

What Things Troubled Jesus?

<u>John 12:27</u>: (NASB) Now my soul has become troubled; and what shall I say, Father, save me from this hour? But for this purpose I came to this hour.



Jesus is our hero. His example, his teachings, his works and his faithfulness are absolutely legendary. They provide a flood of inspiration for anyone who would want it. To think of Jesus as being troubled in mind seems to be completely contrary to what we think of our Savior. After all, the book of Hebrews says he was "holy, innocent, undefiled and separated from sinners." How could he have anxiety? The fact is, there were three recorded instances in his life where he was troubled. Were these experiences a show of weakness or doubt? Did Jesus have some flaw we never talk

about? No and no! What these experiences do show us is the amazing fortitude, courage and godliness of the man Christ Jesus.

Why are we making a big deal out of being TROUBLED?

Jesus was perfect and felt things deeply. He had a lot of pressure on him.

Troubled: Strongs #5015 tarasso; of uncertain affinity; to stir or agitate

Some words for *troubled* we can identify with are anguished, distressed, pained or anxious. Many can relate to these feelings with the experience of COVID-19. Please search our archives for Episode 1119: Does the Coronavirus Fit Into God's Plan?

Let's look at other examples of the word troubled:

<u>Luke 1:11-12</u>: (KJV) ¹¹And there appeared unto him an angel of the Lord standing on the right side of the altar of incense. ¹²And when Zacharias saw him, he was **troubled** <**5015**>, and fear fell upon him.



ZACHARIAS was pushed far out of his comfort zone. He was visited by an unexpected and enormous power.

Matthew 2:1-3: (NASB) ¹Now after Jesus was born in Bethlehem of Judea in the days of Herod the king, magi from the east arrived in Jerusalem, saying, ²Where is he who has been born King of the Jews? For we saw his star in the east and have come to worship him. ³When Herod the king heard this, he was troubled <5015>, and all Jerusalem with him.



HEROD was agitated.

He saw a looming threat that would need to be quashed.

<u>Matthew 14:26-27</u>: (KJV) 26 And when the disciples saw him walking on the sea, they were **troubled** <**5015**>, saying, It is a spirit; and they cried out for fear. 27 But straightway Jesus spake unto them, saying, Be of good cheer; it is I; be not afraid.



THE DISCIPLES were terrified.

This word, troubled, does not mean some small irritation; it refers to a strong sense of discomfort.

Jesus was a man and also experienced being troubled.



The following audio clips present five generalized points on how to stay positive on a bad day. They offer us advice to use when we are troubled.

(1)) Perspective, How to Stay Positive on a Bad Day, Robin Sharma



Perspective is a word that seems very simple, but I think it's very powerful. It's very easy to get seduced into making something small a lot larger than it is. And perspective simply reminds us to go to 50,000 feet on a bad day and count our blessings. Perspective simply reminds us that things could be a lot worse. Perspective on a bad day is simply understanding that we live in a world where half the world's population lives on less than \$2.50 a day. Perspective on a bad day is reminding yourself of that Persian proverb which says, "I cursed the fact I had no shoes until I saw the man who had no feet."

We need to back away from looking at the experience right in front of us and see the larger picture.

When Jesus was baptized and began his ministry, the first thing he did was go off to fast and pray.

The first thing Satan did was try to derail him. Satan failed but did not quit:

<u>Luke 4:13</u>: (KJV) And when the devil had ended all the temptation, he departed from him for a season.

Satan would try again to derail Jesus, especially at the end of his ministry. He paid attention and watched all that was unfolding and tried to subtly trip Jesus up.



Principles to deal with the troubling things in our lives:

<u>1 John 2:15-16</u>: (NASB) ¹⁵Do not love the world nor the things in the world. If anyone loves the world, the love of the Father is not in him. ¹⁶For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world.

The lust of the flesh and the lust of the eyes and the boastful pride of life are the things that will inevitably trouble us on our spiritual path.

Because humanity is given *free choice*, this means we all have within us the emotions that can be stirred up towards anxiety. Both Adam and Jesus had them and both were tested. Jesus, as a human, had emotions just as Adam did.

It is simple. The ability to be anxious and troubled is natural. The key is to master it.





When was Jesus first shown to be troubled? What does this agitation look like in a perfect man?

The Gospels record almost all of Jesus' three-and-a-half-year ministry without the troubled spirit we are exploring. Interestingly, throughout his ministry, we do see Jesus angry, firm, loving, challenging, compassionate, friendly and focused. However, once the end is near, the pressure mounts.

Even though Jesus was a perfect man, he still experienced pressure which is when Satan sought his opportunity.

<u>John 11</u>: Lazarus was in the tomb for four days and his body was decomposing. The miracle of the raising of Lazarus was the most dramatic of all miracles.

Pivot WTOH, How to Stay Positive on a Bad Day, Robin Sharma

• Which brings me to the second "P" of turning a bad day into a great day - and its pivot. And here's the question to really help you pivot - WTOH - "What's The Opportunity Here?" So, you're having a bad day; maybe you had a fight with someone, maybe you lost the big sale, maybe someone cut you off in traffic and then you didn't get your favorite lunch, and then you missed getting into SoulCycle class and then you had a difficulty on the way home. So, let's say that's happening, you simply run the WTOH question which will allow you to pivot. WTOH - "What's The Opportunity Here?"

If we have an argument with a loved one, the opportunity is to "pivot" and have the humility to say we are sorry.

Up to this point he had been shielded from the full depths of darkness surrounding him:

<u>Luke 4:28-30</u>: (NASB) ²⁸And all the people in the synagogue were filled with rage... ²⁹and they got up and drove him out of the city, and led him to the brow of the hill on which their city had been built, in order to throw him down the cliff. ³⁰But passing through their midst, he went his way.

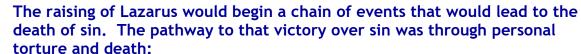
<u>John 7:30</u> (NASB) So they were seeking to seize him; and no man laid his hand on him, because his hour had not yet come.

There were several instances before the end of Jesus' ministry where people were angry enough to try to put an end to him. In every case he was delivered because his hour had not yet come. His level of protection was about to change. The raising of Lazarus from the dead is the event that put the change in motion.

There are three troubling tasks that were before Jesus.







John 11:30,32-35: (NASB) ³⁰Now Jesus had not yet come into the village, but was still in the place where Martha met him. ³²Therefore, when Mary came where Jesus was, she saw him, and fell at his feet, saying to him, Lord, if you had been here, my brother would not have died. ³³When Jesus therefore saw her weeping, and the Jews who came with her also weeping, he was deeply moved in spirit and was troubled <5015>, ³⁴and said, Where have you laid him? They said to him, Lord, come and see. 35 Jesus wept.





Check out our CQ Kids Video: Did Jesus Ever Cry?

Satan's embedded temptation would follow the pattern of the first wilderness temptation:

Matthew 4:3-4: (NASB) ³And the tempter came and said to him, If you are the Son of God, command that these stones become bread. ⁴But he answered and said, It is written, man shall not live on bread alone, but on every word that proceeds out of the mouth of God.

In other words: If you are the son of God, you can do things no one else can. Just do it! You have power; use it for good.

John 11:36-38: (NASB) ³⁶So the Jews were saying, See how he loved him! ³⁷But some of them said, Could not this man, who opened the eyes of the blind man, have kept this man also from dying? 38So Jesus, again being deeply moved within, came to the tomb...

The people guestioned why Jesus did not keep Lazarus from dying.

Being troubled always brings decision. It is easy to take the low road. Jesus took the high road.

John 11:39,41: (NASB) ³⁹Jesus said, Remove the stone... ⁴¹So they removed the stone. Then Jesus raised his eyes, and said, Father, I thank You that You have heard me. 42 knew that You always hear me; but because of the people standing around I said it, so that they may believe that You sent me. 43 When he had said these things, he cried out with a loud voice, Lazarus, come forth. 44The man who had died came forth, bound hand and foot with wrappings, and his face was wrapped around with a cloth. Jesus said to them, Unbind him, and let him go.



The first temptation The raising of Lazarus

Matthew 4:3-4: (NASB) ³And the tempter came and said to him, If you are the Son of God, command that these stones become bread. ⁴But he answered and said, It is written, man shall not live on bread alone, but on every word that proceeds out of the mouth of God.

John 11:41-43: (NASB) ⁴¹So they removed the stone. Then Jesus raised his eyes, and said, Father, I thank You that You have heard me. 421 knew that You always hear me; but because of the people standing around I said it, so that they may believe that You sent me. 43 When he had said these things, he cried out with a loud voice, Lazarus, come forth.

The connection with Jesus' first temptation and the raising of Lazarus:

- · The connection with Jesus' first temptation and the raising of Lazarus is in Jesus' answer - man shall not live on bread alone, but on EVERY WORD THAT PROCEEDS OUT OF THE MOUTH OF GOD.
- · Jesus proclaimed to the audience around him that he was talking to God by saying, Father, I thank You that You have heard me, which means God spoke to him.
- · The connection to Jesus' response to the first temptation is the WORD OF GOD. Jesus was given the WORD OF GOD to raise Lazarus from the dead. Then, Jesus spoke the WORDS OF GOD - Lazarus come forth. Lazarus came forth. Lazarus literally lived on the word of
- · Satan tried to tempt Jesus to take the credit for raising Lazarus. It was the WORD OF GOD that drove Jesus.



When Jesus was under duress, he still gave God the glory.

An opposite example is when Moses struck the rock twice.

Numbers 20:9-11: (NASB) 9So Moses took the rod from before the LORD, just as He had commanded him; 10 and Moses and Aaron gathered the assembly before the rock. And he said to them, Listen now, you rebels; shall we bring forth water for you out of this rock? 11 Then Moses lifted up his hand and struck the rock twice with his rod; and water came forth abundantly, and the congregation and their beasts drank.

Moses forgot to give God the glory which is why he was not allowed to go into the Land of Promise.



How can WE continue to glorify God when we are under stress with the current coronavirus around us? How do we manage the stress? Do we seek a godly answer or a personal answer? Jesus sought a godly answer.

Jesus was troubled with the weight of the responsibility. How did he handle the weight?



Jesus was troubled because of the heartbreak of sin and death and felt the weight of being the one to take it away. He made sure those around him knew that the glory goes to God, and not him.

What do I do when faced with the task of giving God glory or trying to keep it for myself? Am I humble?

Jesus instinctively gave God the glory.
When and how would Satan next try to derail him?

The book of John uniquely captures the humanness of Jesus. <u>John 12</u> reveals Jesus' next troubling experience. This one would be entirely different. Jesus showed he could handle the weight of salvation and now would come the challenge of something bigger.

(1))Pharmacy, How to Stay Positive on a Bad Day, Robin Sharma

• The third "P" is pharmacy, and that's all about moving. When I have a difficult day here's one of the first things I do. I will get on my mountain bike and I will ride like a bat out of wherever, through the forest. And that releases dopamine in my brain which is the neurotransmitter of inspiration. And that releases serotonin, moving right on the bicycle, it releases serotonin which is the pleasure neurotransmitter. And it cuts down on my cortisol which



is the fear hormone. So, just simply going for a mountain bike ride, or going for a swim, or getting into yoga class, or something as simple as going for a walk, or maybe even doing jumping jacks when no one's looking will create a pharmacy of mastery within your brain which will affect your psychology, your neurobiology and your interior life which makes you just feel a lot better. You know that.

Satan's embedded temptation would follow the pattern of the second wilderness temptation:

<u>Matthew 4:5-7</u>: (NASB) ⁵Then the devil took him into the holy city and had him stand on the pinnacle of the temple, ⁶and said to him, If you are the Son of God, throw yourself down; for it is written, He will command His angels concerning you; and on their hands they will bear you up, so that you will not strike your foot against a stone. ⁷Jesus said to him, On the other hand, it is written, you shall not put the LORD your God to the test.

Satan put Jesus in a place for all to see - *the holy city* - surely Jesus would want the people to worship him!

Jesus responded - you shall not put the LORD your God to the test.

Let's fast-forward to the end of Jesus' ministry. About a week after the raising of Lazarus, Jesus faces the next troubling task.





The context of <u>John 12</u> - Jesus had just ridden victoriously into Jerusalem for all to see and was proclaimed King before hundreds of thousands of people. They were placing palm branches before him and were shouting, "Hosanna!" The word *hosanna* comes from a Hebrew word meaning "save now" or "save us."

Would Jesus bask in that glory?

John 12:20-23: (NASB) ²⁰Now there were some Greeks among those who were going up to worship at the feast; ²¹these then came to Philip, who was from Bethsaida of Galilee, and began to ask him, saying, Sir, we wish to see Jesus. ²²Philip came and told Andrew; Andrew and Philip came and told Jesus. ²³And Jesus answered them, saying, the hour has come for the Son of Man to be glorified.

It is probable that Jesus ignored the distraction from the Greeks. It was not their time to follow him. He came for the lost sheep of the house of Israel (<u>Matthew 15:24</u>). We will return to this thought after we look at Jesus' response.



When we have a troubling experience in our lives, we always come to a crossroad.

Jesus had just ridden into the city and was the center of attention. The Greeks wanted to see him. And Jesus answered them, saying, the hour has come for the Son of Man to be glorified.

Here is that subtle crossroad that is so troubling:

<u>John 12:24,27-29</u>: (NASB) ²⁴Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit. ²⁷Now my soul has become **troubled <5015>**; and what shall I say, Father, save me from this hour?

The troubling aspect comes on the heels of hundreds of thousands of people shouting and praising him and being willing to follow him. The foreigners (Greeks) even wanted to speak with him. Jesus puts them off because his experience is not about living in glory at that moment; it is about dying. He was saying if I do not die, my followers will not have life again.

The connection with Jesus' second temptation and Jesus entering the holy city:

In Satan's second temptation to Jesus the devil took him into the holy city (Jerusalem) and had him stand on the pinnacle of the temple.

At the end of Jesus' ministry he rode into the holy city in front of all the people.

What Satan was trying to set up literally happened at the end of Jesus' ministry. Jesus had this temptation to be their king at that moment but instead he glorified God and not himself.



Matthew 4:5-6: (NASB) ⁵Then the devil took him into the holy city and had him stand on the pinnacle of the temple, ⁶and said to him, If you are the Son of God, throw

yourself down...

John 12:12-15: (NASB) 12 On the next day the large crowd who had come to the feast,

come to the feast, when they heard that Jesus was coming to Jerusalem...went out to meet him... ¹⁴ Jesus, finding a young donkey, sat on it; as it is written, ¹⁵FEAR NOT, DAUGHTER OF ZION; BEHOLD, YOUR KING IS COMING, SEATED ON A DONKEY'S COLT.

The magnitude of Jesus' task was plain - the masses of the world were in expectation of deliverance:

...But for this purpose I came to this hour. ²⁸Father, **glorify Your name** (he spoke out loud). Then a voice came out of heaven: I have both glorified it and will glorify it again. ²⁹So the crowd of people who stood by and heard it were saying that it had thundered; others were saying, An angel has spoken to him.

This voice from heaven CONFIRMED what Jesus said.

This was the third time in Jesus' ministry when a voice came from heaven regarding Jesus. Each time a voice came it expanded what was said.



FIRST at Jesus' baptism: This is my beloved son in whom I am well pleased to introduce Jesus as the Messiah.

SECOND at the Transfiguration was added: ...listen to him! to verify Jesus as the Messiah and the way to life.

THIRD: I have both glorified it and will glorify it again to confirm Jesus as the Messiah and the bringer of glory to God.



Here is what Jesus said next:

<u>John 12:30-32</u>: (NASB) ³⁰Jesus answered and said, This voice has not come for my sake, but for your sakes. ³¹Now judgment is upon this world; now the ruler of this world will be cast out. ³²And I, if I am lifted up from the earth, will draw all men to myself.

Jesus was proclaiming Satan's defeat and the coming of salvation.

Satan was trying to get Jesus to give in to the crowds and become their leader. Jesus said, you shall not put your Lord God to the test.

Jesus knew he would have to disappoint the people first before saving them and giving them life later.

After Jesus spoke a little more about being the light for the people, he concluded this way:

<u>John 12:36</u>: (NASB) ³⁶While you have the Light, believe in the Light, so that you may become sons of Light. These things Jesus spoke, and he went away and hid himself from them. (His time was still not yet.)



What about us? Do we redouble our dedication when we are troubled? What a practical pandemic wake-up call.



My mom lives with us, and in the evenings after dinner I sit with her for a little while and watch TV to keep her company. When she goes up to bed, it is tempting to keep watching. Because of this pandemic I was reminded it is better before I go to sleep to read something spiritual, honor the LORD and think of Him. I want Him on my mind when I go to sleep.

Jesus' ability to handle the magnitude of salvation gives a whole new meaning to "grace under pressure."

Jesus has thus far accepted the weight and magnitude of his salvation mission. What would be next?

The tricky thing about plowing through times when we are legitimately troubled always revolves around timing. For Jesus and for us, Satan is always attentive to our human strains and difficulties and will seek to use them to bring doubt and failure. How will we respond to Satan? Will we follow Jesus' footsteps or decide on our own path?



CQRewind (1)) Pages, How to Stay Positive on a Bad Day, Robin Sharma

• The fourth "P" in turning a bad day into a great day - pages. You know, I love journaling, and for hundreds and hundreds of years people have gone through difficulty, people who are experiencing calamity and chaos, open a journal, turn to a fresh white page and pour their pain or pour their confusion, pour their frustration out onto that page. It does something so powerful. It allows for a profound release of what you're experiencing out onto the written page. Here's the key; if you repress and suppress your feelings of anger, of sadness, of disappointment, all of those lower energy. Feelings - if you keep them inside they not only build up toxicity, and they build up resentment and frustration, but those are the very things that lead to inflammation that create "dis-ease."

We pick up in <u>John 13</u>. About one week later, Jesus is in the upper room with his closest friends for their last time of fellowship. Jesus is again troubled, and Satan is right there to pounce.

Satan's embedded temptation would follow the pattern of the third wilderness temptation:

<u>Matthew 4:8-10</u>: (NASB) ⁸Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory; ⁹and he said to him, All these things I will give you, if you fall down and worship me. ¹⁰Then Jesus said to him, Go, Satan! For it is written, you shall worship the LORD your GOD, and serve Him only.

Satan presents a short cut to personal glory and honor and all the kingdoms of the world: Just bow down and worship ME! Jesus could avoid the pain and suffering of his upcoming ministry and ultimately his death. This was the temptation at the beginning of his ministry. Jesus' response was to only worship God. How does this experience fit in with the end of his ministry? The answer comes soon.



KNOWING THAT THE FINAL TRIAL IS HOURS
AWAY AND FACING THE FACT THAT
YOUR TRUSTED FRIEND
WILL PLACE YOU INTO THE HANDS
OF THOSE WHO WOULD CRUCIFY YOU.
WHAT A PROFOUND PERSONAL COST.

John 13:19-35: (NASB) (Selected verses) ¹⁹From now on I am telling you before it comes to pass, so that when it does occur, you may believe that I am he. ²⁰Truly, truly, I say to you, he who receives whomever I send receives me; and he who receives me receives Him who sent me. ²¹When Jesus had said this, he became **troubled** <**5015**> in spirit, and testified and said, Truly, truly, I say to you, that one of you will betray me.

He who receives whomever I send receives me - perhaps he became troubled as he saw Judas sitting with his faithful ones as one whom he had sent. Judas, his close friend, was about to betray him. He traveled with Jesus for years.



The crossroad here is treacherous - would we lash out because of our pain, or do we acquiesce to God's providence?

²²The disciples began looking at one another, at a loss to know of which one he was speaking.

They ask Jesus who it is. Jesus never says the betrayer's name; he just shares his bread with him. He extends the personal bond of friendship by sharing food, a symbol of deep friendship.

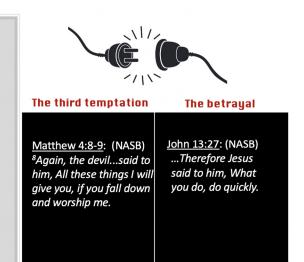
²⁷After the morsel, Satan then entered into him. Therefore Jesus said to him, What you do, do quickly. ²⁸Now no one of those reclining at the table knew for what purpose he had said this to him. ³⁰So after receiving the morsel he went out immediately; and it was night.

Satan was cast out! This trial came from a family member - this was personal. This hurt his heart. If Jesus had this experience, we likely could as well.

This leads back to the temptation in the wilderness we discussed previously.

The temptation was for Jesus to just bow down and worship Satan and not go through pain.

Jesus was willing to go through the pain of betrayal. What you do, do quickly – in other words: Go, you who represent satanic lies. Go from here because what you do will not matter. I am set on doing God's will.





We see the powerful pain of betrayal with the powerful passion for the will of God that overrides it!

The pain of the moment is profound, and yet Jesus keeps focus in two places.

First, on his Father:

³¹Therefore when he had gone out, Jesus said, Now is the Son of Man glorified, and God is glorified in him; ³²if God is glorified in him, God will also glorify him in himself, and will glorify him immediately.

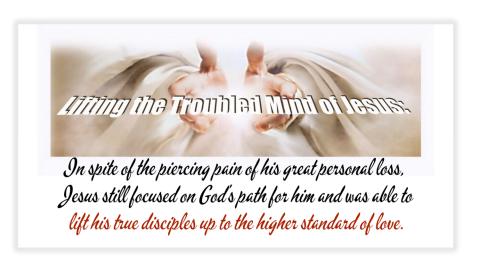
We see the similarity in the experience by the tomb of Lazarus: God would be glorified. In the experience of riding into Jerusalem: God would be glorified. Here with the eleven, it was all about glorifying God. This is the focus of Jesus through the deepest anxiety of his heart.

Jesus then keeps his focus on his still-faithful followers:

³³Little children, I am with you a little while longer. You will seek me; and as I said to the Jews, now I also say to you, Where I am going, you cannot come. ³⁴A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another. ³⁵By this all men will know that you are my disciples, if you have love for one another.

Jesus transformed his experience into a lesson to love one another. Despite his personal pain, he demonstrated selflessness.







This was a personally hard experience for Jesus. Satan is trying to get to him any way possible, and yet, he stayed true to his Father and his followers. Please see our CQ Kids Video: Did Jesus Ever Do Anything Wrong?

What about us? How do we handle the troubling experiences of betrayal we might have? Hopefully in a Christlike way.



I have made mistakes when I have been betrayed by family members, but I have learned a lot of lessons from my mistakes. I see the Lord's hand in helping me.

We learn from our mistakes and the example of Jesus' faithfulness. Put these together and we see the way to grow in Christ.

Even in experiencing the depths of betrayal Jesus stood strong. This is exactly the kind of example we need.

We have seen Jesus overcome three deeply, personally troubling experiences. What does he do next?

We began these observations of Jesus' life by saying that he is our hero. These experiences spanned about three weeks and troubled him with the weight, magnitude, and personal cost of being the ransom for all. Jesus not only manages these things; he does what a hero does - he serves others. What makes a hero? Who does he or she serve?

The planet, How to Stay Positive on a Bad Day, Robin Sharma

• Which brings me to my fifth and final "P," in the five P's of turning a bad day into a great day - the planet. Well, you say, Robin what are you talking about here? Well, nature. Nature is life's sweet recovery method. Going for a walk in the woods or walking on a beach and getting next to the ocean, or if you live near a desert getting out there. If you're blessed to live by the mountains, you know what I'm talking about. But when you go out to nature it grounds you. When you connect with the planet, again nature. What does it do? It gives you that recovery method so you actually breathe in the fresh air, but it reminds you, that you are part of something so much bigger than yourself. And maybe your bad day is taking you to a better place. You've heard that old idea, but life doesn't really happen TO you. Life really happens FOR you.



We are a part of something bigger than ourselves. Life happens *for* you - the lessons and experiences will help us throughout eternity. Learn from the experience of sin and death and rise above it. We need to feel inspiration from God's beautiful creation.

On a spiritual level, we have the example of Jesus and the three heartbreaking experiences when he was deeply troubled.

After Jesus' baptism and his season of fasting, praying and testing, angels of God ministered to him to strengthen him for the road ahead.

Satan had (for a time) been vanquished and now the gospel would be preached:

<u>Matthew 4:11</u>: (NASB) Then the devil left him; and behold, angels came and began to minister to him.

Jesus was encouraged by a God-sent spiritual source. Three and a half years later, Satan would again attempt to derail the faithfulness of the Messiah. Jesus would again vanquish him, this time for good.



Jesus is assuring us that as he had overcome, so can we! He is saying: I know, PERSONALLY, what you go through:

<u>John 14:1-3</u>: (NASB) ¹Do not let your heart be **troubled** <**5015**>; believe in God, believe also in me.

Jesus is saying: Believe (trust, have faith) in me because I have been there! I can help you through this!

²In my Father's house are many dwelling places; if it were not so, I would have told you; for I go to prepare a place for you. ³If I go and prepare a place for you, I will come again and receive you to myself, that where I am, there you may be also.

It is ALL worth it! Look at our goal and focus on the end result.



Jesus **knows the pain** of having heart anxiety in our lives.

We can relate to him because he has been there.

Jesus assures us we will have **God's influence** to guide us.



<u>John 14:25-26</u>: (NASB) ²⁵These things I have spoken to you while abiding with you. ²⁶But the helper, the holy spirit, whom the Father will send in my name, He (it) will teach you all things, and bring to your remembrance all that I said to you.

Jesus' followers receive strength by the holy spirit to rise above their weaknesses. This is what we need to avoid the fiery darts of Satan. As Satan was after Jesus, he is now after all the true footstep followers of Jesus. They are his target, since the plan of God will flow through them to accomplish the ministry of reconciliation (2 Corinthians 5:18).

Jesus shows us the antidote for a troubled soul is the peace he himself brings us:

<u>John 14:27-31</u>: (NASB) ²⁷Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Do not let your heart be **troubled <5015**>, nor let it be fearful. ²⁸You heard that I said to you, I go away, and I will come to you. If you loved me, you would have rejoiced because I go to the Father, for the Father is greater than I. ²⁹Now I have told you before it happens, so that when it happens, you may believe. ³⁰I will not speak much more with you, for the ruler of the world is coming, and he has nothing in me; ³¹but so that the world may know that I love the Father, I do exactly as the Father commanded me. Get up, let us go from here.

This peace came from coping with his troubled human spirit. Having God's influence upon him and working through him allowed him to rise above and be faithful in ways we cannot imagine. Jesus was telling us: I know your hearts are going to be troubled. Let me help you by sharing my experiences with you.

This reminds us of this prophecy, talking about Jesus at the end of his ministry:

<u>Isaiah 50:6-7</u>: (NASB) ⁶I gave my back to those who strike me, and my cheeks to those who pluck out the beard; I did not cover my face from humiliation and spitting. ⁷For the Lord GOD helps me, therefore, I am not disgraced; therefore, I have set my face like flint (steely determination and focus), and I know that I will not be ashamed.

We cannot imagine the stress and pressure that was upon him. He was not just saving those close to him; he was saving every man, woman and child who ever lived. This shows steely determination in Jesus' words and actions: Do not be afraid. I am giving you my peace.

The raising of Lazarus: He had the weight of being the conduit through which the world would be raised from the dead.

Riding into Jerusalem: He was famous. Everybody wanted to follow him, but he hid himself. It had to be God's glory and not his own.

Betrayal by a close friend: He made sure his ability to overcome the pain was attributed to God.

Throughout all his troubled experiences, he kept his focus on what he knew was God's mission for him.







(We realize those with clinical depression and anxiety will need further help. We will have a future podcast on this topic.)

Coming up on May 4 and May 11, 2020: Does My Anxiety or Depression Invalidate My Christianity? (Parts I and II).

Hebrews 4:15-16: (NASB) ¹⁵For we do not have a high priest who cannot sympathize with our weaknesses, but one who has been tempted in all things as we are, yet without sin. ¹⁶Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

Talk about a powerful Scripture! Hebrews provides a summation of John chapters 11,12, 13 and 14. We have this high priest who has been tested like we are, yet without sin.

Jesus is our leader, our master, and we can go to him with everything, no matter how troubled or anxious we are. He has been there and was faithful. He will lift the world to salvation. Thanks be to God for His unspeakable gift, Jesus the man. He suffered through the troubles of being a human who had God's spirit, but with the incredible pressure of saving the world.

So, what things troubled Jesus?
For Jonathan and Rick and Christian Questions...
Think about it...!



Join us next week for our podcast on April 13, 2020

Ep. 1121: Jesus is Raised! How Does That Change Me?

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Bonus Material and Study Questions

Nothing diminishes anxiety faster than action. — Walter Anderson

All uses of Strongs #5015:

<u>Matthew 2:3</u>: (KJV) When Herod the king had heard these things, he was <u>troubled <5015></u>, and all Jerusalem with him.

<u>Matthew 14:26</u>: (KJV) And when the disciples saw him walking on the sea, they were <u>troubled <5015></u>, saying, It is a spirit; and they cried out for fear.

<u>Mark 6:50</u>: (KJV) For they all saw him, and were <u>troubled <5015</u>>. And immediately he talked with them, and saith unto them, Be of good cheer: it is I; be not afraid.

<u>Luke 1:12</u>: (KJV) And when Zacharias saw him, he was **troubled <5015>**, and fear fell upon him.

<u>Luke 24:38</u>: (KJV) And he said unto them, Why are ye **troubled <5015>**? and why do thoughts arise in your hearts?

John 5:4: (KJV) For an angel went down at a certain season into the pool, and **troubled** <5015> the water: whosoever then first after the troubling of the water stepped in was made whole of whatsoever disease he had.

<u>John 5:7</u>: (KJV) The impotent man answered him, Sir, I have no man, when the water is **troubled** <**5015**>, to put me into the pool: but while I am coming, another steppeth down before me.

<u>John 11:33</u>: (KJV) When Jesus therefore saw her weeping, and the Jews also weeping which came with her, he groaned in the spirit, and was **troubled** <**5015**>.

<u>John 12:27</u>: (KJV) Now is my soul troubled <5015>; and what shall I say? Father, save me from this hour: but for this cause came I unto this hour.

<u>John 13:21</u>: (KJV) When Jesus had thus said, he was **troubled <5015>** in spirit, and testified, and said, Verily, Verily, I say unto you, that one of you shall betray me.

<u>John 14:1</u>: (KJV) Let not your heart be <u>troubled <5015</u>>: ye believe in God, believe also in me.

<u>John 14:27</u>: (KJV) Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be <u>troubled</u> <5015>, neither let it be afraid.

Acts 15:24: (KJV) Forasmuch as we have heard, that certain which went out from us have troubled <5015> you with words, subverting your souls, saying, Ye must be circumcised, and keep the law: to whom we gave no such commandment:

<u>Acts 17:8</u>: (KJV) And they **troubled** <**5015**> the people and the rulers of the city, when they heard these things.

<u>Galatians 1:7</u>: (KJV) Which is not another; but there be some that <u>trouble <5015></u> you, and would pervert the gospel of Christ.

Galatians 5:10: (KJV) I have confidence in you through the Lord, that ye will be none otherwise minded: but he that troubleth <5015> you shall bear his judgment, whosoever he be.

<u>1 Peter 3:14</u>: (KJV) But and if ye suffer for righteousness' sake, happy are ye: and be not afraid of their terror, neither be troubled <5015>.



Examples of Jesus' time not yet arriving:

<u>John 8:59</u>: (KJV) Then took they up stones to cast at him: but Jesus hid himself, and went out of the temple, going through the midst of them, and so passed by.

<u>John 7:8</u>: (KJV) Go ye up unto this feast: I go not up yet unto this feast; for my time is not yet full come.

<u>John 7:30</u>: (KJV) Then they sought to take him: but no man laid hands on him, because his hour was not yet come.

John 7:44: (KJV) And some of them would have taken him; but no man laid hands on him.

John 10:39: (KJV) Therefore they sought again to take him: but he escaped out of their hand.





Ep. 1120: What Things Troubled Jesus?

https://christianquestions.com/character/inspiration/1120-anxiety-jesus/

See:



- 1. In which situations does the Bible use the word "troubled"? What can this teach us about Jesus' troubling experiences? (See Luke 1:11-12, Matthew 2:1-3, 14:26-27)
- 2. What are some principles to keep in mind in dealing with troubling situations in our lives? (See 1 John 2:15-16)
- 3. What is Jesus' first recorded troubling experience? How was it connected to his first temptation from Satan? What was the task in front of Jesus? (See John 11:30-38, Matthew 4:3-4)
- 4. What was Jesus' response to this first experience? What can we do to emulate him during our current troubling experiences? (See John 11:39-44)
- 5. What is the context of Jesus' second troubling experience? What task did he face? How does it relate to the second temptation from Satan? (See John 12:20-27, Matthew 4:5-6)
- 6. How does Jesus handle his second troubling experience of Lazarus dying and being raised from the dead? How does this guide us as to what we should do when we are troubled? (See John 12:30-36)
- 7. What was the final troubling task that Jesus had to face? What is the connection with his final temptation in the wilderness? (See John 13:19-30, Matthew 4:8-9)
- 8. Where was Jesus' focus during this difficult time of betrayal? Where should our focus be during our tough times? What life lesson does he teach us? (See John 13:31-35)
- 9. After all three of his troubling experiences were over, what has Jesus accomplished? How does he comfort his followers? (See John 14:1-3,25-31, Hebrews 4:15-16)
- 10. How do you respond to your troubling experiences? What will you do the next time you are faced with such an experience to follow in the footsteps of our Lord Jesus?

