

When Troubles Trouble: The Peace of Christ for the Troubled Heart

John 14:1,27 and 16:33

December 7, 2025 | Pastor Lonnie Harris

I. WHEN YOUR HEART IS TROUBLED...(John 14:1a, 27b)

Question To Answer: What does it mean, and what does it look like to have a troubled heart?

II. ...THAT TROUBLE CAN CEASE, (John 14:27a, 16:33)

Question to Answer: What does it mean, and what does it look like to have the peace of Christ?

III. ...WHEN YOU PLACE YOUR TRUST IN THE PRINCE OF PEACE. (John 14:1b)

Question to Answer: How do you exchange your troubled heart for the peace of Christ?

For Further Study or Next Steps:

1. Listen to Lauren Daigle's "You Say." — bit.ly/YouSay2— or the classic hymn, "It Is Well With My Soul." — bit.ly/ItIsWellWithMySoul2 — or another song that reminds you to find your peace in Christ.
2. **Read & Study The Upper Room Discourse (John 13-17):** This is the context for John 14:27. Study these chapters to understand the depth of Christ's care, the role of the Holy Spirit (the Helper/Advocate), and Jesus' final prayers for His disciples before His death.
3. **Reflect on Jesus as Our Great High Priest (Hebrews 4:14–16):** Read this passage to review the fact that Jesus *sympathizes* with our weakness, and because of His work, we can approach God's throne of grace with confidence to find mercy and help in our time of need.
Memorize Isaiah 41:10 - "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."
4. Use this "Advent Guide" which is full of wonderful resources to guide you in the advent season – bit.ly/GuidesAdvent
And this is a great Advent Guide for young families – bit.ly/FamilyAdvent2025

Discussion/Reflection Questions

1. What was one of your big take-aways from this message?
2. What external circumstances most frequently cause your heart to be "stirred" or troubled today?
3. Have you ever felt like God is not there, or "blind" to your troubles, or perhaps even the cause of your troubles? How do you reconcile this feeling with your theological understanding that God is good and will never leave or forsake you?
4. What is the practical difference between the "peace" the world gives and the peace that Jesus gives?
5. What are some of your default, self-reliant methods for coping w/ stress, worry, or other troubles that you might easily turn to instead of placing your trust in the Prince of Peace?
6. Placing your trust in the Prince of Peace involves believing in His character and promises. What specific promise(s) of Christ do you need to intentionally believe and trust in this week to find peace in the midst of your troubles?

