you like the lady who said, "I'm nervous about everything?" If you are, I want to tell you, you don't have to be. If you're anxious this morning and afraid, I want to tell you there's a solution for that. And His name is Jesus Christ. He can soothe your troubled heart. He can give you peace. Will you come to Him? He says He'll hear your prayers if you pray to Him, so will you pray? He says, He'll give you a Helper, will you ask for help?

A man once told D. L. Moody that he was anxious because he wasn't sure that he was saved. He didn't feel saved, he said. He didn't feel like he had peace. So, D. L. Moody replied, he said, "Well, was Noah safe in the ark?" He said, "Of course he was." "Was he saved by his feelings or the ark?" And the man said, "Well, the ark of course." And Moody said, "So it is with Jesus. You're saved by Jesus and not by your feelings. Trust in Jesus, give your heart to Jesus and the feelings will catch up. He will give you peace." And let's pray as we come to the Lord's Table and rejoice in the peace that He brings and thanking Him for that.

Father, we thank you Lord for this wonderful, amazing peace that we have in Christ. Not just peace in our own hearts, although that's a huge part of this, but even peace as Christians, peace as a church. Lord, we can get along because of what Christ has done on our behalf. We can love one another as You've commanded, because of what Your Son has accomplished.

Lord, we thank you for these words of Jesus that were recorded 2,000 years ago. Here we are in 2018 reading things that were said in the first century. And they're just as applicable to us today as they were to these men back then, because our hearts are just the same.

Lord, I do pray for any who are here this morning who are struggling with this issue of anxiety and a troubled spirit and a worried heart. Maybe, they brought their worries with them. Maybe, they didn't intend to, but they did. Lord, I pray You would remind them in this passage that Jesus can shoulder those worries. He said, "Come to Me all who are weary and I will give you rest." Lord, may they find rest in Christ.

If there're some unbelievers here with us this morning who don't know Christ, Lord, I pray You would give them peace in His name as they call out to Him and ask Him for forgiveness and salvation.

Lord, thank you for the deep things we have in Scripture. I feel we cover a passage like this and we just kind of skinned the surface of it. But thank you Lord that You answer all the needs of our troubled hearts. May You be glorified as we take Your supper here this morning. May You be honoured as we remember the Passover Lamb that was slain once and for all, the Lord Jesus Christ. And we pray this in His name, amen.