

# LET NOT YOUR HEART BE TROUBLED...

---

## In Times Like These

### Lesson 4: Jesus' Example and Inspiration in Prayer

Blue Ridge Bible Church

**Zoom** Adult Sunday School

4 Weeks; Spring 2020

# Study Overview

- Interactive
  - Get your Bible
  - Please participate
  - We'll figure this out!
- Focused on John 14-17
  - Jesus' teaching on Thursday night
- The Upper Room Discourse... applied to times like these
  1. John 13:21-14:1. When your world radically changes... Let not your heart be troubled.
  2. John 14:1-15. Real, active faith, not anxiety in times like these.
  3. John 14:16-16:23. Reinforcements for times like these.
  4. **John 16:23-17:26. Jesus' Example and Inspiration in Prayer.**

# What an Amazing Week!

Sunday	Monday	Tuesday	Thursday	Friday	Saturday	Sunday
<p>Jesus' Triumphant Entry into Jerusalem</p> <p>Jesus Royally Welcomed</p>	<p>With Authority, Jesus Cleanses the Temple</p>	<p>Jesus Teaches God's Word to Crowds</p> <p>Olivet Discourse Prophecy</p>	<p>The Lord's Supper</p> <p>Upper Room Discourse</p> <p><b>Pivotal Teaching in Preparation for Major Changes</b></p>	<p>Arrest</p> <p>3 Trials</p> <p>Scourging</p> <p>Crucifixion</p> <p>Execution</p> <p>Burial</p>	<p>Pilate Sends Security to the Tomb</p>	<p>Resurrection</p>
<p>Mt.21:1-11, 14-17</p> <p>Mk.11:1-11</p> <p>Lk.19:20-44</p> <p><b>Jn.12:12-19</b></p>	<p>Mt.21:12-13</p> <p>Mk.11:15-18</p> <p>Lk.19:45-48</p>	<p>Mt.24:1-25:46</p> <p>Mk.13:1-37</p> <p>Lk.21:5-36</p>	<p>Mt.26:17-29</p> <p>Mk.14:12-25</p> <p><b>Lk.22:7-38</b></p> <p><b>Jn.13:1-38</b></p> <p><b><u>John 14-17</u></b></p>	<p>Mt.26:47-27:60</p> <p>Mk.14:43-15:46</p> <p>Lk.22:47-23:54</p> <p>Jn.18:2-19:42</p>	<p>Mt.27:61-66</p> <p>Mk.15:47</p> <p>Lk.23:55-56</p>	<p>Mt.28:1-15</p> <p>Mk.16:1-14</p> <p>Lk.24:1-43</p> <p>Jn.20:1-31</p>

# Reinforcements for Times Like These

## Spirit is Not Quarantined!

- Spirit With You Every Moment... Now! (John 14:16-17; 15:26-27)
- Enjoy His Spirit and His Peace (John 14:25-28)
- It's Better to Have the Spirit in Quarantine (John 16:5-11)
- The Spirit Ministers Where You Are (John 16:12-15)

He's with you every moment, giving you just what you need for this time

Believe it! Enjoy Him! NOW!

## Transformative Power in Sharing Jesus' Love

- Love one another. Love one another. Love one another! (3 times in one dinner!)
  - **“Just as I have loved you”** (John 15:12-17)
- Loving one another has amazing, supernatural impact
  - “One another” is not one way... 2-way... Multiple-way
  - Loving one another will settle your heart and it will settle others' hearts

It starts at home, in Quarantine!

Do Not Let Your Heart be Troubled... Make this a Quarantine of Christ's Love!

# Love and Comfort Leads Us to Pray

When our heart is troubled, how does Jesus tenderly encourage us to pray?

**John 16:23-27** "In that day you will not question Me about anything. Truly, truly, I say to you, if you ask the Father for anything in My name, He will give it to you. <sup>24</sup>"Until now you have asked for nothing in My name; ask and you will receive, so that your joy may be made full. <sup>25</sup>"These things I have spoken to you in figurative language; an hour is coming when I will no longer speak to you in figurative language, but will tell you plainly of the Father. <sup>26</sup>"In that day you will ask in My name, and I do not say to you that I will request of the Father on your behalf; <sup>27</sup>for the Father Himself loves you, because you have loved Me and have believed that I came forth from the Father.

- Come to Him who loves you with your prayers
- Jesus is worthy! Asking in Christ's name brings confidence in prayer... not of our flesh

**Spirit prays with us, aligning our prayers, and us, to His will... He answers**

**Rom.8:26-27** In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for *us* with groanings too deep for words; and He who searches the hearts knows what the mind of the Spirit is, because He intercedes for the saints according to the will of God.

- Searching of hearts winnows the sinful, fleshly, deceived, or wrong desires in prayer
- The Spirit searches our hearts for the true and best within us to pray

Knowing the Spirit brings our prayers on target compels us to pray!

# Closing Prayer

## John 17

- Prayer after His sermon
- Overheard by the disciples
- Parting prayer
  - His death
  - His sacrifice for our redemption
  - Their life-change
- Following His example to pray
  - Pray when facing life changes
  - Pray while quarantined
  - “Pray without ceasing”
    - 1 Thes. 5:17

Assurance that Jesus' Prayer is Answered!

# Closing Prayer

## Let's read John 17:1-10

- Established His position and power as He prays
- Returning to His exalted state before the world was
  - What He says GOES! His prayers are authoritative
  - The authority of the Redeemer is mind boggling!
    - Eternal life to give
    - Glorifying us!
- In 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. If 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. (Jn.14:2-3)
- **How should faith in our eternity with Him impact the way we pray?**
  - And the way we pray should energize our faith in our eternal destiny
  - Our prayers can move our hearts toward eternity
  - Helps us maintain perspective on this life

“Do not let your heart be troubled... Believe!”

Assurance that Jesus' Prayer is Answered!

# Closing Prayer

Let's read John 17:13-19

- As Christ left them with tears and trouble, and us in pandemic, He prays for our joy right now and eternally!
  - Joy in Him that's beyond mere happiness and only He can provide
  - Joy that men seek and seldom have
  - Walk in faith in Jesus' prayer for you and diligently build up joy
    - "Rejoice in the Lord always; again I will say, rejoice!" (Phil.4:4)
    - Agree in prayer with Jesus' prayer for you to have joy!
    - God will answer... Believe it!
- Christ prayed that God would sanctify us
  - Our redemption is His work and our sanctification is His work
  - So have joy! Everything really important is part of the answer to Jesus' prayer

Assurance that Jesus' Prayer is Answered!

# One as We Are One

- **John 17:11** "I am no longer in the world; and *yet* they themselves are in the world, and I come to You. Holy Father, keep them in Your name, the name which You have given Me, **that they may be one even as We are.**
- **John 17:20-21** <sup>20</sup>"I do not ask on behalf of these alone, but for those also who believe in Me through their word; <sup>21</sup>**that they may all be one; even as You, Father, are in Me and I in You**, that they also may be in Us, so that the world may believe that You sent Me.
- **John 17:22-24** <sup>22</sup>"The glory which You have given Me I have given to them, **that they may be one, just as We are one**; <sup>23</sup>I in them and You in Me, that they may be perfected in unity, so that the world may know that You sent Me, and loved them, even as You have loved Me. <sup>24</sup>"Father, I desire that they also, whom You have given Me, be with Me where I am, so that they may see My glory which You have given Me, for You loved Me before the foundation of the world.

He Prays That We be One with Him and the Father, and Each Other,  
3 Times as He Closes His Earthly Ministry

# One as We Are One

- John 17:11 ...that they may be one even as We are.
- John 17:21 ...that they may all be one; even as You, Father, are in Me and I in You, that they also may be in Us.
- John 17:22-2 The glory which You have given Me I have given to them, that they may be one, just as We are one; <sup>23</sup>I in them and You in Me, that they may be perfected in unity...

This transformative glimpse into eternity can help a troubled heart!

- Father and Son are One
  - One in intrinsic nature
  - One in power and glory
  - One in mutual loves
  - One in design and operation
  - Intimacy in oneness (“I in You and You in Me”)
- We (together) are one with the Father and the Son
  - The power and perfection of Christ’s redemption
  - What grace! What joy!
- We are one with each other
  - Our shared divine nature
  - The power of divine grace and shared redemption

How does your assurance that Jesus’ prayer for oneness with Him and the Father (and each other) is answered impact your heart?

# One as We Are One

- John 17:20-21 <sup>20</sup>"I do not ask on behalf of these alone, but for those also who believe in Me through their word; <sup>21</sup>that they may all be one; even as You, Father, *are* in Me and I in You, that they also may be in Us, so that the world may believe that You sent Me.
- **What are the generational implications of this prayer for your life?**
- Prayer that we would all be one as He is with the Father is for all of us
  - He knew us then! He knew you then! He knew your kids then!
  - **Psalm 22:31** They will come and will declare His righteousness To a people who will be born, that He has performed it. (Also Jer.1:5)
  - Being one with one another starts at home!
- The great evidence of Jesus' work is our unity and love for one another
  - Jesus has already repeated His command to love each other as He loves us 3 times in His final sermon... "By this all men will know that you are My disciples, if you have love for one another." (Jn.13:35; 15:12; 15:17)
  - Our unity and love is the miracle of God that makes Him known to the world
  - Like the resurrection is proof, so is our love and our unity proof of God's work in and through us
  - It's powerful and compelling

# One as We Are One

**John 17:24-26** "Father, I desire that they also, whom You have given Me, be with Me where I am, so that they may see My glory which You have given Me, for You loved Me before the foundation of the world. <sup>25</sup>"O righteous Father, although the world has not known You, yet I have known You; and these have known that You sent Me; <sup>26</sup>and I have made Your name known to them, and will make it known, so that the love with which You loved Me may be in them, and I in them."

How does Christ's powerful prayer for you and yours comfort your soul?

- Back to verse 2 and His power to give us eternal life and to 14:2 and the place He's preparing for us
- We, together are His Bride, and part of Christ's design and His happiness forever
- The spirit of love that filled Christ is in us as His Spirit is in us
  - So the love of God to Christ may be in us (among us... loving one another)
  - We abide in Him through His love
- All this is not just for our heads but for our hearts
  - This is to be our amazing experience of faith today

As we embrace all of this by faith and our hearts cannot be troubled

# “Do Not Let Your Heart Be Troubled... ...Believe in God; Believe Also in Me.”

- **Anxiety**
- **Worry**
- **Stress**
- **Uneasiness**
- **Fear**
- **Fretfulness**



- Jesus knew the disciples' hearts and He knows your heart
- **He calls us to exercise faith:**
  - His sovereignty over life and the eternity He's preparing for us with Him
  - His Spirit is always with us, understanding us, and guiding us to confidently pray in faith
  - His proven love for us that we share with one another
  - His work to make us one with Him, one with the Father, and one with one another
  - That His prayers for us are answered!

Apply Faith in God and the Work of Jesus