



**The Cure for a
Troubled Heart**
John 14:1

St. John
Baptist Church
LOVE GOD • LOVE PEOPLE • MAKE DISCIPLES



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June 22nd | 10:45 AM CDT
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Sermon Notes

John 14:1 (ESV)

¹“Let not your hearts be troubled. Believe in God; believe also in me.

June 22, 2025

(Answer key located on next page)

Three-Step Cure for Troubled Hearts

I. _____ the Problem (John 14:1a)

- Jesus doesn't deny troubled hearts _____.
- The Greek word " _____ " means violently churned.
- You have the power to _____ your response.

Application: Stop wearing _____ when struggling.
Be _____ about your heart's condition.

II. _____ Your Focus (John 14:1b)

- Jesus provides specific medicine: _____.
- This is _____, intentional faith.
- Focus on God who has never _____ to keep a promise
- Focus on the size of your _____.

Practice the 3-2-1 Channel Switch:

- **3** Deep _____
- **2** Truth _____
 - "God, you are _____" (provider/healer/in control)
 - "Jesus, you have _____" (conquered death/never lost)
- **1** _____ statement "I'm trusting you with _____" (name your worry)

III. _____ Lasting Peace (John 14:27)

- Christ's peace _____ your capacity to handle problems.
- This peace comes from knowing the One who has all the _____.
- God's peace isn't _____ - it's your inheritance.

Daily Prescription:

1. Honestly _____ God your worries.
2. _____ biblical truths.
3. _____ each worry to God.

PERSONAL REFLECTION:

What area of your life needs Christ's peace most right now?

COMMITMENT:

I commit to applying Jesus' three-step cure by:

- ☐ Being honest about my heart's condition
- ☐ Practicing the 3-2-1 Channel Switch
- ☐ Surrendering my worries to God daily

Specific worry I'm giving to God: _____

NEXT STEPS:

- ☐ Practice honest communication about struggles
- ☐ Memorize John 14:1
- ☐ Share this message with someone who needs hope
- ☐ Watch the recording: <https://bit.ly/4ayOhjR>

Answer Key

I. RECOGNIZE the Problem: • RECOGNIZE • exist • tarasso • choose • masks • honest II. REDIRECT Your Focus: • REDIRECT • believe • active • failed • God • breaths • declarations • surrender	III. RECEIVE Lasting Peace: • RECEIVE • transforms • answers • earned • tell • declare • surrender
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The Good News

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, (Romans 5:1)

The Bad News

for all have sinned and fall short of the glory of God, (Romans 3:23)

The Ugly News

For the wages of sin is death, ... (Romans 6:23a)

The Great News

... but the gift of God is eternal life in Christ Jesus our Lord.
(Romans 6:23a)

Guess What?

You can become a Christian right now and experience salvation and the gift of eternal life through God's Son the Lord Jesus Christ! Simply Pray this Prayer Right Now! **"God thank you for Jesus Christ who died on the cross for my sins. Thank you for receiving what Jesus did for me on the cross as payment for my sins. Please forgive me for my sins. Right now I accept Jesus into my heart and ask that he become my Savior and Lord! Amen!"**

If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. (Romans 10:9–10)

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