



Calming the Turmoil Within

Series: Gospel of John, #26

John 14:1-14

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Setting the scene of the turmoil.

1. The scene in chapter 12.
2. The scene in chapter 13.

Steps to start calming the turmoil within.

1. Trust in God—personal faith. (1, 6-12)
2. Trust in God—His promises. (1-4)
3. Pray. (13-14)
4. Obey God's commandments. (14:15, 21-24)
5. Rely on the work of the Holy Spirit. (14:16-17, 26)
6. Receive Christ's peace. (14:27)
7. Rejoice in Christ's presence in heaven. (14:28)

In My Life This Week

As you use this daily guide, write out your observations and responses on a separate piece of paper and save them with this sheet for reference.)

Monday. We all know something about turmoil. Jesus was “troubled in spirit” (13:21). The disciples were in some of the most difficult days of their lives. Remember that Jesus is preparing the disciples for His death. Thinking of your own present and past turmoil as well as the turmoil of the disciples, read 13:21– 14:31.

Tuesday. Today focus on the first two practical guidelines Jesus gives us here for calming turmoil: believing in, trusting God and His promises. Check the verses on the outline and any notes you made on Sunday. What does believing refer to with respect to turmoil? How can you apply this to your situation?

Wednesday. Today let’s move to the next two guidelines: prayer and obeying God’s commandments. Read 14:12-14 several times, slowly, carefully. What is the overall point? How do you understand verse 14? Read 14:15 and 21-24. Your obedience to God is the test of the state of your love for Him. Obedience releases God’s joy, frees from doubt, worry, and *turmoil*.

Thursday. Today look at the last three guidelines” relying on the work of the Holy Spirit, receiving Christ’s peace and rejoicing in Christ’s presence in heaven. Read the verses in the outline. Write out what these guidelines mean to you specifically with respect to the turmoil you are facing, or have faced recently.

Friday – Saturday. On Sunday we plan to look at *Another Helper* from 14:15-31, 15:20-27 and 16:5-15. Read through these passages to help you prepare for our time of worship together.