Life Outside the 4 Walls
EMPOWERING AND EQUIPPING SONS & DAUGHTERS OF THE KING
A WORD OF ENCOURAGEMENT FROM JOHN 14
Trust God. Follow Jesus. Walk in His Peace.

When Your Heart Is Troubled, Remember His Promises

Inspired by John 14

There are seasons when life leaves us with more questions than answers. Plans change, uncertainty rises, and unexpected situations can weigh heavily on our hearts. In John 14, Jesus speaks directly to that kind of moment. Knowing that His disciples are about to face confusion, grief, and uncertainty, He offers them words that still strengthen believers today: “Do not let your heart be troubled; believe in God, believe also in Me” (John 14:1, NASB 1995).

Jesus does not promise that His followers will never experience difficulty. Instead, He reminds them where to place their trust when difficulty comes. The invitation is not to deny what is happening, but to refuse to let fear become greater than your faith. We may not understand every turn in the road, but we can remain anchored in the character of the One who leads us.

Jesus Is the Way When We Cannot See the Way

When Thomas asks how the disciples can know the way, Jesus answers with one of Scripture's clearest and most profound declarations: “I am the way, and the truth, and the life” (John 14:6, NASB 1995). Jesus does more than offer directions; He identifies Himself as the way to the Father. When the next step seems unclear, believers can turn to Him. When voices compete for our attention, we can measure what we hear against His truth. We do not have to have the entire journey mapped out to keep following the One who is the Way.

God Is Still at Work Through His People

In John 14:8–14, Jesus points His disciples to His relationship with the Father and calls them to believe. He teaches them to ask in His name so that the Father may be glorified in the Son. This is not a promise that prayer is a way to demand whatever we want. It is an invitation to trust God, depend on Christ, and seek what brings

glory to the Father. Our lives and service can continue to bear witness to Him as we rely on His strength rather than our own.

You Are Not Left Alone

Jesus also promises the Holy Spirit, the Helper who will be with believers. He says, “I will not leave you as orphans; I will come to you” (John 14:18, NASB 1995). What reassurance this gives us. We are not expected to navigate life by ourselves. The Holy Spirit teaches, reminds, comforts, and helps us live in the truth of Christ. Even when we cannot see what God is doing, His presence has not left us.

Receive the Peace Jesus Gives

Near the end of the chapter, Jesus gives a promise that reaches into every anxious season: “Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you” (John 14:27, NASB 1995). The peace Jesus gives is not dependent on everything around us being calm. It is rooted in Him. The world’s version of peace can disappear when circumstances change, but Christ offers a peace grounded in His presence, His truth, and His promises.

So, believer, when your heart is troubled, return to what Jesus has said. Trust God when you do not understand. Follow Jesus when you cannot see the whole way. Lean on the Holy Spirit when you feel weak or alone. Receive the peace Christ gives, even while you are still waiting for circumstances to change. Your situation may be uncertain, but the One who holds you is faithful.

Let **John 14 remind you**: you are not without direction, help, or hope. Keep your heart anchored in Jesus.

John 14 – Chapter Summary & Encouragement

Theme: Trust God, rest in His promises, and walk in His peace.

John 14 is a chapter of comfort and assurance. Jesus prepares His disciples for His departure and reminds them that they can remain confident because of who He is, the work He is doing, the Holy Spirit He will send, and the peace He gives.

1. Don't Let Your Heart Be Troubled (John 14:1–4)

Jesus tells His disciples to believe in God and also in Him. He speaks of His Father's house and assures them that He is preparing a place for them. Their circumstances are about to change, but His promise gives them a reason to hope.

- Do not allow circumstances to outweigh your faith.
- Trust God's character when you do not understand His plan.
- Your present situation does not cancel God's promises.

Remember: Faith does not mean you will never face trouble; it means trouble does not have to take control of your heart.

2. Jesus Is the Way, the Truth, and the Life (John 14:5–7)

When Thomas asks how they can know the way, Jesus identifies Himself as the way to the Father, the truth, and the life.

- Follow Jesus when you are unsure which direction to take.
- Stand on God's truth when the world offers conflicting messages.
- Keep your life rooted in Christ.

Remember: You do not have to figure everything out when you know the One who leads you.

3. Believe God Is Still Working Through You (John 14:8–14)

Jesus speaks about His unity with the Father and calls His disciples to believe in Him. He teaches them to ask in His name so that the Father may be glorified in the Son.

- Remember that God has purpose for your life.
- Depend on God's power rather than your own strength.
- Let your prayers and actions point to the Father's glory.

Remember: Your faith is not limited only to what you understand or what you can accomplish in your own strength.

4. You Are Never Alone – The Holy Spirit Is With You (John 14:15–26)

Jesus promises the Holy Spirit, the Helper, who will be with believers. The Spirit teaches and reminds them of what Jesus has said.

- You are not abandoned or left to navigate life alone.
- Rely on the Holy Spirit for help, comfort, and guidance.
- Stay attentive to the words of Jesus.

Remember: God's presence is not dependent on your ability to see what He is doing.

5. You Can Experience the Peace Jesus Gives (John 14:27–31)

Jesus leaves His peace with His disciples—a peace different from what the world gives. He tells them not to let their hearts be troubled or afraid.

- Do not let fear about tomorrow steal today's confidence in Christ.
- Remember that Christ's peace is rooted in His presence.
- Trust Him even when circumstances remain unsettled.

Remember: Peace is not the absence of problems; it is the assurance of Christ's presence in the middle of them.

Five Takeaways for Believers

1. Trust God even when you do not understand what He is doing.
2. Keep your eyes on Jesus when life becomes uncertain.
3. Believe that God can work through your life for His glory.
4. Lean on the Holy Spirit for guidance, wisdom, and comfort.
5. Protect your peace by keeping your confidence in Christ.

Closing Prayer

Heavenly Father, thank You for the promises in John 14. Help us trust You when life feels uncertain and keep fear from taking control of our hearts. Teach us to follow Jesus, who is the way, the truth, and the life. Thank You for the Holy Spirit, who guides, comforts, and strengthens us. Help us walk in the peace only You can give, knowing that we are never alone and that Your promises remain true. In Jesus' name, Amen.

Don't let a troubled world produce a troubled heart. Keep your faith anchored in Jesus.