

Heart Troubles



# Heart Troubles Part 1 - John 14 vs.1-15

*“The remedy for a troubled heart”*



How deep  
is the mud?

Depends on  
who you ask.

We all go through the  
same stuff differently.

**Jesus said to him, “I alone am the way to the Father, I alone am the truth from The Father, and I alone am the life from The Father. No one has ever come, is coming, or will ever come to the Father any other way except through Me.”**

**JOHN 14:6**

**Eternal Salvation comes through a  
Person!**

## Heart Troubles Part 2 - John 14:16

*“The renovation of our minds”*

**“I will pray to the Father, and He will send you Someone who is just like Me in every way. He will be identical to Me in the way He speaks, the way He thinks, the way He operates, the way He sees things, and the way He does things. He will be exactly like Me in every way. When the Holy Spirit is here, it will be just as if I am here because We think, behave, and operate exactly the same....”**

# PARACLETES

Helper - comforter...one who comes alongside to assist, "A person who acts as a spokesman or representative of someone's else policy, purpose, or cause. This is who will come along and help the disciples once Jesus ascends to Heaven"

# “The Work of the Holy Spirit”

He will guide, He will speak, He will tell,  
He will glorify, He will declare

And do not be conformed to this world,  
but be transformed by the renewing of  
your mind, that you may prove what is  
that good and acceptable and perfect  
will of God.

ROMANS 12:2

# CONFORMED

means to assimilate, sense: to be or become behaviorally or socially similar to; being shaped or molded into a certain pattern

## Transformed - to be changed

- This Greek word is where we get our English word...metamorphous (change from within)
- “transformed” in the passive voice means that it happens to you as you submit to it.

Change occurs by the renewing (renewal or renovation) of your mind.

- to cause something to become new and different, with the implication of becoming superior—'to make new' It's renewal through renovation

## Heart troubles Part 3 - Philippians 4:6-9

*“Think about what you are thinking about”*

# Philippians 4:6

**Be anxious for nothing (stop being anxious - it's already in progress) you're unduly concerned but in everything by prayer & supplication, with thanksgiving, let your requests be made known to God**

Thinking is the hardest work there is, which is probably why so few engage in it.

HENRY FORD

But seek first the kingdom of God and  
His righteousness, and all these things  
shall be added to you.

MATTHEW 6:33

Therefore do not worry about tomorrow, for  
tomorrow will worry about its own things.  
Sufficient for the day is its own trouble.

MATTHEW 6:34

Your past and my past only exist through memories. The future exists only in our imagination. Only the present exists in true reality. So why do we ruin the only moment of existence we have by pulling trouble from non-existent places like the past and the future? Here's what happens. When you borrow trouble from the future, now you got double trouble.

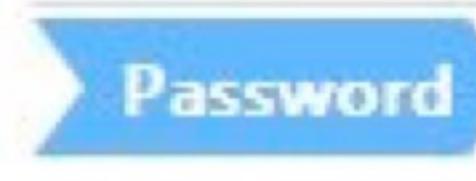
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If you live in the past and you live in the future, you're allowing two thieves to rob your life. But if you live in the present, the Bible says that God is sufficient for every day. In Deuteronomy 33:25b, here's what it says: "As your days, so shall your strength be" meaning God provides the strength you need for today.

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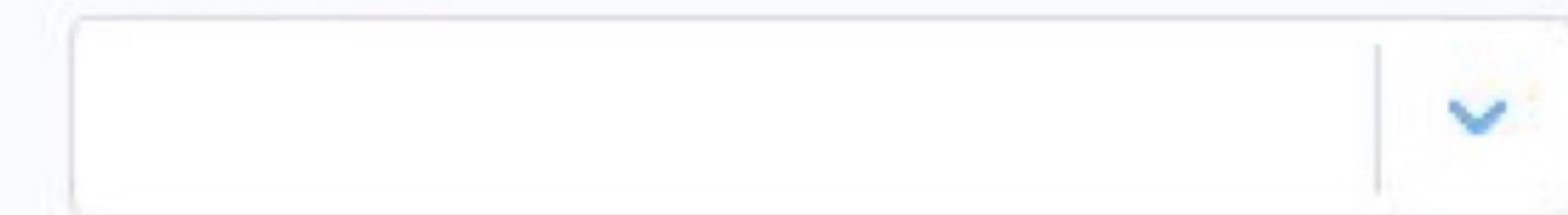
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Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

PHILIPPIANS 4:8

This is the list *not to think* about whatever is untrue, ignoble, wrong, impure, unlovely, not admirable, if there is anything shotty or unworthy of praise...do not think about these things!

KENT HUGES

# Heart Troubles Part 4 - Philippians 2:1-11

*“A Mind like His”*

...Let this mind(set) be in you which was  
also in Christ Jesus

## Heart Troubles Part 5 - John 14:7-31

*“Never Abandoned, but Loved and Helped”*

But the spiritual man [the spiritually mature Christian] judges all things [questions, examines, and applies what the Holy Spirit reveals], yet is himself judged by no one [the unbeliever cannot judge and understand the believer's spiritual nature].

But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.

ROMANS 8:11

**“Light obeyed brings more light”...“Light  
rejected brings the night”**

## What are some of Jesus' commandments?

- “If any man will come after me, let him deny himself, and take up his cross daily, and follow me. (Luke 9:23)
- Be anxious for nothing (Philippians 4:6a)
- Do all things without complaining (grumbling) and disputing (arguing) (Philippians 2:14)

**Peace** - means to join together in a state of tranquility

Prince of Peace, control my will; Bid my  
struggling heart be still; Bid my fears and  
doubts to cease, Hush my spirit into  
peace. May Thy will, not mine, be done;  
May Thy will and mine be one; Chase  
these doubting's from my heart, Now Thy  
perfect peace impart

ANONYMOUS

**Afraid** - to lack courage, be cowardly or fearful

The word “afraid” describes a gripping fear or dread that produces a shrinking back or cowardice. It saps your ability to look at problems head-on and causes you to retreat into self-preservation mode and promotes a lack of courage to face what is before you.

For God has not given us a spirit of  
fear, but of power and of love and of  
a sound mind.

II TIMOTHY 1:7

**“Don’t let your heart be torn up by  
things that unsettle you, neither let it be  
taken with fear that causes you to shrink  
back into cowardice.”**

Let this mind be in you which was also in  
Christ Jesus,

PHILIPPIANS 2:5

who, being in the form of God, did not consider it robbery to be equal with God,

PHILIPPIANS 2:6

but made Himself of no reputation,  
taking the form of a bondservant, and  
coming in the likeness of men.

PHILIPPIANS 2:7

**Robbery** - means a thing to be seized upon or to be held fast, retained and has the idea of something being grasped at clung to or a thing held as a prize.

**“equality with God” speaks of the  
glories or prerogatives of God – He  
gave up His rights**

**If you put all that together it says... Jesus  
did not consider equality with God as  
something to be seized upon or to be  
held fast, retained, grasped at, clung to  
or something to be held onto as a prize.**