

# DO NOT LET YOUR HEARTS BE TROUBLED

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## John 14:1-3, 26-27

Have you ever really noticed that these words of Jesus, “**Do not let your hearts be troubled**” occur twice in John 14? The first time, in verse 1, they are followed by the exhortation “**Trust in God, trust also in me**” (NIV) or “Believe in God, believe also in me” (NRSV)

The second time, in verse 27, they follow Jesus’ promise of his peace and are followed by the exhortation, “**do not be afraid**”

The words, “Do not let”, show that we have a choice. When we encounter difficult situations or relationships or circumstances we can choose anxiety or peace; fear or faith; being troubled or trusting.

Often we cannot choose our circumstances but we can choose our attitude to them. Will we allow them to trouble and disturb us or will we choose to trust God with them and look for the positives even in difficult situations?

Jesus gave us the key to overcoming anxiety and fear when he said, “Trust in

me.” To trust someone we need to know them. The more we know Jesus and stay close to him the more we are able to trust that he has our best interests at heart and will not let us face anything that he will not enable us to cope with.

In addition to the exhortation to trust Jesus gives us the promise of his peace. “**Peace I leave with you, my peace I give to you. Do not let your hearts be troubled and do not be afraid.**”

Are you facing a troubling or difficult situation? What attitude are you choosing? Today set your heart to choose peace and trust, then watch to see what God will do.

A quote from St Teresa of Avilla:

**Let nothing disturb you  
Let nothing frighten you  
All things are passing  
God never changes  
Patience obtains all things  
Those who have God lack nothing  
God alone is enough.**