Daily Devotion #88

Let Not Your Heart Be Troubled

*John 14:1 - “Do not let your heart be troubled; believe in God, believe also in Me.”*

There are many things in this life that trouble us. And when the world gets turned upside-down, it doesn’t help. More and more people are longing for some normalcy – the day when the virus is gone and work picks up and schools open and people can be “normal” again.

All of that brings a huge sense of trouble to an already troubled heart. And our hearts are troubled. We are troubled from the moment we are born. Sin, from our earliest age, wants to control us and have its way in us and through us in every way it can. We are troubled over relationships; we are troubled over how we feel about things. We are troubled over how we feel about ourselves, about how we will make our living, about how others will view us, about whether we will be successful or contribute to the world in any way. We are troubled over whether our children will turn out ok? Will my marriage be a good marriage? Should I get married? Should I go to college? Should I buy a home or a car, etc.?

There is much to be troubled over. But praise God, there is much to be relieved over as well. When the disciples began to understand that Jesus was to leave them, they were troubled. Can you imagine being them? They had learned so much and seen so much. For the first time in their lives they had someone who truly loved and cared about them with a sacrificial love, a godly love. A love that accepted them for who they were and for what they could become. It’s not that they didn’t have other people who loved them, but, because every soul is sinful, even the ones who love us the most are tainted with their own views and see us differently than the Lord see us.

So when Jesus said He was leaving, they were terribly distraught. They realized that they would be alone, so the thought of carrying on without him was daunting. All of that uncertainty caused Thomas to question the Lord. Jesus had just said in the next verses that in His Father’s house are many places to live and that He was going there to make those homes ready. And to cap off His plan for leaving, He said to the disciples, “You know where I’m going”. (John 14:2-4)

But Thomas, in his authentic self, said to the Lord in verse five, “Lord, we don’t know where you are going, how do we know the way?” (John 14:5) Thomas was being honest. He looked around and realized he had no GPS; he had no road map to heaven. So, how could he find the way. To which the Lord responded, “I am the way”. (John 14:6)

What the Lord was doing with the disciples is exactly what He does with us. He is reassuring them that no matter what happens or doesn’t happen in this life, we have a home with Him. We will be with Him and our heavenly Father forever.

Jesus knew how troubled the human mind can be. He lived this life for 33 years in human form. He understands the pains and the difficult days. He understands what it means to be worried and fearful, not because He was ever worried or fearful, but he was certainly tempted to be. (Hebrews 4:15) And He continually lived with people who were controlled by a troubled mind and spirit.

What a joy it is to know that our Savior knows our minds. (Psalm 94:11) He knows what is troublesome to us. He knows that we are weak and often confused and uncertain about life and how to make it through. He knows that we don’t know how to get to heaven. So, He came to show us the way. We are to follow Him. Surrender our hearts to Him and trust Him by faith - letting go of our fears and troublesome situations.

Beloved, don’t let your heart be troubled. It doesn’t need to be. Jesus came to rescue you from that and show you the way to life, eternal life. Just enjoy the ride.