



The Life of Jesus (99)

The Last Teachings of Jesus (1)

John 14:1-6



#1 Don't Be Troubled

After dinner, Jesus taught His disciples a few final lessons regarding His departure. We find these last teachings for the disciples along with Jesus' last prayer for them in John chapters 14-17.

“Do not let your hearts be troubled. You believe in God; believe also in me” (Jn 14:1)

After the last supper, Judas Iscariot went to sell out His teacher. So Jesus said to the 11 disciples,

“My children, I will be with you only a little longer. You will look for me, and just as I told the Jews, so I tell you now: Where I am going, you cannot come.” (Jn 13:33)

These words must have troubled the disciples greatly. They had followed Jesus, leaving everything behind including their family, friends, jobs and more. But now, Jesus was saying that He would only be with them for a little longer and that He would go somewhere where they couldn't go.

#2 Don't Be Troubled

Hearing this, they might have been devastated. They might have even felt like Jesus was abandoning them.

To the disciples, losing Jesus was like children losing their parents. Jesus had asked them to invest their whole lives in following Him and they did so.

When they followed Jesus, they likely expected that they would share His glory with Him when He reigned over Israel with His wisdom and power.

But what Jesus said shattered their expectations. Now, **they would soon face situations where their great teacher would be absent.** They definitely were not ready

Jesus knew their hearts and He wanted to soothe them. So, right after saying that He would go where they couldn't come, He said, "Do not let your hearts be troubled" (**Jn 14:1**)

#3 Don't Be Troubled

While living in the world, we are constantly worried about something. It's very natural for us to do so. Worrying is a natural thing we do as humans.

Because no one knows what will happen in the future, we're concerned about situations that we can't control. No matter how we try to prepare for everything, there's always the possibility that we will face unexpected situations that we can't control. That's why we always live with all kinds of worries.



#4 Don't Be Troubled

No one worries because they want to. We just worry because there's nothing else we can do. So, worrying doesn't seem to be our choice.

But still, Jesus tells us not to let our hearts be troubled. Jesus seems to be saying that we can choose whether or not to worry. And that's true. Worrying is not something that we can't resist because we can actually control it.

And, there's one thing needed in order to control our worries, and that's faith. After saying "Do not let your hearts be troubled" Jesus continued, "You believe in God; believe also in me." (Jn 14:1)

Worry is a state of mind that is concerned about bad things that could happen that are beyond our control.

That's why we need faith not to let our hearts be troubled. In order to overcome our worries, we need an appropriate foundation, which Jesus calls 'faith in God'.

#5 Don't Be Troubled

If we really believe that God is in control in every situation wherever we are and whatever we do, and that He will continue to work for our good, we won't be worried.

So, the antonym of worry is not happiness, comfort, or peace. It is faith. Likewise, the synonym of worry is unbelief.



But the more we believe in God and lift up everything to Him, even our future and our lives, the less we will worry because we know that the One whom we believe in is omniscient, omnipotent, and omnipresent.

He knows everything, He is almighty, and He is always with us. That's why Jesus encouraged His disciples to have faith in Him just as they had faith in God.

#6 Don't Be Troubled

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (Php 4:6-7)

The reason we're able to not be anxious about anything in every situation is because we know that the God of peace, who transcends all our worries, will guide our path and guard our hearts in all circumstances.

Only when we truly believe in who God is and fix our eyes on Him, can we give thanks to Him in every situation rather than being worried or anxious about anything.

#7 The Great I Am

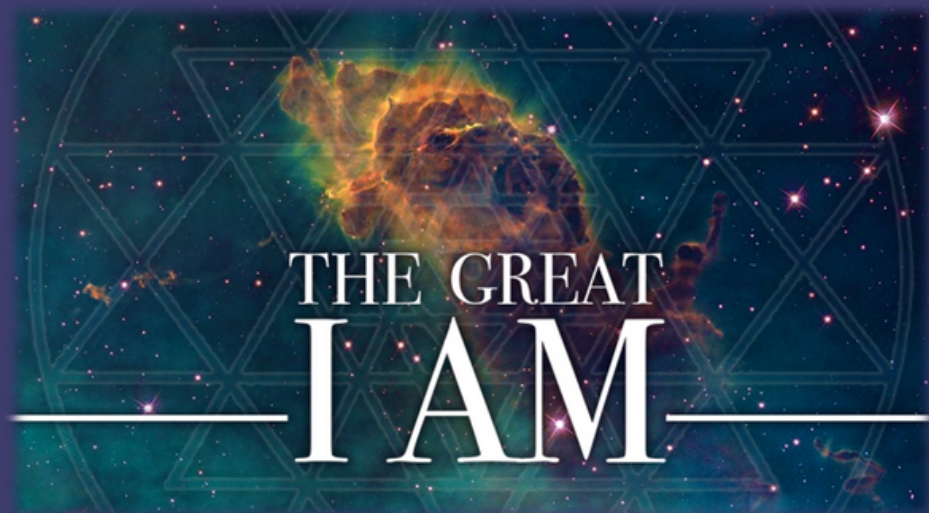
When God appeared to Moses at the age of 80 to send him to Pharaoh to deliver the Israelites from slavery in Egypt.

Moses refused to carry out the mission at first because he thought he wasn't strong, wise, or powerful enough to do so. So God appeared to Him and revealed His name.

“I am who I am. This is what you are to say to the Israelites: **‘I am has sent me to you.’** (Ex 3:14)

Here, the name “I Am” explains a lot about who God is. The name reveals God's wisdom, power, and holiness because it implies how He exists. God exists on His own. Every other being has its source in Him. He wasn't created but He created all things.

There's no other being like our God. That's why we call Him 'the Great I Am.'



#8 The Great I Am

What God is saying to Moses is that “the Great I Am” will always be with him, guide him, strengthen him, and give him all the wisdom that he needs.

And the Bible also says that the same God, the Great I Am, is also with us, carrying all our burdens.

“Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.” (Ps 55:22)

“Cast all your anxiety on him because he cares for you.” (1 Pt 5:7)

Then, if the greatest Being in the whole universe is always with us and cares for us, what should we worry about? There’s nothing that can worry us because we know that whatever they are, our God is always bigger than them. That’s the faith we’re to have in God.

#9 Don't Be Troubled

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?… If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you – you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them.” (Mt 6:25-26, 30-32)

Memory Verses

“Do not let your hearts be troubled. You believe in God; believe also in me” (Jn 14:1) (1)

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” (Php 4:6–7) (3)

“Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.” (Ps 55:22) (1)

“Cast all your anxiety on him because he cares for you.” (1 Pt 5:7) (1)

“So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them.” (Mt 6:31–32) (2)

Reflection Questions

- 1) What worries you the most nowadays? Where do you think those worries come from?
- 2) Why do you think Jesus says, “Do not let your hearts be troubled”? Why do you think worries have negative effects in your relationship with and faith in God? How do you overcome your worries?