

Do Not Let Your Hearts Be Troubled

A 5 Day Devotional Bible Study Based on John 14:1 to 14

This devotional invites you to sit with the words Jesus spoke to his frightened disciples the night before the cross, words of peace, presence, and promise. Over five days, we will move slowly through this passage, allowing it to speak into the places where our own hearts are troubled. Each day includes a key verse, a brief devotional reflection, questions for personal or group study, and a closing prayer. May you find, as the disciples did, that Jesus meets you right in the middle of your life.



Troubled Hearts Are Welcome Here

Key Verse

"Do not let your hearts be troubled. Believe in God; believe also in me."
— John 14:1

Scripture Context

John 14:1 to 4. Jesus speaks these words on the night before his crucifixion, surrounded by confused and frightened disciples.

Devotional

Troubled hearts are not a sign of weak faith; they are a sign of being human. Jesus spoke these words on the very night the world was closing in, surrounded by confused and frightened disciples. He was not removed from suffering; he was in the middle of it.

We carry our troubled hearts everywhere, into hospital rooms, sleepless nights, and anxious mornings. And still, Jesus speaks directly to us: *Do not let your hearts be troubled.*

These words are not a command to feel something you do not feel. They are an invitation to bring your real, unpolished, worried heart to the One who already knows it, and loves you still.

Reflection Questions

What troubled heart have you been carrying lately, one you may not have fully named yet?

Does knowing that Jesus spoke these words in the middle of his own suffering change how they land for you? Why or why not?

Where do you tend to take your troubled heart, and what would it mean to bring it to Jesus first?

Prayer

Lord Jesus, you know the weight I carry today. You know the worries I have not said aloud and the fears that keep me up at night. I bring my troubled heart to you now, not because I have it together, but because you invited me just as I am. Settle what is unsettled in me. Remind me that your peace is not the absence of trouble, but your presence in the middle of it. Amen.

A Place Has Been Prepared for You

Key Verse

"In my Father's house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you?" — John 14:2

Scripture Context

John 14:2 to 4. Jesus speaks of departure and destination, assuring the disciples that his leaving is not abandonment but preparation.

Devotional

Christian hope is not wishful thinking. It is rooted in a specific person, Jesus Christ, who has gone ahead of us and prepared a place at the cost of his own life.

The disciples were staring at the possibility of loss. Their entire futures were woven around Jesus. And now he kept talking about leaving. We know that feeling when health shifts, loved ones leave, or the ground beneath us feels unstable.

Jesus doesn't gloss over these realities. He speaks into them with a remarkable promise: there is room for you. You are not forgotten, not abandoned, not lost. The hope he offers isn't escape from a hard world, it is the assurance that even death cannot separate us from the love of God.

Reflection Questions

What future did you once imagine that has since changed? How did that loss affect your sense of hope?

What does it mean to you personally that Jesus has "prepared a place" for you? How does that shape how you face uncertainty?

How is Christian hope different from general optimism? Where do you see that difference playing out in your own life?

Prayer

Gracious God, when the future feels uncertain and the ground feels unsteady, remind me of the promise you have already made. You have gone ahead of me. You have prepared a place. Nothing I face today is beyond your reach or outside your love. Anchor my hope not in what I can see, but in the One who has promised to bring me home. Amen.

They Wanted Directions. He Gave Them Himself.

Key Verse

"Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me.'" — John 14:6

Scripture Context

John 14:5 to 7. Thomas voices the confusion they all feel: they don't know where Jesus is going, so how can they know the way? Jesus answers not with a map, but with himself.

Devotional

Thomas says what the rest of the room was thinking: *Lord, we don't know where you're going. How can we know the way?* One of Thomas's gifts across the centuries is his honesty. He doesn't pretend to understand when he doesn't.

Jesus doesn't shame him. He answers directly: *I am the way, the truth, and the life.* He is not delivering a theology lecture. He is speaking to frightened friends, saying in essence: *Stay close to me. You won't be lost. I am enough.*

We ask for a plan, a map, a clear set of steps. Jesus offers something far more personal: himself. The way to God is not a program or a formula. It is a relationship with a living person who walks with us and will not let us go.

What a strange and beautiful answer. They wanted directions. He gave them himself.

Reflection Questions

Are you more like Thomas, honest about your doubts, or do you stay quiet when confused? What holds you back?

What "map" have you been asking God for? What might it mean to receive Jesus himself as the answer?

How does seeing the way as a person rather than a path change your walk with God?

Prayer

Lord Jesus, I confess that I often want directions more than I want you. I want clarity, a plan, a road I can see clearly ahead of me. Forgive me for the times I've treated you as a means to an end. You are the way. You are enough. Teach me to stay close to you, especially in the moments when the path ahead is unclear. Amen.

You've Been with Him This Whole Time

Key Verse

"Philip said to him, 'Lord, show us the Father, and we will be satisfied.' Jesus said to him, 'Have I been with you so long, and you still do not know me, Philip?'" —
John 14:8-9

Scripture Context

John 14:8-11. Philip asks for a direct vision of God, a dramatic and undeniable encounter. Jesus gently redirects him: the encounter has already been happening.

Devotional

Philip's request is understandable: *Show us the Father, and we will be satisfied*. We know that longing, for a burning bush, a voice from the sky, something that removes all doubt.

Jesus responds with something quietly astonishing: Philip, you've already been seeing the Father. Every healing, every meal, every moment of grace, that was the Father, present and at work. You were looking for something dramatic, and all along it was this: bread broken, roads walked together, the face of a friend.

God did not come in fire and thunder. God came in a person. And for us, showing up in bread and wine, in water and Word, in the gathered community of faith. We don't have to manufacture an encounter with God. He comes to us, again and again, in the ordinary moments we almost missed.

Reflection Questions

Looking back, where do you now see God was present in a season you found difficult?

Where in your everyday life might God be showing up in ways you're tempted to overlook?

How does weekly worship shape your ability to recognize God's presence throughout the week?

Prayer

Father, forgive me for the times I have looked past you while searching for you. Open my eyes to see you in the ordinary, in the bread and the cup, in the face of a neighbor, in the quiet of an early morning. You are not hidden from me. You are here. Help me to recognize you, and give thanks. Amen.

He Comes to Us. Again and Again.

Key Verse

"Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father." — John 14:12

Scripture Context

John 14:12 to 14. Jesus closes this passage with a remarkable commissioning. His departure is not an ending, but a sending. His peace does not leave with him. It moves through us.

Devotional

Jesus closes with something surprising: those who believe in him will do even greater works than he did. Not because of our own power, but because the risen Christ sends his Spirit into the world through ordinary, broken, beloved people like us.

The peace of John 14 is not a private peace. It moves outward. We are sent, as Jesus was sent, into hospital rooms, grieving families, and struggling communities, to bear witness that no one is forgotten.

And so we return to where we began. *Do not let your hearts be troubled.* Not because trouble doesn't exist, but because Jesus is in it with us. That is the word we carry. Week after week, we come back to receive it, and then we go out to live it.

Reflection Questions

Which day's reflection stayed with you most, and what did God stir in you through it?

Who in your life is carrying a troubled heart, and how might you bring Christ's peace to them?

What is one concrete way you will practice receiving God's presence in the week ahead?

✔ Closing Prayer

Lord Jesus, thank you for not speaking from a safe distance, for entering into our fear, our grief, and our uncertainty. Thank you for being the way when we couldn't find it, the truth when we were confused, and the life when everything felt like loss. Send us out now, not with all the answers, but with your presence. Let your peace settle in our hearts and spill out into every life we touch. Do not let our hearts be troubled. We trust in you. Amen.