SMITH FOR CHRIST PUBLISHING · BEREAN DASHBOARD STUDY

John 14

Do Not Let Your Heart Be Troubled — O·I·A, integrated with the Deep Dive

OBSERVATION · INTERPRETATION · APPLICATION · 2026-11-10 · NASB 1995

"Seeking God diligently — examining the Scriptures daily to see whether these things were so." — Acts 17:11

CHAPTER THEME

On the night He was betrayed, Jesus told troubled men that He was going to prepare a place, that He Himself is the only way to the Father, and that He would not leave them alone. I can trust Him with my troubled heart because He gives me His Spirit now and His peace that the world cannot give.

00 The Text

JOHN 14 (NASB95), MARKED

HOW THIS STUDY IS MARKED — God — His character & actions · Command / instruction · Key repeated word · Sin / warning · Promise / blessing · Time / place / contrast

1 "Do not let your heart be troubled; believe in God, believe also in Me.

2 "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.

3 "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.

4 "And you know the way where I am going."

5 Thomas said to Him, "Lord, we do not know where You are going, how do we know the way?"

6 Jesus said to him, "I am the way, and the truth, and the life; no one comes to the Father but through Me.

7 "If you had known Me, you would have known My Father also; from now on you know Him, and have seen Him."

8 Philip said to Him, "Lord, show us the Father, and it is enough for us."

9 Jesus said to him, "Have I been so long with you, and yet you have not come to know Me, Philip? He who has seen Me has seen the Father; how can you say, 'Show us the Father'?

10 "Do you not believe that I am in the Father, and the Father is in Me? The words that I say to you I do not speak on My own initiative, but the Father abiding in Me does His works.

11 "Believe Me that I am in the Father and the Father is in Me; otherwise believe because of the works themselves.

12 "Truly, truly, I say to you, he who believes in Me, the works that I do, he will do also; and greater works than these he will do; because I go to the Father.

13 "Whatever you ask in My name, that will I do, so that the Father may be glorified in the Son.

14 "If you ask Me anything in My name, I will do it.

15 "If you love Me, you will keep My commandments.

16 "I will ask the Father, and He will give you another Helper, that He may be with you forever;

17 that is the Spirit of truth, whom the world cannot receive, because it does not see Him or know Him, but

you know Him because He abides with you and will be in you.

18 "I will not leave you as orphans; I will come to you.

19 "After a little while the world will no longer see Me, but you will see Me; because I live, you will live also.

20 "In that day you will know that I am in My Father, and you in Me, and I in you.

21 "He who has My commandments and keeps them is the one who loves Me; and he who loves Me will be loved by My Father, and I will love him and will disclose Myself to him."

22 Judas (not Iscariot) said to Him, "Lord, what then has happened that You are going to disclose Yourself to us and not to the world?"

23 Jesus answered and said to him, "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our abode with him.

24 "He who does not love Me does not keep My words; and the word which you hear is not Mine, but the Father's who sent Me.

25 "These things I have spoken to you while abiding with you.

26 "But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you.

27 "Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.

28 "You heard that I said to you, 'I go away, and I will come to you.' If you loved Me, you would have rejoiced because I go to the Father, for the Father is greater than I.

29 "Now I have told you before it happens, so that when it happens, you may believe.

30 "I will not speak much more with you, for the ruler of the world is coming, and he has nothing in Me;

31 but so that the world may know that I love the Father, I do exactly as the Father commanded Me. Get up, let us go from here.

Marked in the text

- **v1** "Do not let your heart be troubled" — Command / instruction
- **v1** "believe in God, believe also in Me" — Command / instruction
- **v2** "In My Father's house are many dwelling places" — Promise / blessing
- **v2** "I go to prepare a place for you" — Promise / blessing
- **v3** "I will come again and receive you to Myself" — Promise / blessing
- **v6** "I am the way, and the truth, and the life" — God — His character & actions
- **v6** "no one comes to the Father but through Me" — Time / place / contrast
- **v9** "He who has seen Me has seen the Father" — God — His character & actions
- **v10** "I am in the Father, and the Father is in Me" — God — His character & actions
- **v12** "greater works than these he will do" — Promise / blessing
- **v13** "Whatever you ask in My name, that will I do" — Promise / blessing
- **v15** "If you love Me, you will keep My commandments" — Command / instruction
- **v16** "He will give you another Helper" — God — His character & actions
- **v18** "I will not leave you as orphans" — Promise / blessing
- **v19** "because I live, you will live also" — Promise / blessing
- **v23** "We will come to him and make Our abode with him" — Promise / blessing
- **v26** "He will teach you all things" — God — His character & actions
- **v27** "Peace I leave with you; My peace I give to you" — Promise / blessing
- **v27** "not as the world gives" — Time / place / contrast
- **v27** "Do not let your heart be troubled" — Command / instruction
- **v28** "the Father is greater than I" — God — His character & actions
- **v30** "the ruler of the world is coming" — Sin / warning
- **v30** "he has nothing in Me" — God — His character & actions
- **v31** "Get up, let us go from here" — Command / instruction
- **v2** "Father" — Key repeated word (every occurrence)
- **v15** "love" — Key repeated word (every occurrence)
- **v21** "loves" — Key repeated word (every occurrence)

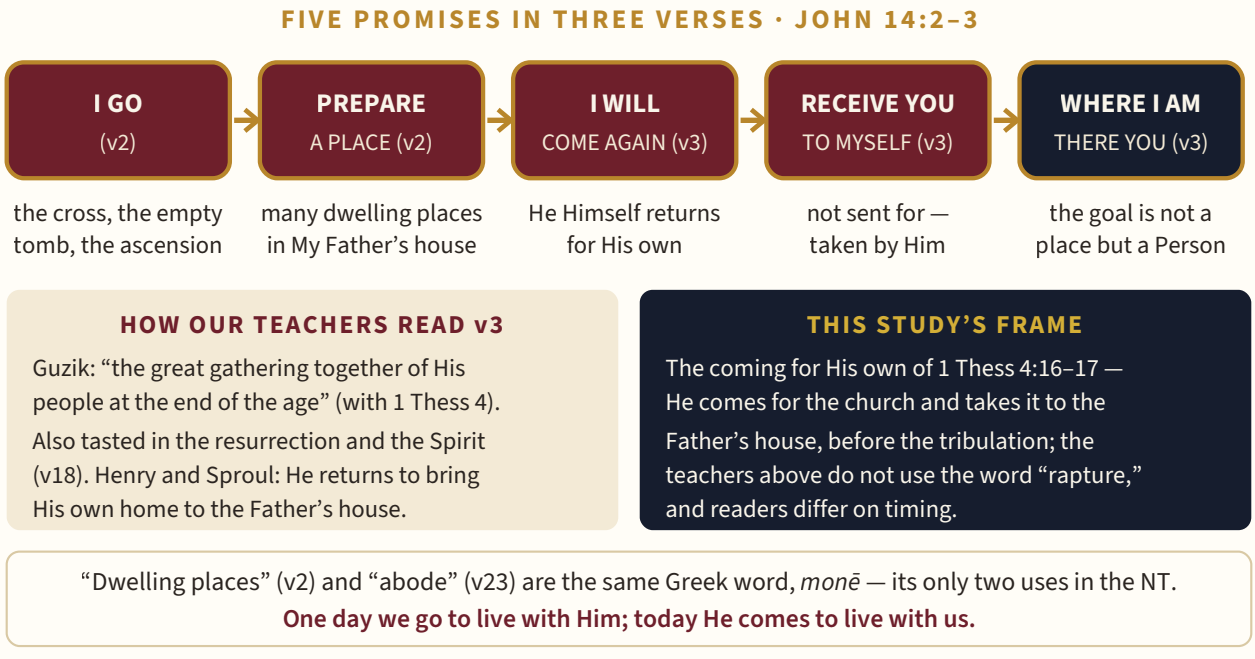
01 Observation

WHAT DOES THE TEXT SAY?

KEY VERSE · JOHN 14:1

"Do not let your heart be troubled; believe in God, believe also in Me."

FIGURE · I GO, I PREPARE, I COME AGAIN



Read the five promises left to right — each one is something Jesus does — then see how the teachers read "I will come again," and how the same word links the Father's house (v2) with the believer's heart (v23).

Setting. The same night and the same room as chapter 13. Judas has gone out (13:30); Peter has just been told he will deny Jesus three times (13:38). Jesus speaks to the eleven. The chapter ends with "Get up, let us go from here" (v31) — chapters 15–17 are spoken on the way toward the Kidron and Gethsemane (18:1).

Structure:

- vv1–6 — **a place and a way:** "Do not let your heart be troubled; believe in God, believe also in Me." Many dwelling places in My Father's house; I go to prepare a place; I will come again and receive you to Myself (vv2–3). Thomas: "how do we know the way?" Jesus: "I am the way, and the truth, and the life; no one comes to the Father but through Me" (v6).
- vv7–14 — **the Father seen:** if you had known Me you would have known My Father (v7). Philip: "show us the Father." "He who has seen Me has seen the Father" (v9). I am in the Father and the Father in Me; believe because of the works (vv10–11). Greater works, because I go to the Father (v12); whatever you ask in My name (vv13–14).

- vv15–26 — **another Helper:** if you love Me, you will keep My commandments (v15). Another Helper, the Spirit of truth, with you forever, in you (vv16–17). Not orphans; because I live, you will live also; you in Me and I in you (vv18–20). Love and obedience, love and disclosure (v21). Judas (not Iscariot) asks why not to the world (v22); We will come and make Our abode with him (v23). The Helper will teach and remind (v26).
- vv27–31 — **peace left behind:** "Peace I leave with you; My peace I give to you" (v27). "If you loved Me, you would have rejoiced … the Father is greater than I" (v28). Told beforehand so you may believe (v29). The ruler of the world is coming and has nothing in Me; I do as the Father commanded. "Get up, let us go from here" (vv30–31).

Repeated words, with counts:

- "Father" ×23 — vv2, 6, 7, 8, 9 (×2), 10 (×3), 11 (×2), 12, 13, 16, 20, 21, 23, 24, 26, 28 (×2), 31 (×2).
- "Me" ×23, plus "Myself" ×2 (vv3, 21) — the chapter is about knowing, believing and loving Him.
- "know / known" ×11 — know vv4, 5 (×2), 7, 9, 17 (×2), 20, 31; known v7 (×2).
- "love / loves / loved" ×10 — love vv15, 21, 23, 24, 31; loves vv21 (×2), 23; loved vv21, 28.
- "in Me" ×7 — vv1, 10 (×2), 11, 12, 20, 30; "in the Father" vv10, 11 (and "in My Father," v20).
- "go / going" — go ×6 (vv2, 3, 12, 28 ×2, 31); "going" vv4, 5, 22.
- "believe / believes" ×6 — vv1 (×2), 10, 11, 12, 29.
- "world" ×6 — vv17, 19, 22, 27, 30, 31.
- "come" ×5 — vv3, 9, 18, 23, 28 ("I will come" vv3, 18, 28; "We will come" v23).
- "works" ×4 — vv10, 11, 12 (×2).
- "keep / keeps" ×4 — vv15, 21, 23, 24; "commandments / commanded" ×3 — vv15, 21, 31.
- "ask" ×3 — vv13, 14, 16; "in My name" ×3 — vv13, 14, 26.
- "see / seen" ×6 — see vv17, 19 (×2); seen vv7, 9 (×2).
- "troubled" ×2 — vv1, 27 (the bookends); "Helper" ×2 — vv16, 26; "disclose" ×2 — vv21, 22.

Contrasts: a troubled heart ⟷ My peace (vv1, 27). I go ⟷ I will come again (vv2–3, 28). We do not know the way ⟷ I am the way (vv5–6). Show us the Father ⟷ He who has seen Me has seen the Father (vv8–9). The world cannot receive Him ⟷ you know Him (v17). The world will no longer see Me ⟷ you will see Me (v19). He who loves Me keeps My word ⟷ he who does not love Me does not keep My words (vv23–24). Not as the world gives (v27). The ruler of the world ⟷ he has nothing in Me (v30).

Shape of the chapter: four answers to four disciples — Peter's "where?" (13:36) answered with a place, Thomas's "how?" with a Person, Philip's "show us" with the Son, Judas's "why us?" with an abode. It is framed by "Do not let your heart be troubled" and closes with Jesus walking toward the cross.

Chapter theme (my words): Jesus is going away, but not leaving. He goes to the Father to prepare a place, He is Himself the only way there, the Father is seen in Him, and He sends another Helper so that the Father and the Son make their home in everyone who loves Him. So His men can have His peace on the worst night of their lives.

02 Interpretation

WHAT DOES THE TEXT MEAN?

KEY VERSE · JOHN 14:16

"I will ask the Father, and △ He will give you another Helper, that He may be with you ☆ forever;"

FIGURE · THE SEVEN "I AM" SAYINGS

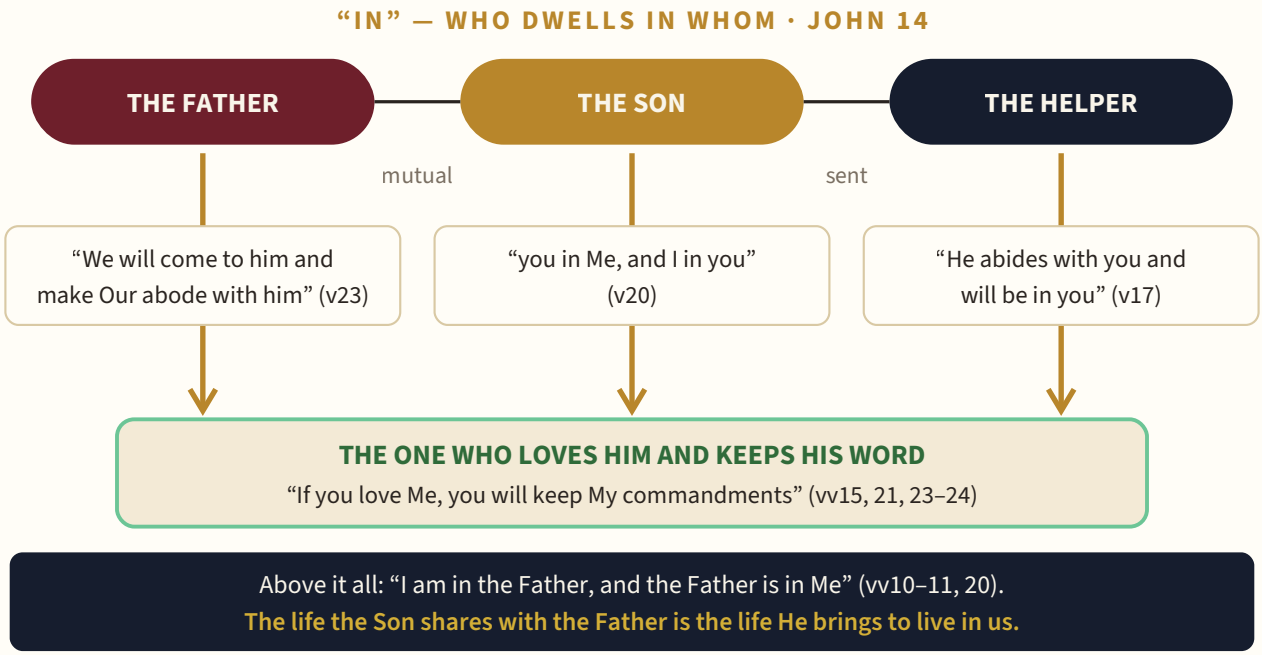
"I AM …" — THE SEVEN SAYINGS IN JOHN

JOHN 6:35	**I am** the bread of life
JOHN 8:12	**I am** the Light of the world
JOHN 10:7, 9	**I am** the door
JOHN 10:11, 14	**I am** the good shepherd
JOHN 11:25	**I am** the resurrection and the life
JOHN 14:6	**I am** the way, and the truth, and the life
JOHN 15:1	**I am** the true vine

And the bare "I am" (*egō eimi*): 8:24, 28, 58; 13:19; 18:5–6 — the name of Exodus 3:14.
In 14:6 the way, the truth and the life are not things He gives apart from Himself; they are Himself.

John 14:6 is the sixth of seven "I am" sayings with a picture attached; each one names what Jesus Himself is for those who believe.

FIGURE · WHO DWELLS IN WHOM



Follow the arrows down: the Father, the Son and the Helper all come to dwell in the one who loves Jesus and keeps His word.

Why "troubled" — and how can Jesus command it? The verb (*tarassō*) is the one used of Jesus at Lazarus's tomb (11:33), at the coming hour (12:27) and as He named the betrayer (13:21). He is not scolding feelings; He is giving a remedy. Guzik: "a radical call to trust in Jesus *just as* one would trust in God the Father." Spurgeon: "It is a dark night, but the darkness of your heart will not light a candle for you." Henry: "The heart is the main fort."

"Many dwelling places" — mansions or rooms? *Monē* is a place to stay; "mansions" comes through Latin *mansiones*, dwellings. Guzik prefers "dwelling places" but adds, "it will be as glorious as a mansion." The only other use is v23 — the Father and Son make their *monē* with the believer. The house is future; the home begins now.

"I will come again" (v3) — what coming? Guzik sees "the great gathering together of His people at the end of the age" and, with Tasker, ties it to 1 Thessalonians 4; he also sees foretastes in the resurrection and the Spirit's coming (v18). Henry and Sproul read it as Christ returning to bring His people home. None of them uses the word "rapture." I read it with 1 Thess 4:16–17: Jesus Himself comes for His church, receives us to Himself, and takes us to the Father's house — which fits a coming *for* His own before He comes *with* them in judgment. Faithful readers differ on the timing; all agree on the promise: "where I am, there you may be also."

Is Jesus really the only way (v6)? All four teachers say yes, plainly. Guzik: "if Jesus is not *the only* way to God, then He is not *any way* to God." Sproul: "It is because Jesus said that He was the only way. If I deny that, I deny Him." Spurgeon: "Heaven hath but this one gate." Henry: other ways "may seem right, but the end of them is the way of death" (Prov 14:12). Sproul's closing prayer turns the objection around: the burning question is not why there are not more ways, "but rather why there is even one."

"He who has seen Me has seen the Father" (v9). Jesus is not a picture of God; He is God made visible (1:18; Col 1:15). Guzik: "To know Jesus is to know God." Spurgeon warns that a man can be near Christ and not know Him — Judas was. Henry is gentle: many disciples "have more knowledge and more grace than they think they have."

What are the "greater works" (v12)? Not bigger miracles. Guzik: "greater in magnitude," the worldwide spread of the gospel — "We earnestly await proof of those who have repeatedly done greater works than walking on water." Sproul connects them to the Spirit poured on the whole church (Num 11; Joel 2; Acts 2). The reason Jesus gives is "because I go to the Father."

Asking in His name (vv13–14). Guzik: it "is not a magic incantation of prayer." Sproul rejects "name it and claim it." To pray in His name is to pray as His representatives, for His glory, in line with His will.

Who is the Helper? *Allos paraklētos* — another of the same kind as Jesus, who is Himself our Advocate (1 John 2:1). Sproul: "For there to be two, there has to be one before the second." Not a force but a Person who teaches, reminds, abides and indwells. Spurgeon: "The Spirit is a convincer before he is a Comforter."

Love and obedience (vv15, 21, 23–24). Said four ways. Sproul: "Sanctification always flows automatically and necessarily out of our justification." Henry: "The surest evidence of our love to Christ is obedience." This is not earning love; it is what love does.

"The Father is greater than I" (v28). Arians once used this to deny Christ's deity. Our teachers answer together: greater in role, not in being. Guzik: "greater than the Son in position, especially in regard to the incarnation. Yet … not greater … in essence or being." Sproul: "subordination," not "inferiority"; the Son is "coessential with the Father." Henry: the Father's kingdom "will be greater than the mediatorial kingdom."

Word study (Greek):

- **troubled — *tarassō* (G5015):** to stir up, agitate; vv1, 27 (and of Jesus in 11:33; 12:27; 13:21).
- **dwelling places / abode — *monē* (G3438):** a place to stay; only 14:2, 23.
- **way — *hodos* (G3598):** road, path; "the Way" became a name for the church (Acts 9:2).
- **seen — *horaō* (G3708):** perfect tense — having seen and still seeing.
- **greater — *meizōn* (G3187):** comparative of *megas* — in v12 (works) and v28 (the Father).
- **name — *onoma* (G3686):** a person's authority and character.
- **another — *allos* (G243):** another of the same kind (not *heteros*).
- **Helper — *paraklētos* (G3875):** one called alongside; advocate, strengthener (John 14:16, 26; 15:26; 16:7; 1 John 2:1).
- **orphans — *orphanos* (G3737):** fatherless; only here and James 1:27.
- **peace — *eirēnē* (G1515):** *shalom*; wholeness, right relation with God.
- **fearful — *deiliaō* (G1168):** to shrink back in cowardice; only v27.
- **ruler — *archōn* (G758):** Satan as "ruler of this world" (12:31; 14:30; 16:11).

Key insights to carry (from the Deep Dive):

1. **The comfort comes on the worst night** — straight after Peter's warning (13:38).
2. **Heaven is a home, not a camp** (Henry) — and He comes for us Himself.
3. **One word, two homes** — *monē* in v2 and v23.
4. **The way is a Person** (Guzik).
5. **Exclusive because He said so** (Sproul).
6. **Philip had been looking at the answer** (v9).
7. **"Another" of the same kind** — the Spirit is a Helper like Jesus.

8. **Love that does not obey is not love** (vv15, 21, 23–24).
9. **Not orphans** (v18).
10. **Peace as an inheritance** — the world's peace ends in trouble; Christ's in everlasting peace (Henry).

Cross-references: Exod 3:14; 33:18; Num 6:26; 11:16–17, 25; Ps 23:6; Prov 14:12; Isa 26:3; Ezek 37:27; Joel 2:28; John 1:14, 18; 10:9, 30; 12:31; 13:21, 33–38; 15:26; 16:7–15; 17:24; Acts 2:16–18; 4:12; 9:2; Rom 5:1; 2 Cor 5:1; Phil 4:7; Col 1:15; 1 Thess 4:16–17; 1 Tim 2:5; Heb 1:3; James 1:27; 1 John 2:1.

03 Application

HOW DOES IT CHANGE ME?

KEY VERSE · JOHN 14:23

"Jesus answered and said to him, "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our abode with him.""

Command to obey — "Do not let your heart be troubled." Jesus says it twice (vv1, 27), and He says it to men who are about to fail Him. I know men lying awake tonight over a court date, a diagnosis, a son who won't call, a relapse. Jesus doesn't tell them to stop feeling; He tells them where to put their trust: "believe in God, believe also in Me." This week, when the trouble rises, I will name it to Him out loud and say verse 1 back to Him.

Promise to trust — a place, and His coming. "I will come again and receive you to Myself." Not sent for — taken by Him. I am looking for the day He comes for His church (1 Thess 4:17), and I want that hope to change how I live tonight. The goal is not a room; it is a Person: "where I am, there you may be also."

Truth to hold — the only way. In a world that says every road leads to God, Jesus says, "no one comes to the Father but through Me." That isn't arrogance; it's rescue. If there were another way, He would not have gone to the cross the next morning. I can say it humbly and with love, the way Sproul did: I believe it because He said it.

Sin to confess — love that doesn't obey. Jesus says four times that love keeps His word. I confess the times I have sung about loving Him and then gone my own way. Love isn't a feeling I wait for; it's what I do with His commandments this week.

Comfort for the fatherless — "I will not leave you as orphans." So many of the men I serve grew up without a father, or with one they had to survive. Jesus promises that the Father and the Son will come and make their home with the man who loves Him (v23), and that the Helper will be with him forever (v16). I am not alone in the cell, the truck, the empty apartment.

Example to follow — "Get up, let us go from here." Jesus had just been told the ruler of the world was coming, and He stood up and walked toward it, because He loved the Father (v31). Peace isn't hiding; it is walking into the next hard thing with Him.

Questions for the table (from the Deep Dive):

1. What is troubling my heart tonight — and what would it look like to "believe also in Me" about that exact thing? (14:1, 27) *Worry lights no candle; trust Jesus just as you trust the Father.*
2. When I picture heaven, do I picture a place or a Person? What changes when "where I am, there you may be also" is the center? (14:2–3; 1 Thess 4:17) *Communion with Jesus is glory.*
3. Where am I tempted to think there are other ways — for me, or for someone I love? (14:6; Acts 4:12) *If Jesus is not the only way, He is not any way.*
4. Like Philip, where have I been "so long" with Jesus and still not trusted Him with something small? (14:8–11) *Thou knowest him not if thou canst not trust him with anything and everything.*

5. Jesus ties love to obedience four times. Which of His commands is my love for Him being tested on this week? (14:15, 21, 23–24) *Love that does not keep His commandments isn't love at all.*
6. Many of us know what it is to feel fatherless. What does "I will not leave you as orphans" mean for me right now? (14:16–18, 23) *The Spirit is another Helper like Jesus, with you forever, in you.*

Worship. The night before the cross, the One about to be betrayed comforted the ones about to run. He is the way, the truth and the life. To see Him is to see the Father. He gives His Spirit, makes His home in us, and leaves us His own peace. And He is coming again.

Prayer. Lord Jesus, my heart is troubled, and I bring it to You. I believe in God; I believe in You. Thank You for the place You are preparing and for Your promise to come and receive me to Yourself. You are the only way to the Father — keep me on that way, and help me tell others about it with love. Holy Spirit, Helper, teach me, remind me of His words, and live in me. Make me a man whose love for Jesus shows in obedience. Give me Your peace, not the world's, and when the next hard thing comes, help me get up and go with You. Amen.

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