



A Troubled Heart

By Johnny Caruso on September 30, 2022

TODAY'S READING: John 14

Sometimes we face circumstances in life that are just out of our control. No amount of our own planning and effort can make it better or could have even prevented it from happening. Hard things happen. We really do not know what to do or how to handle it. Jesus Himself understood these pressures. Over and over in His Word He reminds us not to worry, not to fear, not to be "troubled" in our hearts even in the middle of the most trying times.

Jesus offers comfort to His disciples, for He knew what lay ahead. He knew the trials they would all soon face. He says something that again is an attempt for the disciples to learn and listen. *"Do not let your hearts be troubled. Trust in God, trust also in me"* (John 14:1).

I see some things that have helped me over the years:

Do not let your heart be troubled. Many around us will have troubled hearts in this world, troubled souls, but Jesus reminds us, do not follow the crowd, stand apart, for we know where our true peace and security are found.

Take care of your heart. It is where all our thoughts, passions, affections and purposes live. Our hearts compel us in every action, thought and decision. He reminds us to guard our hearts for "everything we do flows from it."

Do not be troubled. That, to me, is a difficult thing to do. How can we not be troubled when facing huge trials, loss, illness, uncertainty? The only answer lies in Him, and it is how He ends this verse.

Trust and believe. We should put our full confidence in God, in Christ. He is the answer for our troubles, every single one. He is our help for each need that we face. He knows our road, the one ahead, and also the tough one we may have just gone through, for He is with us every step.

This world is not all we have. This one may be riddled with obstacles, potholes and even dangerous cliffs. Often, we find ourselves struggling just to stay the course. But we can have hope in the middle of the battle. For He is secure. He is trustworthy. He is faithful.

PRAYER: Lord, give us the perseverance to trust in You and only You.

TOMORROW'S READING: Weekend is for catch-up and review.

MONDAY'S READING: John 15

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