

HELP FOR TROUBLED HEARTS slides

Troubles starts in the heart

Proverbs 4:23 “Keep your heart with all vigilance, for from it flow the springs of life.”

Proverbs 4:23 (NLT) “Guard your heart above all else, for it determines the course of your life.”

Troubles are conquered by faith.

Hebrews 11:6 “And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.”

John Piper “What Jesus Demands from the World” p. 48 “The reason Jesus demands we believe in Him is that all human beings are in a desperate situation, and only Jesus can rescue us. We cannot rescue ourselves.”

Troubles conquered by hope.

Romans 8:23-25 “And not only the creation, but we ourselves, who have the first-fruits of the Spirit, groan inwardly as we wait eagerly for adoption as sons, the redemption of our bodies. For in this hope we were saved. Now hope that is seen is not hope. For who hopes for what he sees? But if we hope for what we do not see, we wait for it with patience.”

1 Peter 1:3-6 “Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an **inheritance that is imperishable, undefiled, and unfading, kept** in heaven for you, who by **God’s power** are being *guarded* through faith for a salvation ready to be revealed in the last time.”

Foremost troubled hearts need comfort.

Isaiah 40:1-2a “Comfort, comfort my people, says your God. Speak tenderly to Jerusalem, and cry to her that her warfare is ended, that her iniquity is pardoned...”

Romans 5:1-2 “Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God.”

John 16:33 “I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”

2 Corinthians 4:16-18 “So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for

us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.”