

Life Group Discussion Guide

No Greater Love: In the Upper Room with Jesus
Week 4: Overcoming a Troubled Heart • John 14:1-11

Over the last several weeks, we've pulled up a seat at the Passover table where Jesus is sharing His final meal with the disciples. We've watched as He knelt to wash their feet and listened as He broke to them one gut-wrenching reality after another: He will soon be leaving them, one among them will betray Him, and all the rest will abandon Him.

Seeing the fear and confusion on every face, Jesus comforts them, "Let not your hearts be troubled" (14:1).

Each of us knows what it is to have a troubled heart. We've all encountered circumstances beyond our control that overwhelm us with fear and doubt, causing us to question the presence, power, and goodness of God in our lives.

- What is troubling your heart in this season of life?

Today, we are going to see three ways that, when our hearts are troubled and our world feels upside down, *the Father shows His relentless love for us through Jesus*.

1. Jesus is preparing a place for us with the Father

"Do not let your hearts be troubled. You believe in God; believe also in me. My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going." John 14:1-4

Jesus offers His friends three reasons why—despite all the terrifying, depressing news He's just shared with them—their hearts need not be troubled:

- a. There's plenty of room for them in the Father's house
- b. He's going to prepare a place for them
- c. He'll come back for them

As the men would soon realize, these preparations would be made by Jesus Himself, and not in the way anyone expected. Jesus would lay down His life on a Roman cross. Jesus would walk out of the grave. Jesus would return to the Father. And that's just the beginning. Jesus would come back. He would bring them home.

Jesus Himself, and all He was about to do, was the antidote to their troubled hearts. Pastor Caleb put it this way:

“Worry is born from our effort to find security and rest. Freedom from worry is found when we trust in the right source. Many sources promise they will satisfy, but only leave us more worried, fearful, and doubtful than before. There is only one source who takes our worries, fears, and doubts and exchanges them with peace, joy, and satisfaction. When our hearts are troubled, we find freedom when we locate our hope in the Risen One—Jesus.”

- When your heart is troubled, where do you find yourself looking for relief and comfort?
- What changes when we bring our troubled hearts to Jesus?
- Take time now to repent of any false sources you’ve looked to and seek Jesus as the Healer of your troubled heart.

2. Jesus is our access to the Father

As we just explored, we all have longings and desires that are unquenchable by the things here on earth. This is because we’ve been created to know and worship God, and nothing less than Him will satisfy. Even if we don’t realize it, each of us longs for access to our Heavenly Father—to the wholeness that’s found in Him alone. But how do we get to Him?

Thankfully for us, Thomas asked a similar question:

“Thomas said to him, ‘Lord, we don’t know where you are going, so how can we know the way?’ Jesus answered, ‘I am the way and the truth and the life. No one comes to the Father except through me. If you really know me, you will know my Father as well. From now on, you do know him and have seen him.’” John 14:5–7

Jesus makes it clear that He is the way to the Father. The only way. Pastor Caleb summed it up like this:

“The ability to know and see the Living God is open to all, but exclusive to those who know Jesus. Our works (the good we do, our generosity, our pursuit of holy living, the families we come from, or how frequently we attend church) are not sufficient. If you want to know and see the One who created you and filled your heart with longings unquenchable by things of this earth, Jesus alone can give you access.”

- Describe in your own words why no one and nothing but God Himself can satisfy us.
- How or where have you sought salvation apart from Jesus? What has been the outcome of your search?
- The Good News of Jesus brings fullness to our emptiness and rest to our troubled hearts. Take time now to praise Jesus for being the Way, the Truth, and the Life!

3. Jesus is One with the Father

“Philip said, ‘Lord, show us the Father and that will be enough for us.’ Jesus answered: ‘Don’t you know me, Philip, even after I have been among you such a long time? Anyone who has seen me has

seen the Father. How can you say, 'Show us the Father'? Don't you believe that I am in the Father, and that the Father is in me? The words I say to you I do not speak on my own authority. Rather, it is the Father, living in me, who is doing his work. Believe me when I say that I am in the Father and the Father is in me; or at least believe on the evidence of the works themselves." John 14:8-11

Jesus is not only the way to the Father, He is One with the Father Himself. By seeing Jesus—His powerful works and heart-piercing teaching—they have seen God.

- How would you explain the relationship between Jesus and the Father to someone unfamiliar with Christianity?
- If seeing Jesus is seeing the Father, what do you know to be true of the Father's character and ways?

The promise of eternal life in heaven fills many with hope and expectation. The hope of a community with no more conflict, sickness, or death is what the nations long for. But, in closing this week's message, Pastor Caleb challenged us, "Have we missed the point?"

"We must be clear this morning, heaven is heaven because Jesus will be there. Jesus is not something we check off our list in order to gain access to heaven. Rather, being in the presence of Jesus and being united to Him are what make heaven...heavenly. He not only releases us from the shackles of sin, but restores us to relationship with Him—the only One who replaces our troubled hearts with peace, belonging, and satisfaction. So, take hold of Jesus, rest in Him, worship Him—it's what we'll be doing for all of eternity."

- How have you understood or imagined heaven? What's made it desirable to you? How does this week's message affect your perspective of heaven?
- Have you come to delight in Jesus? What do you think that really means, or looks like? Talk about it.
- Take time now to praise and adore Jesus not only for what He's done, but for who He is. Is He your greatest treasure? Cherish Him together!