

## CHRIST'S CURE FOR TROUBLED HEARTS

"Let not your heart be troubled: ye believe in God, believe also in Me." John 14:1.

Jesus was going away from His disciples. Those eleven men about the table in the Upper Room, who first heard Jesus say: "Let not your heart be troubled, ye believe in God, believe also in Me," were facing the greatest upheaval of their lives. They needed to be prepared for the dark hours that were ahead. Just ahead of them there was the darkness of doubt and despair. They suffered greatly and heroically for their faith. According to tradition, ten of these eleven men died deaths of cruelty and violence.

Christ Jesus said to His little band of disciples, in substance, "I am going away very soon. I must leave you. I am going to die very soon." His announcement horrified and dazed them. Separations from loved ones wring hearts to their deepest depths. They said one to another, in substance, "He said He is going away, going to die. What will become of His kingdom in the world? What will become of us, who came out on His side and followed Him in the face of an unsympathetic and a jeering world?" Observing their tragic sorrow, Jesus uttered the memorable words of our text, "Let not your heart be troubled."

Many feel at times as one recently said, "There is so much trouble in life, I wonder if it is worth living." All certainly need to be reminded that Christ nowhere promised freedom from trouble. Rather He pointed out to His disciples that they would often be in the midst of adverse situations. He said, "In the world ye shall have tribulation." And He provided a cure for troubled hearts.

In our context Christ gives a remedy for troubled lives anwhere and everywhere, whatever their plight may be. He, Himself, is the adequate remedy. To the one who may suffer loss, and for a time fall, Christ comes with His inspiring, revealing, uplifting, all-sufficient power.

When Sir Walter Scott, that eminent novelist, lay dying, he said to his son-in-law, Lockhart, who was also his biographer, "Read to me from the Book." The son-in-law answered, "What book?" The dying man replied, "There is only one Book, the Bible"; and taking the sacred volume, Lockhart read from the fourteenth chapter of the Gospel of John. When he had finished reading, Sir Walter Scott said, "Well, that is a great comfort, I feel as if I were going to be myself again."

So that great man found consolation in those precious words that fell from the lips of the Saviour, and since then multitudes have pillowed their heads upon them in the time of their sorrows.

A very old question indeed, one that has been asked down through the ages, is "How may troubled hearts be cured?" Various answers have been given. Among them are the following:

### 1. The answer of despair.

Wave after wave of trouble came over Job. He lost his property, his children, his health, his friends, and then his wife said, "Curse God and die." That was the answer of despair. How tragic! That was no cure for trouble. Some are prone to accept that answer to life's trials and pain and perplexities. Some are prone to take that road, and then commit suicide. But suicide is never justifiable.

Various things cause people to despair--business reverses, shattered confidence, disappointed friendships, broken health, and worst of all, is the down-pulling power of sin. Sin causes the conscience to accuse one.

2. The answer of Stoicism.

That doctrine says to steel your heart against all feeling. Deadens your sensibilities and your emotions. Refuse to cry. Be sublimely indifferent, no matter what comes. That will never cure a broken or troubled heart.

3. The answer of Epicureanism.

This doctrine is that one should forget all his troubles. Plunge into the realm of pleasure and sound all of its depths. An attempt to drown one's troubles will never cure them.

4. The answer of denial.

It boldly declares, "There is not any trouble; there is not any sin; there is not any suffering; there is not any pain; there is not any death." All of it is bad thought. Forget it." That is false philosophy. Some people would have you believe that there isn't any such thing as trouble, or a broken heart. They propose to get by the difficulty by denying the facts. For one to deny the fact of sin, suffering, sorrow, and death is to make one ridiculous in the eyes of intelligent and honest people. These solemn facts are all about us. Repeatedly people are beaten by the flail of disappointment. There is no cure for trouble is denying its existence.

What are some of the consequences of a troubled heart?

- (1) It does not help us in our difficulties or out of them.
- (2) It takes from us the joys we have.  
There are flowers that bloom in winter, if we but have the grace to see them.
- (3) It makes that which is bad worse.  
It magnifies, aggravates, and misrepresents.
- (4) It dishonors God.

Where can we get our troubles cured? There is just one place. Jesus here states the cure. Jesus is Himself the physician for a troubled heart. If you reject Jesus and put His counsel and comfort aside, there is no other anchorage and re-enforcement and healing and recovery and peace sufficient for a troubled heart. "I am the way, the truth and the life. No man cometh unto the Father but by Me." "Put your case in My hands." "Come, with your sorrows and your vexation and your disappointment and your reverses, and the pain of your spirit and I will cure your troubled heart, and I will unfailingly re-enforce you."

Have you a troubled heart? There is one source to get it healed, and that is Jesus. He is the one Mediator between God and us. You should take Him as your mediator, umpire, physician, leader and friend. I have staked my all on Christ. Why?

1. He is worthy.

Can you find fault with anything He ever said? You cannot gainsay a single word He spoke; or any work He did. There is nothing about His person, character or life to condemn. In His personality He is the attestation, authorization, corroboration, and demonstration of His claim to human trust and confidence.

2. You will be left bewildered without Him.

He is the light of the world. When you consider the great questions that baffle and perplex humanity, such as sin, sorrow, and death, Jesus is the only satisfying

answer to them. You will be utterly bewildered, baffled and broken in the presence of those blinding and burdensome mysteries, apart from Christ.

What will you do about sin, if Jesus is disregarded? The tragedy of sin is the worst one in all the world. One unbearable yoke is that of sin. No man has resources sufficient to master sin. Jesus says, "I did not come to call the righteous, but sinners, to repentance." Jesus alone can save from sin. "Thou shalt call His name Jesus, for He shall save His people from their sins."

Without Jesus, you are left baffled and helpless in the presence of sorrow. You can hear the undertone of sorrow everywhere. See its reign on every side as you stand beside the caskets and open graves. There is one who can turn the very shadow of death into morning. There is one who can take life's tears and attune them to the sweetest music, and His name is Jesus. You take Jesus away and we are helpless to comfort or to be comforted in the day of broken hearts.

What shall you do when you walk down into the valley of the shadow of death, if you do not have Christ with you? Caesar stood up in the Roman Senate and said: "If there be anything beyond death, I do not know. If there be anything beyond the grave I cannot tell." Jesus went down into the grave and explored it, and then on the third day He came back from the grave with the keys of death and the world invisible swinging at His girdle, and He says to us: "You cleave to me, and you need not be afraid of death and what death can do to you."

Christ is the light of the world. Let us follow Him! Let us follow Him today and forever! As the poet wrote:

"So, I go on not knowing,  
I would not know if I might.  
I would rather walk with Christ in the dark  
Than to walk alone in the light.  
I would rather walk with Him by faith  
Than to walk by myself with sight."

Accept Him as your Saviour and Master and then follow Him from this hour until death and beyond forever.