

## **Overcoming Anxiety, Fear, Shame, and Betrayal**

### **I. JESUS' COMMAND NOT TO LET TROUBLE DOMINATE OUR HEART**

A. Jesus commanded the disciples not to let trouble dominate their heart. There are important human dynamics involved as indicated by His command to “let not....” Included in His commands are the promise of His enabling to walk out His commands such as “*Let not our heart be troubled.*” Only those who seek to obey “*that command*” will be empowered to love Him with all their heart.

***“Let not your heart be troubled; you believe in God, believe also in Me. Peace I leave with you, My peace I give to you...Let not your heart be troubled, neither let it be afraid.” (Jn. 14)***

B. John 13-17 tells how to engage our troubled hearts to overcome anxiety, fear, shame, and betrayal. Jesus gives us line-upon-line insight into God’s heart and promises that are an anchor for our hearts. John 13-17 is a significant passage that gives us insight into the family dynamics in the Godhead—the glorious relationship between the Father, Son, and the Spirit. The great surprise is God’s desire that we engage in this relationship by interacting with God in ways that God interacts with God.

C. Jesus was troubled as He considered being killed the next day and being betrayed by Judas. Yet, Jesus was focused on His beloved disciples not being troubled.

### **II. JESUS' PROPHECY TWO DAYS EARLIER IS PART OF THE CONTEXT**

A. On Tuesday, two days before the last supper, Jesus prophesied concerning military conflict, ethnic strife, pestilences, earthquakes, betrayal, and martyrdom in Matthew 24. Jesus ***called them not to be troubled.*** The truths in John 13-17 can equip us to respond to the end-time troubles highlighted in Matthew 24.

***“Jesus said to them, “not one stone shall be left here upon another... You will hear of wars and rumors of wars. See that you are not troubled...the end is not yet. For nation (race against race) will rise against nation...there will be famines, pestilences, and earthquakes They will deliver you up to tribulation and kill you Then many will...betray one another Then many false prophets will rise up and deceive many.” (Mt. 24)***

***“they will lay their hands on you [beatings] and persecute you, delivering you up to the... prisons You will be betrayed even by parents and brothers, relatives, and friends When you see Jerusalem surrounded by armies For there will be great distress upon this people.”***

B. John 14:1 is essential to obey in a consistent way because when our hearts are weighed down with anxiety, fear, and shame, we are much more vulnerable to darkness. His peace guards our hearts.

***“...the peace of God...will guard your hearts and minds through Christ Jesus.” (Phil. 4:7)***

- C. In Matthew 24, Jesus emphasized the danger of deception more than persecution or tribulation. A troubled heart is a seedbed of the very confusion and deception about which Jesus warns us. There are many layers to deception including a warning to the Church not to get confused about the issues and not to lose clarity as to who Jesus is, and what the gospel is all about.

### III. REASONS WHY THE APOSTLES WERE TROUBLED

- A. Just moments before Jesus exhorted them not to let their hearts be troubled, He spoke of leaving the disciples by death. Judas' betrayal, and Peter denying Him. Two days prior, He prophesied that troubles would come to them personally and to society (Mt. 24).
- B. **Death of their beloved leader and friend:** The thought of Jesus dying was very traumatic to them. Jesus referred to His death 18 times in the Upper Room conversation (discourse). Jesus answered Peter, "Where I am going you cannot follow Me now, but you shall follow Me afterward" "Will you, Peter lay down your life for My sake? Most assuredly, I say to you, the rooster shall not crow till you have denied Me three times. (Jn. 13)
- C. **Personal failure:** Peter denied Jesus, and the others stumbled that night (Mt. 26 and Jn. 13).  
*"And when they had sung a hymn, they went out to the Mount of Olives. Jesus said to them, "All of you will be made to stumble because of Me this night." (Mt. 26)*
- D. **Betrayal:** Their close-knit team would be traumatized by Judas' betrayal of Jesus and of them. Next, they would be betrayed by friends and family (Mt. 24, Lk. 21; Mk. 13; Jn. 13).  
*"He was troubled in spirit, and testified and said, "one of you will betray Me." (Jn. 13)*  
*"You will be betrayed even by parents and brothers, relatives and friends... (Lk. 21)*  
*"Now brother will betray brother to death, and a father his child; and children will rise up against parents and cause them to be put to death." (Mk. 13:12)*
- E. **Crisis in the culture:** Great pressures would disrupt the social order (Mt. 24 and Lk. 21)  
*"You will hear of wars and rumors of wars... For nation [ethnos] will rise against nation... there will be famines, pestilences, and earthquakes Then many false prophets will... deceive many." (Mt. 24)*
- F. **Persecution:** The apostles would be beaten, imprisoned, and killed (Mt. 24 and Lk. 21).  
*"Then they will deliver you up to tribulation and kill you...for My name's sake." (Mt. 24)*  
*"They will lay their hands on you delivering you up to the prisons" (Lk. 21)*
- G. **Destruction of their nation:** Jerusalem and the temple destroyed (Mt. 24 and Lk. 21).  
*"Jesus said to them, "not one stone [of the temple] shall be left here upon another..." (Mt. 24)*  
*"When you see Jerusalem surrounded by armies For there will be great distress...upon this people. They will fall by the sword and be led away captive into all nations." (Lk. 21)*

H. **Delay of God's promises:** There was going to be delay in the release of the fullness of God's prophetic promises to them and the nation of Israel. He was talking about leaving them physically without defeating Rome who was oppressing them or setting the apostles on thrones (Mt. 19).

#### IV. WE MUST EMBRACE THESE TRUTHS THAT JESUS TOLD THEM TO BELIEVE

A. The command in John 14:1 is to believe in the divine narrative associated with Jesus' heart, plans, promises, and His leadership, especially that which is seen on the earth at His first and second comings.

***"Let not your heart be troubled; you believe in God, believe also in Me. In My Father's house are many mansions...I go to prepare a place for you... I will come again [His second coming] and receive you to Myself; that where I am, there you may be also." (Jn. 14)***

1. Jesus meant, "Stop being troubled"— how? By trusting in God's heart, plans and promises.
2. Jesus doesn't say to them: "Let not your hearts be troubled, because you will escape the difficult days that lie ahead." Nor, "If you muster up enough strong faith, you will escape all the pressures that others face, especially physical affliction and financial stress. You will enjoy triumph in every arena, so don't be troubled." **That is not what Jesus said.**

B. What do we do when our heart is troubled? We realign our mind to agree with what God said.

***"be transformed by the renewing of your mind" (Rom. 12)***

***"Behold [think/meditate on] what manner of love the Father has bestowed on us We shall be like Him, for we shall see Him as He is. And everyone who has this hope in Him purifies himself..." (1 Jn. 3)***

C. **Truth #1—Belief or trust in the truth about the person of Jesus.** This is not a reference to the initial faith we exercise to become born again. These to whom He speaks are already saved. Jesus declared that they are already "clean" or forgiven of their sins. So this is not a gospel appeal.

1. He is calling for them to trust His heart for you and leadership over you. He is God in the flesh.
2. The answer Jesus gives is *Himself*: The cure for troubled hearts is *Jesus*. That sounds so simplistic to many. We take seriously what Jesus is saying "*Believe in God. Believe in Me.*"
3. The main focus of heaven is a Person! The essence of heaven is the presence of Christ!

D. **Truth #2—Jesus promised to return for us and to be with us forever.** We will be with Father and Jesus forever on the earth in the age to come. We will be with Them in the Father's house. The New Jerusalem will descend to the earth at the time of Jesus' second coming. **We are to celebrate now** that we are family members who will live in the Father's house

***"I, John, saw the holy city, New Jerusalem, coming down [to earth] out of heaven from God... "Behold, the tabernacle of God is with men, and He will dwell with them" (Rev. 21)***

***“The Lord Himself will descend from heaven with a shout...and the dead in Christ will rise first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord.” (1 Thes. 4)***

- E. *Truth #3—We can encounter a deep relationship with God in this age. We are called to participate in the family dynamics of the Trinity as Jesus described in John 14 and then applied in John 15. Jesus described how He related to the Father as a man, and how His disciples are to relate to the Father in a similar way by the Spirit, and then He applied it in John 15.*

***Do you not believe that I am in the Father, and the Father in Me? The Father who dwells in Me does the works I am in My Father, and you in Me, and I in you. (Jn. 14)***

***“I am the vine; you are the branches. He who abides in Me, and I in him, bears much fruit.” (Jn. 15)***

- F. *Truth #4—He supernatural empowers us now by the indwelling Spirit (Jn. 14, and 16).*

***“The Father will give you another Helper, that He may abide with you forever the Spirit of truth...He dwells with you and will be in you The Helper, the Holy Spirit will teach you all things, and bring to your remembrance all things that I said to you.” (Jn. 14)***

- G. *Truth #5—God’s love for God and His people which truly is the ultimate reality & source of beauty. Jesus spoke of the Father’s love for Him. Jesus expressed His love in serving His disciples by washing their feet and encouraging their hearts He mentioned loving them many different times.*

***“As the Father loved Me, I also have loved you; abide [live] in My love.” (Jn. 15)***

***“that the world may know that You have loved them as You have loved Me.” (Jn. 17)***

- H. *Truth #6—Access to supernatural resources through Spirit-led prayer as God supplies our needs.*

***“I say to you, whatever you ask the Father in My name He will give you.” (Jn. 16)***

- I. *Truth #7—How Jesus responded to the apostles when they stumbled. How did Jesus respond to His friends who that very night were going to abandon Him? Jesus prayed for them, especially for Peter and spoke words of life over Peter—assuring him that he would recover and be used by God.*

***“The Lord said, “Simon, Satan has asked for you and I have prayed for you, that your faith should not fail; and when you have returned to Me, strengthen your brethren.” (Lk. 22)***

***“As the Father loved Me, I also have loved you; abide [remain] in My love.” (Jn. 15)***

- J. *Truth #8—The privilege of eternal rewards related to faithfully endure persecution.*

***“Blessed are you when men hate you, revile you for the Son of Man’s sake. Rejoice in that day and leap for joy! For indeed your reward is great in heaven.” (Lk. 6)***

***“For the sufferings are not worthy to be compared with the glory which shall be revealed in us.” (Rom. 8)***

***“For our light affliction is working for us a far more exceeding and eternal weight of glory.” (2 Cor. 4)***