



6th Sunday of Easter

25th May 2025



How to:

"Let not your heart be troubled!"

Main verses:

The Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

²⁷Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

(John 14:26-27)

Main Point:

Jesus calls us to actively guard our hearts against fear and anxiety by trusting in His finished work and relying on the presence of the Holy Spirit. No matter what troubles come, we can hold onto the peace He gives, knowing we are never alone.

Intro |

Let's be honest—life can feel pretty full-on at times. There's a lot going on in the world.

And whether it's global events, personal struggles, family dramas, or just the noise of everyday life, it's easy to end up feeling anxious, overwhelmed, and well...troubled.

I bet if I asked anyone of you, if anything was troubling you, you would answer in the affirmative.

But Jesus speaks right into that troubled space, we so readily find ourselves in, when He says, **"Let not your hearts be troubled."** (John 14:1)

To say that to us, knowing the world we live in, means that Jesus wasn't just saying a nice sentiment. In fact, if we look closely, we see that it's a command, and it comes with a promise.

But before we can really take that in, we need to look at the context.

Jesus says these words on the night before His crucifixion.

A little earlier, Jesus told the crowds He was going to die (John 12). Then, as he shares His last meal with His disciples, Jesus drops some heavy news: one of them will betray Him, and Peter—brave, bold Peter—denies even knowing Him (John 14).

Can you imagine the emotional weight in the room?

And right in the middle of all that uncertainty and fear, Jesus says, **"Let not your hearts be troubled. Believe in God; believe also in me."** (John 14:1)

It's such a powerful moment. He doesn't say, "Hey boys, don't stress, it'll all work out."

No, He tells them *how* not to be troubled—by believing in Him. By holding onto Him. He reminds them that even though things are about to get dark, they can trust Him.

And here's the first big takeaway:

Point 1 | Trouble may come, but we don't have to let it settle in.

Jesus doesn't pretend life won't be hard. He's honest—there's betrayal, denial, death coming—but He says, *don't let your heart be troubled*.

That tells me we have a role to play. We can't always control what happens around us, but we can choose how we respond. We can guard and protect our hearts.

A really important Proverbs says, "*Above all else, guard your heart, for everything you do flows from it.*" (Proverbs 4:23)

That guarding looks like leaning into Jesus when fear creeps in. It's reminding ourselves, "He's got me. He's with me. I'm not doing this alone."

Point 2 | We find peace by remembering what Jesus has already done.

Shortly after telling his disciples not let trouble in, he says, "*I go to prepare a place for you.*" (John 14:2-3)

Now, He's not up there building mansions with golden bricks—He was talking about the cross. His death *prepared the way*.

Our biggest problem—which was being separated from God—was solved when Jesus died on the cross.

That's worth holding onto when life feels uncertain. Jesus has done the hard work. The end of the story is secure. Our forever is sorted. That brings a different kind of peace—not just momentary relief, but deep, soul-level peace that can anchor us no matter the storm.

Point 3 | The Holy Spirit is with us—right here, right now.

Jesus goes on to say that He'll send us a Helper—the Holy Spirit (John 14:26).

And the Spirit's not just a vague concept. He's the presence and person of God, living right inside our hearts.

He's our comfort. He's our guide. He reminds us of what Jesus taught.

We're not left to figure it all out on our own. We don't need Jesus standing next to us in the flesh, because His Spirit is *inside us*. That's even better.

The Apostle Paul wrote to the believers in Rome, "*The Spirit of God who raised Jesus from the dead lives in you.*" (Romans 8:11)

That's not a maybe—it's a rock-solid truth. And when we remember that we realise we're never out of options, we're never alone.

Point 4 | Peace is a gift—but we need to hold onto it.

So, Jesus says, "*Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*" (John 14:27)

Here's the thing: the world offers a temporary, surface-level kind of peace—escape, distraction, numbing.

But Jesus gives a peace that stays. And He tells us not to *let* our hearts be troubled. That means we have to actively *hold onto* that peace. It won't always come automatically—we've got to accept it, speak it, pray it, stand in it.

Application | So what does this look like for us today?

Here are three practical things you can do when your heart starts to crumble with troubles:

1. **Pause and pray** – Take a breath. Tell Jesus what's going on. Be honest. Then ask the Holy Spirit to help you see it through God's eyes.

2. **Speak the truth to yourself** – Say it out loud if you need to: *"Jesus is with me. I'm not alone. The Holy Spirit is in me. My eternity is secure."*
3. **Stay connected** – Don't isolate yourself. Share what you're going through with a trusted friend. If you're going through a particularly stormy season, ask another member of this church to meet regularly with you for prayer and let them pray with you. We're meant to support each other through the hard days.

You might be in a storm right now. Maybe things feel shaky, uncertain.

But Jesus hasn't changed. His promises are still true. He's still preparing a place for you.

He's still with you in His Spirit who is inside your heart. And He still says, *"Let not your heart be troubled."*

So today, let's take Him at His word. Let's choose to believe in Him. Let's hold onto His peace like our lives depend on it—because the truth is it does. **Amen.**

Closing Prayer:

Heavenly Father,

Thank you for the gift of peace that Jesus gives us—peace that isn't based on our circumstances but rooted in your presence and promises. Lord, we admit that life can feel overwhelming at times. Troubles come knocking, and fear tries to take over. But today, we choose to take Jesus at His word when He says, "Don't let your hearts be troubled."

We're grateful, Jesus, that you went to the cross to prepare a place for us in the Father's house, and that you didn't leave us alone—you sent us the Holy Spirit to comfort, guide, and strengthen us every day. Help us not to live from a place of panic, but from a place of peace, knowing we are never forsaken.

Teach us how to hold onto that peace when the world around us shakes. Help us to tune in to the Holy Spirit's voice, and to trust that you are working even when we can't see it. Thank you that you are the Prince of Peace, and that because of You, we don't have to live with troubled hearts. We choose to rest in your love, your plan, and your presence today. In Jesus' name we pray, **Amen.**

Reflection Questions:

Allow these questions to help you apply today's message:

1. What situations in my life are currently troubling my heart, and how can I invite Jesus' peace into those areas?
2. Do I truly believe that Jesus has already done everything needed for me to have a secure place with the Father? Why or why not?
3. When I feel anxious or fearful, do I lean into the presence of the Holy Spirit, or do I try to handle things on my own?
4. What practical steps can I take this week to guard the peace Jesus has given me, even when life feels uncertain?
5. How can I encourage someone else who is facing a troubled heart, using the truths from John 14?