

LET NOT YOUR HEART BE TROUBLED (John 14)

Yahshua encouraged us to live a life of trust in God, instead. The heart, the physical home of our emotion and feelings, can be hurt and damaged as a result of worries and anxieties. The emotion, the will and the intellect comprise the soul which, when not in complete trust and faith in God, is controlled by the spirit of fear. John wrote in his first letter chapter four and verse eighteen the following: There is no fear in love, but full-grown love turns fear out of doors and expels every trace of terror! For fear brings with it the thought of punishment, and he who is afraid has not reached the full maturity of love [is not yet grown into love's complete perfection]. **For fear brings with it the thought of punishment.** When fear controls the mind it brings torment to it and the emotion responds with panic attacks, worries, anxieties causing the heart to accelerate creating shortness of breath and before one knows he is suffering a heart attack.

I may be exaggerating a bit here, but I want to make a point of the danger of allowing the heart to be controlled by the spirit of fear. The way to fight it is **trust, faith in God**, believing the promises of God given in His Word. Yahshua said, "Let not your heart be troubled". This implies that we have the control of our emotion by controlling the thoughts of the mind before they reach to the heart. The Word of God says that we believe with the heart. If it does not believe the promises of God, then the result will be a troubled heart. The Scripture says, no man who believes in Him will be put to shame or be disappointed (Romans 10:10-11).

Job's heart was found trusting God when he lost everything important to him. He said, "The Lord gave, the Lord has taken away; blessed be the name of the Lord" (Job 1:21). We see here that his heart was not with the treasures of the world, but his heart was secured in the love of God. Abraham's heart was not troubled when he was asked to offer his son, his only son because he believed in the promise God had given him that from him He was going to make a great nation. He knew and believed in the God that would deliverer the promise given him; his heart was not troubled, for he believed in the resurrection of his son, even if he had killed him. A heart at peace is a heart in harmony with God's heart. And at the end of his test, God said to Abraham, "I have sworn by Myself that since you have done this and have not withheld or begrudged your son, your only son, in blessing I will bless you and in multiplying I will multiply your descendants like the stars of the heavens and like the sand of the seashore. And you Seed will possess the gate of His enemies, and in your Seed [Christ] shall all the nations of the earth be blessed and [by Him] bless themselves, because you have heard and obeyed My voice" (Genesis 22:16-18).

Let not your heart be troubled, for in believing and in trusting is your confidence. Yahshua didn't suggest prescription drugs to tranquilize the heart. He prescribed trust, faith and belief in the true and only God – Yahshua. Your prescription drugs are like a band aid, a temporary aid covering only the surface, the symptoms of your troubled heart. They cannot penetrate the soul with healing; only trust faith and belief can do that, for the spiritual problem of lack of

trust and faith and belief, cannot be treated with drugs. It is a fact you should look into. Isaiah said, "If you will not stand firm in your faith, you will not stand at all" (Isaiah 7:9b).

Let not your heart be troubled because God has something greater and better for you, since you are not of this world; you have no permanent place here, you should be looking for the one which is to come (Hebrew 13:14), believing that your sufferings is not to be compared with the glory to be revealed to you. Believe in God, believe in Yahshua. Yahshua said, I am the same with the Father, the radiance of His glory; the perfect imprint of Him; I maintain the universe by my powerful word; **I AM!**

Philip, one of His disciples, didn't understand Him to be one with the Father and asked Him to show them the Father, after Yahshua had introduced Himself to be the same with the Father. He said, "If you had known Me, you would also have known my Father. From now on, you know Him and have seen Him". It will be a problem for you to believe and trust and have faith in someone you do not know. If it is the case with you, I invite you to a close relationship with Yahshua not only as your Savior, but also as your master and friend.

Let not your heart be troubled, for I am coming [back] to you; my peace I leave with you (John 14). Peace, the antidote of worries and anxieties, is the only thing that calms the heart. He will keep in perfect peace the heart of those who trust and relies on Him, and confidently stays in the secret place of the Most High.

Think About it!

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