Do Not Allow Your Heart to Be Troubled: presented by The Ministry of YOU

AMPC John 14:1; Do not let (allow) your hearts to be troubled (distressed, agitated). YOU believe in adhere to and trust in and rely on God; believe in and adhere to and trust in and rely on Me.

These are the Words of Jesus. He wants us to understand that it is our responsibility to manage our own thoughts with their embedded emotions. This will in turn enable us to control our reactions or responses to any situation. Why is this important? Because we can’t always change or control the events or circumstances that happen or other people. However, we can control and change ourselves.

We have an example of an event that the disciples of Jesus were facing that they couldn’t control or change. Jesus was explaining to them that it was time for Him to return to His Father in Heaven. AMPC John 13:33; (Dear) little children, I Am to be with you only a little longer. You will look for Me and, as I told the Jews, so I tell you now; you are not able to come where I am going. After Jesus made this statement, He continued to speak and instruct them. AMPC John 13:34; I give you a new commandment; that you should love one another, Just as I loved you, so you should love one another. At this point they aren’t paying attention to anything Jesus is saying.

He lost them once He said, “I Am to be with you no longer.” They didn’t hear anything He said after that statement. Peter finally interrupts and said, AMPC John 13:36-38; Simon Peter said to Him, Lord, where are You going? Jesus answered, you are not able to follow Me now where I am going, but you shall follow Me afterwards. Peter said to Him, Lord, why cannot I follow You now? I will lay down my life for You. Jesus answered, will you (really) lay down your life for Me? I assure you, most solemnly (seriously) I tell you, before the rooster crows, you will deny Me (completely disown Me) three times. It was like the elephant in the room. No one else said anything about Jesus leaving them, so Peter finally spoke up. It’s like he couldn’t hold it in any longer! So, he just blurted it out, “Lord where are You going?” At this point all of the disciples were experiencing negative stress levels two and three. They were in a panic and felt threatened and pressured feeling abandoned by Jesus.

Jesus on the other hand, was fully aware of all that was going to take place before He went back to Heaven to His Father. AMPC Isaiah 53:4-5; Surely, He has borne our griefs (sicknesses, weaknesses, and distresses) and carried our sorrows and pains (of punishment), yet we(ignorantly) considered Him stricken, smitten, and afflicted by God (as if with leprosy). But He was wounded for our transgressions, He was bruised for our guilt and iniquities; the chastisement (needful to obtain) peace and well-being was upon Him, and with His stripes (that wounded) Him we are healed and made whole.

He was even aware that Peter was going to deny Him and Judas was going to betray Him. Yet, He was in control of His Thoughts with their embedded emotions. In the midst of the disciples’ stress response, He commanded them to do the same. “Do not let your hearts be troubled.” He’s attempting to teach them that they too can control their reactions to the circumstances in their lives. They couldn’t control this event of Jesus returning to Heaven, but they could control how they received and responded to this event.

The Lord was warning them that they were about to enter into a potentially stressful season. AMPC John 16:1-4,6; I have told you all these things, so that you should not be offended (taken unawares and falter or be caused to stumble and fall away). (I told you to keep you from being scandalized and repelled). They will put you out of (expel you from) the synagogues; but an hour is coming when whoever kills you will think and claim that he has offered service to God. And they will do this because they have not known the Father or Me. But I have told you these things now, so that when they occur you will remember that I told you about them. I did not say these things from the beginning, because I was with you. But because I have said these things to you, sorrow has filled your hearts (taken complete possession of them).

The Lord didn’t share things with His disciples for them to allow themselves to be taken possession of by stress. He wanted them to be prepared to manage their thoughts with their embedded emotions and control their reactions and not be stressed by adverse circumstances. Why? Because they couldn’t control or change what was going to happen. They could only control their response or reaction. The Lord is not trying to stress us out when He reveals adverse (unfavorable) things to us. He wants us to be prepared to control our response! When we hear about adverse things, we can hear it without allowing it to take possession of our thoughts and emotions.

So, when Jesus shared with them things to come, they allowed themselves to become consumed by stress. Because of their response, He had to limit what He could share with them. AMPC John 16:12; I still have many things to say to you, but you are not able to bear them or take them upon you or to grasp them now. He didn’t want to make the situation worse, so He ended His discourse with them about those things. What His disciples didn’t know, He had never intended to abandon them. Their fear was groundless! God always has a good plan for us because He Loves us! So, Jesus begins to explain the plan.

AMPC John 14:16-18; And I will ask the Father, and He will give you another Comforter (Counselor, Helper, Intercessor, Advocate, Strengthener, and Standby), that He may remain with you forever. The Spirit of Truth, Whom the world cannot receive (welcome, take to its heart), because it does not see Him or know and recognize Him, but you know and recognize Him, for He lives with you (constantly) and will be in you. I will not leave you as orphans (comfortless, desolate, bereaved, forlorn, helpless); I will come (back) to you. This was Gods intentions all along, there was no reason for them to have been overcome by stress.

The Lord their Comforter was now introducing them to their New Counselor, the indwelling Holy Spirit. So, He continues to talk to them about the Holy Spirt, the Comforter because in this moment they need comfort. AMPC John 14:26; But the Comforter (Counselor, Helper, Intercessor, Advocate, Strengthener, Standby), the Holy Spirit, Whom the Father will send in My Name (in My Place, to represent Me and act on My Behalf), He will teach you all things, and He will cause you to recall (will remind you of, bring to your remembrance) everything I have told you.

Jesus is explaining to His grieving disciples the oneness and unity between Him and the Holy Spirit. He wanted them to understand they wouldn’t be missing out on anything by Him returning to the Father, to the point the Holy Spirit would actually help them remember the things that Jesus had taught them. In addition, He taught them about the Peace of God that comes with the Holy Spirit. AMPC John 14:27; Peace, I leave YOU; My (Own) Peace I now give and bequeath (transmit) to YOU. Not as the world gives do I give to YOU. Do not let your hearts be troubled, neither let them be afraid. (Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled).

As usual Jesus was ministering comfort to them in this difficult moment. He continued to minister to them about the Holy Spirit, in the Holy Spirit (AMPC Romans 14:17; The Kingdom of God is righteousness, (heart) peace, and joy in the Holy Spirit) and He is with you now. However, He was not going to just be with them, He was about to take up residence in them. Because YOU have the Holy Spirit with YOU and in YOU, YOU also have the Peace of God! Jesus taught them what the answer was for a troubled or stressed heart (mind). Jesus defined stress for His disciples, being agitated and disturbed, fearful, intimidated, cowardly, and unsettled AMPC John 14:27. The dictionary defines stress as a condition typically characterized by symptoms of mental and physical tension or strain, as depression or hypertension, that can result from a reaction to a situation in which a person feels threatened, pressured. Synonyms for stress include anxiety, nervousness, fearfulness, apprehensiveness, impatience, fear, tenseness, and restlessness.

So, as we can see clearly, stress is a result of a reaction to a situation. When we choose to allow ourselves like the disciples to be taken possession of by fear. The Merriam Webster dictionary defines fear as an unpleasant often strong emotion caused by anticipation or awareness of danger. Synonyms for fear are alarm, anxiety, fearfulness, dread, fright, trepidation, panic, and terror. It would be safe to say that stress and fear are synonymous.

I am so thankful the Holy Spirit within the Apostle Paul revealed this Spiritual Truth in his letter to his spiritual son, Timothy in a time of great stress. Timothy was a young Pastor, and his church was enduring persecution, believers were being murdered because of their faith in Jesus. This is how the Holy Spirit led Paul to respond to Timothy. NIV 2 Timothy 1:7; For the Spirit God gave us does not make us timid, but gives us power, Love and discipline. The peace, fearlessness, power, Love and discipline is a result of the Holy Spirit Who lives in every born-again spirit-filled believer! NLT Colossians 3:15; And let the peace that comes from Christ rule in your hearts. For as members of one body, you are called to peace. NIV 1 John 4:18; There is no fear in Love. But perfect Love drives out fear because fear has to do with punishment (stress). The one who fears (stresses) is not made perfect in Love.

This is the Word of God concerning the matter of fear (stress). God’s Word is His Mind or Thoughts and according to God we are supposed to have His Mind or Thoughts. AMPC 1 Corinthians 2:16; But we have the Mind of Christ (the Messiah) and do hold the thoughts (feelings and purposes) of His Heart. In other words, our view of fear (stress) should be the same as God. The world has referred to fear as something good and to be desired as a motivator.

We have just read in the Word of God that Peace of God is supposed to be ruling in our hearts and not fear (stress)! The Greek word for rule used in this verse of Scripture is brabeuo (brab-yoo-o). It means to decide, to direct, to control, to govern. To be an umpire: one having authority to decide finally a controversy or question. In other words, the Peace that comes from God through His Holy Spirit should be governing me and not fear (stress)!

When the Holy Spirit is allowed to be the Governor of our lives, we will be made perfect in Love instead of fear. This word perfect used in the above Scripture reference in the Greek is the word teleios (tel’-i-os). It means full-grown, adult, of full age, mature. AMPC Romans 5:5; God’s Love has been poured out in our hearts through the Holy Spirit Who has been given to us. The Holy Spirit teaches and shows us how to walk in our new nature which is the Love of God. The Spirit Who lives in us is Love! AMPC Romans 8:15; For (the Spirit which) you have now received (is) not a spirit of slavery to put you once more in bondage to fear, but you have received the Spirit of adoption (the Spirit producing sonship) in (the bliss of) which we cry, Abba (Father)! Father!

So, there YOU have it! YOU are no longer a slave to fear! YOU are a child of God. Moreover, it’s YOU that must choose to control your response by managing your own thoughts with their embedded emotions. My fellow active service members there is a war being waged. Israel is not the only ones being attacked. There is a war being waged in our souls every day. The flesh/body (old previous nature) wants to rule instead of our spirit.

AMPC 2 Corinthians 10:3-5; For though we walk (live) in the flesh, we are not carrying on our warfare according to the flesh and using mere human weapons. For the weapons of our warfare are not physical (weapons of flesh and blood), but they are mighty before God for the overthrow and destruction of strongholds. (Inasmuch as we) refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against true knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One).

This is the definition of mind-management. We are the ones who have to refute these thoughts that don’t originate from God. The word refute is defined as to deny. We have to deny entry of these intrusive thoughts that are not from God. The source of your fear (stress)! Don’t allow your heart to be troubled and afraid!