

The Cure for Heart Trouble

Sunday, November 29th, 1992

John 14:1-6

Let not your heart be troubled: ye believe in God, believe also in me. In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also. And whither I go ye know, and the way ye know. Thomas saith unto him, Lord, we know not whither thou goest; and how can we know the way? Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

I'm going to be speaking to you today on this subject: "The Cure for Heart Trouble." Now, my text is an old familiar passage of scripture found in John Chapter 14: verses 1 through 6. I'd like for you to take your Bible and plan to follow me as I read the scripture today and preach from this passage, John 14: verses 1 through 6.

An old preacher said to me one time, "Through life's journey we have plenty of troubles, trials and tribulations, but our greatest problem is heart trouble." He said, "The only remedy for heart trouble is faith." We have to have faith in our Lord Jesus Christ. Our Lord said in this passage of scripture (John 14:1), "*Let not your heart be troubled.*"

Now, heart trouble is the most common thing in the world. Everybody has heart trouble. There is no rank, class or condition that is exempt from heart trouble. Rich people have heart trouble and so do the poor people. The great heart is troubled and the unknown heart is troubled. No bolts nor bars nor locks can keep out heart trouble. It has to be dealt with. Heart trouble has to be considered and dealt with. The only remedy for heart trouble is faith in Christ.

This heart trouble comes from many causes. It comes partly from inward causes and partly from outward causes. It is partly from what we do and partly from what we don't do. It is partly from what we love and partly from what we hate. It is partly from those things in which we delight and partly from those things that we fear.

There are two things that cause heart trouble, a troubled body and a troubled mind. There is a remedy; there is a cure for heart trouble. I have right here, in my hand, the cure for heart trouble. The cure is in believing the Word of God. There is a remedy. Our Lord gives it to us here in this text. He says, "*Let not your heart be troubled, you believe in God, believe also in Me.*" The cure for heart trouble is to believe. The remedy for a troubled, fearful and distressed broken heart is to believe. You have to believe in the Lord Jesus Christ. Is your heart troubled? Let it not be troubled. He says, "*Believe in*

me.” He’s the only one who can say that. Is your heart troubled? He says, “*Believe in me.*”

If you will look here, in Chapter 13 of the Book of John, you will see a chapter division that really shouldn’t be there. Chapter 13 and 14 go right together and I think I can show you that. In Chapter 13 our Lord had supper with His disciples and He had washed their feet (I know you remember and have read it before). He began to talk to them about His death and about His departure. He told them after this supper, that their idea of an earthly kingdom was wrong. They had an idea that the Lord was going to set up an earthly Jewish kingdom here on this earth. They thought that He would reign and that they would be sitting on His right hand and on His left hand and they would be great officials in this kingdom.

He told them that this idea of an earthly kingdom was wrong. His kingdom was not of this world. His kingdom was not going to be of meat and drink but it was to be of righteousness and godliness. He told them that He must by righteousness and blood, redeem His people, that He must leave them and go to Jerusalem and suffer and die. He also told them that they would be offended. He said, “*You will all be offended because of Me this night.*”

He said, “*One of you will betray me.*” He told Peter that he would deny Him. He told them that the world would hate them, that they would be persecuted and cast out of the synagogues. He told them that people would kill them and think that they were doing God a service. They were to have great trials in this world, troubles and tribulations. They were frightened. These disciples were greatly troubled in heart. They were worried about the Lord dying and being buried. They were worried about Christ leaving them and how that they would be offended because of Him. The Lord said that they would deny Him and even betray Him. They were greatly troubled. That is when Christ said, “*Let not your heart be troubled.*” They were troubled and they were distressed and fearful. He said, “*Let not your heart be troubled.*”

Now, listen, He’s not asking these men if they believed in God; He knew they believed in God. He said, “*You do believe in God.*” Right now, your hearts are downcast and troubled, broken and distressed. But He says, “*Don’t let your hearts be troubled.*” “You believe in God; you do believe in God, of course you do. You believe in God the Father, then believe in Me.”

Now, listen to me carefully here; Christ is saying that God the Father sent Me, and He sent Me to deliver you from trouble. He sent Me to deliver you from condemnation and the curse and to bring you to Him. He’s to justify you, sanctify you and redeem you and

make you righteous. The Father sent Me to you to redeem you and to deliver you. If you believe in Him, you have no cause to be troubled at thoughts of God and His justice, His judgment, His law, or His condemnation, if you believe in Me. You do believe in God. You believe in the holiness of God, the majesty of God, the greatness of God.

Martin Luther once said this, "I want nothing to do with an absolute God, Elohim!" I must have a Mediator. I must have an Intercessor, someone between God and me. I need someone to go to God for me. I also need someone to come to me with the good news of reconciliation with God. That is what David said, "Lord, don't bring me into judgment with Thee. Don't bring me naked before your naked throne of justice and righteousness and judgment; I cannot stand." God said to Moses, "*No man can look on Me and live.*"

Stephen Charnock was a great writer and preacher of a century ago. He said, "The mighty God, the holy absolute God apart from Christ the Mediator, apart from a High Priest with a suitable sacrifice is an angry God. He's an offended God; He's a holy, holy, holy, sovereign God." Charnock also said, "The terror of His majesty, holiness and presence would have to consume us and overwhelm us."

That is right, unless we can come into His presence and come before Him and approach Him in and through His chosen Mediator, unless there is someone between us and God, whom God sent, with whom God is well pleased, unless God is satisfied, unless there is someone between us, (sinners and that offended, naked justice of God), we must forever justly perish under His wrath.

This is what Christ is saying to these disciples. He's pointed out their weaknesses. He's pointed out their inabilities. He's pointed out their frailties. He knows our frailties; He knows our frame and He knows we are dust, "man at his best state is altogether vanity." He has told them that He is leaving and He told them that they would be offended and that they would betray Him and deny Him. They were troubled.

Christ says, "Wait a minute; don't let yourselves be troubled, there is an answer." There is a remedy for ruin. There is mercy for the miserable. There's grace for the guilty, there's salvation for sinners. The answer is not you going to God; it is you going to God through Me (Christ). Now, "*You believe in God, you have to believe in Me.*" You have to put your confidence and your trust in Me. You have to lean upon Me. You have to look upon Me.

What is there about God that causes a man's heart to be troubled, you who understand the true character of God? What is there about God that causes your heart to be troubled? Well, there are a lot of things. First, there is His presence. Isaiah saw the Lord. He said,

“That in the year when king Isaiah died, I saw the Lord, high and lifted up and His train filled the temple.” The seraphims, and the creatures in glory, covered their faces in the presence of God. They covered their feet and they covered their mouths. They cried, *“Holy, Holy, Holy, Lord God Almighty.”* These are unfallen creatures.

What can you do about that? In Christ, you can come boldly into His presence. That is what the scripture says. It says, *“Seeing that we have a great High Priest; let us come boldly before the throne of grace. If you believe in God, believe in Me.”* Christ is the High Priest; Christ is the Intercessor. *“If any man sin, we have an advocate with the Father, Jesus Christ.”* What is there about God for us to fear? It is not only the presence of God but also His Holiness, and His righteousness that should be feared. *“Except your righteousness exceeds the righteousness of the best man whoever lived, you will in no wise enter the kingdom of heaven.”*

What are we going to do for our righteousness? Well, the scripture says, *“He that knew no sin, was made sin for us, that we might be made the righteousness of God in Him. Do you believe God, then believe Me?”* Christ is saying, “I’m your righteousness. I’m the way into God’s presence. I’m the new and living way.”

What about God’s law? Have you found anywhere in the scriptures where God has taken back the commandment, “Do this and live?” “Do this and live” still holds true; it is what the law says. Paul asked this in Romans, “What saith the law? His reply: “Do this and live;” meaning the man who lives by the law must do it. No man is capable. No man has the holiness or the power to keep the law. What, then, are we going to do?

By the disobedience of one man (Adam), we became sinners. By the obedience of Christ, we have been made righteous. He says, *“Believe in Me. Christ is the end of the law for righteousness to everyone that believeth.”*

What about God’s justice? *“It’s appointed unto men, once to die, and after that the judgment.”* What are we going to do about God’s justice and judgment? *“The soul that sinneth shall surely die.”* Christ said, *“You believe God.”* If you believe God, and you believe His holiness, His righteousness, His law, and His justice, *“Believe in Me.”* He said, *“I die that you may live. He died the just for the unjust to bring us to God. He bore our sins in His body on the tree. He was wounded for our transgressions, bruised for our iniquity; the chastisement of our peace was laid on Him; by His stripes we are healed.”*

“Do you believe God? You have to believe Me also!” If you believe God and don’t have a Mediator, it is just you and God. You have a right to be troubled. You have a right to be fearful and you have a right to be afraid. I can’t say to you, “Don’t be afraid and don’t

be troubled; you have to be afraid.” If you believe God and you believe Christ, you have a reason to rest.

What about our nature? *“Flesh and blood can’t enter the kingdom of God. Flesh and blood can’t inherit the kingdom of God.”* Well, how are we going to be changed? He’s able to change us. He’s able to do all that He promised. Who are we speaking of? The answer is Christ. We’ve been turned over to Christ. *“He’s able to do all that He has promised. He’s able to save to the uttermost them that come to God by Him.”*

Don’t come to God by the church. Don’t come to God by your sacraments. Don’t try to come to God by your religious works. Don’t try to come to God by your baptism or your church membership. Do come to God by Christ, *“He’s able to keep us from falling. He’s able to present us faultless before His presence with exceeding glory and He’s able to raise our vile bodies and make them like His glorious body.”* He is able!

Do you believe God? Do you have some understanding of the majesty of God? Do you understand His holiness, the justice of God, and the righteousness of God? Do you? What about the judgment of God? Then, He said, *“You’ve got to believe Me. There is one God and one Mediator between God and men.”* Thank God that He is between God and men! Thank God He’s between us. God sent Him. *“God sent His Son into the world, not to condemn the world, (we’re already condemned), but that the world through Him might be saved.”* It is through Him!

“Don’t let your heart be troubled; you believe God, believe Me.” That is your only rest. That is your only hope *“Believe Me.”* He’s the only Mediator, there is only one!

He said in verse 2, *“In My Father’s house are many mansions”* (that’s My Father’s house and it’s My Father’s family and My Father’s kingdom and it is My Father’s heaven. He rules it and He reigns over it; it is His house). That word *“mansions”* means, *“dwelling places.”* There are many of them (dwelling places) and there is sufficient room for all. There’s room for all (there are no vacancies, but plenty of room). A people like Christ will populate Heaven. There are many, many dwelling places. That is where we will forever abide.

We are not going to be guests. We are not going to be just passing through, we are not just visitors; we are going to dwell there. David said, *“Surely goodness and mercy shall follow me all the days of my life and I shall dwell in the house of the Lord forever. In my Father’s house are many dwelling places.”*

What is a place? It is a real place. Heaven is a real place. *“There’s a new heaven and a new earth wherein dwelleth righteousness.”* The scripture says, *“Let not your heart be troubled: ye believe in God, believe also in me. In my Father’s house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.”*

I’ve heard preachers say things like this and I know it makes for very entertaining preaching, but there’s not much truth to it. I’ve heard preachers say, “Well, the Lord created heaven in six days and He’s been up in heaven for two thousand years preparing heaven. Oh, what a place that must be.” Well, that is just not so. What our Lord is saying here is that He created the heaven and the earth in six days; that is true, but He’s saying, *“I go to prepare a place for you.”*

You see, you and I have no right to heaven. You don’t have any right to heaven. What claim do you or I have on heaven? None! We are sinners, fallen sons and daughters of Adam; we don’t have any right to heaven. We’ve ruined our world, and God isn’t going to let you ruin heaven like we have ruined this world. This would be a wonderful world if you would take people out of it. Let’s just get rid of all the people and this world would be a wonderful place. There’s too much sin (people).

You and I don’t belong in heaven. You and I are fallen creatures. We’ve fallen from a heavenly nature. If you and I are received into heaven, the Lord Jesus has to prepare us for heaven and heaven for us. He’s got to go to heaven and prepare for us a place. We don’t belong there. We don’t own anything there.

I hear people say, “Heaven’s my home.” Heaven is not our home! It’s not by your works; it’s not by your deeds. You didn’t buy anything up there, how come you have a claim on heaven? Well, you don’t; He established a claim for you. *“He, our forerunner has entered in within the veil”* and He has staked the claim! It’s just like when our forefathers moved out West, they went out there and staked a claim on the land, saying, “This is my land!” You see, they staked a claim. Are you going to stake a claim up there? No sir, but He can; He’s the perfect Righteousness, the perfect Redeemer, the perfect Lord, the perfect Substitute, Sacrifice, Representative, Holy man, and God-man who can go up there representing you. It is on His authority, His work, and is based on His Holiness. If God will accept Him in your place, then He can go up there and establish a claim. He is preparing a place for you. He is guaranteeing you that place in God’s heaven.

Do you have any guarantees of heaven? Do you have any assurance? There is only one guarantee and that is Christ. If God the Father will accept His righteousness, His obedience, His death and His blood in your place, He can get you in. You’ll have to go

in, in Him. When He said, *“I go to prepare a place for you,”* He’s saying that He went to Jerusalem and He was tried in our place. He went to the cross and died in our place. He paid the sin debt. He went to the tomb as our Scapegoat in our place. He ascended to heaven, *“He is the Lord of Host, and he appeared in the presence of God for us in our stead and we are complete in Him.”*

Can you get a hold of that? We have heart trouble and distress. I have sinned against God. I’m not worthy to be called Thy Son. I have no claim on heaven. I have no right and I have no home there.

Do you believe in God (I do)? I know what I am by nature; I have to have a Mediator.

He said, *“Believe in God, believe also in me.”* In My Father’s house are many mansions. Who’s Father’s house? He says, *“My Father’s house”*. *“I’ll go and I will prepare a place for you.”*

Now, listen, in verse three: *“And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.”* This is the certainty of His redeeming work. Christ cannot fail to bring His people to glory.

Suppose that some father leaves home, and tells his wife and children that he is going out to Kentucky, Illinois or Kansas (like way back when our forefathers were going out west). He’s going to get some land and build a place, and he tells them “I will be back to get you.” He’s saying, *“Where I am there you are going to be.”*

The Father gave His Son a people. He made Christ their Surety from all eternity. Christ became responsible for His people, for their justification, righteousness, sanctification and all their salvation. He came into this world and purchased us the right to glory. He went back to glory and He said, *“I go to prepare a place, if I go and prepare a place for you, (I will guarantee you) that I will come again and receive you unto Myself that where I am, there you are going to be.”*

He prayed that in John 17: He said, *“Father I will that those whom Thou hast given Me, be with Me where I am.”* Not a one of them will be lost.

He also declared in John 6: verses 37-40 *“All that My Father giveth Me will come to Me and he that cometh to Me, I will in no wise cast out. I came down from heaven not to do My will but the will of Him that sent Me and this is the will of Him that sent Me, that of all which He hath given me; I’ll lose nothing but I’ll raise it up at the last day. This is the*

will of Him that sent Me. He that seeth the Son and believeth on Him will have everlasting life and I will raise him up at the last day.” I will!

I know that we spend all of our time talking about the second coming of Christ. He’s coming again, no doubt about it. The angels said when He went away, *“That same Jesus who is taken up from you up into heaven shall so come in like manner as you see Him go.”* He’s talking about when He comes for you. It doesn’t matter if it is in death or whether it is the second coming. Whenever it is, He said, *“I love you and I’m your Mediator. My Father sent Me to redeem you and I guarantee that I am going to do it and I’m going to prepare a place for you. I’m going to the Father, My Father and your Father. I’m going to sit at His right hand and I’m going to enter within the veil and I’ll be back for you. I’m coming back for you that where I am, there you may be also.”* I guarantee it!

In verse four He said, *“And whither I go ye know, and the way ye know.”* You know the way I go, you know where I go, and you know the way I go. Now, here we are! This is as plain as I can preach this and this is as plain as I can make it in plain old West Virginia talk, Kentucky talk and Ohio talk. This is as plain as I can make it. Do you believe in God? Do you believe in Me? Christ said, *“I’m your only hope, I’m your only Redeemer.”* There’s only one Mediator. Now, believe in Me and rest in Me, trust in Me and look to Me. Do you understand? *“I’m going to go and prepare a place for you and I will be back for you.”* They said to Him, *“So, you know the way?”*

Thomas looked at Him and said, *“Lord, we know not whither thou goest; and how can we know the way?”* Thomas, I just told you. I’ll tell you again, *“Thomas, I’m the way, I’m the truth, I’m the life; no man comes to the Father, (that’s where I am going; I go to My Father); no man comes to the Father but by Me.”*

You see, when Adam fell in the Garden of Eden, he lost the truth and he lost life and he lost the way to God. Christ came to restore it. He was the second Adam. *“I’m the way; I’m the truth; and I’m the life. So, let not your heart be troubled.”*

This is the cure and the remedy for all heart trouble, He says, *“Believe in Me and rest.”*