SMITH FOR CHRIST

TEACHING THE WORD · WATCHING THE TIMES

REFLECTION JOURNAL · FIVE DAYS

John

Chapter 14

Do Not Let Your Heart Be Troubled

MEMORY VERSE · JOHN 14:6

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

THIS JOURNAL BELONGS TO _____

BEFORE YOU BEGIN

This week in John 14

Jesus spoke these words to frightened men on the worst night of their lives — and His. Whatever is troubling your heart this week, bring it here. He promises a place, a way, a Helper who lives in you, and a peace the world cannot give.

How to use this journal

1. Each day, read the passage slowly — out loud if you can.
2. Answer the **Observe** question from the text before you write what it means.
3. Write honestly on the **Reflect** questions. No one grades this.
4. Do the **Respond** step today, not someday. Say the memory verse.
5. Bring this journal to the group. The last page is for the table.

The full Deep Dive, the O·I·A study and the slides for this chapter are on the John study page.

WHERE I AM AS I START THIS CHAPTER

What is going on in my life right now that I want to bring to God this week?

DAY 1 OF 5

A Place and a Way

READ · JOHN 14:1–6

OBSERVE — WHAT DOES IT SAY?

What does Jesus command in verse 1? List the promises He makes in verses 2–3. What does He answer Thomas in verse 6?

REFLECT

“Do not let your heart be troubled; believe in God, believe also in Me” (v. 1). What exactly is troubling your heart right now, and what would trusting Jesus with that one thing look like?

REFLECT

Jesus says the goal is “that where I am, there you may be also” (v. 3). When you think about heaven, do you think first about a place or about being with Him — and why does that matter?

RESPOND — TODAY

Write down the thing that troubles you most. Under it, write verse 1, and pray it back to Jesus out loud.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (JOHN 14:6)

DAY 2 OF 5

Seeing the Father

READ · JOHN 14:7–14

OBSERVE — WHAT DOES IT SAY?

What does Philip ask for in verse 8? What does Jesus say in verse 9 about seeing Him?

REFLECT

Jesus asked Philip, "Have I been so long with you, and yet you have not come to know Me?" (v. 9). Where have you walked with Jesus a long time and still not trusted Him with something?

REFLECT

Asking "in My name" (vv. 13–14) means asking as His man, for what He wants. How would praying that way change one thing you have been asking God for?

RESPOND — TODAY

Bring Jesus one small need today that you usually would not bother Him with, and ask it in His name.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (JOHN 14:6)

DAY 3 OF 5

Not Orphans

READ · JOHN 14:15–20

OBSERVE — WHAT DOES IT SAY?

What does Jesus say love will do in verse 15? Who will the Father give in verse 16, and how long will He stay? What does Jesus promise in verse 18?

REFLECT

"I will not leave you as orphans; I will come to you" (v. 18). If you grew up without a father, or with a hard one, what does this promise say to the boy you were and the man you are?

REFLECT

The Helper "abides with you and will be in you" (v. 17). Where do you feel most alone this week, and what changes if the Spirit of truth is with you right there?

RESPOND — TODAY

In the place you feel most alone today, stop and say, "Holy Spirit, You are with me here," and ask Him for help with what is in front of you.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (JOHN 14:6)

DAY 4 OF 5

Love That Keeps His Word

READ · JOHN 14:21–26

OBSERVE — WHAT DOES IT SAY?

Count how many times love and keeping His word go together in verses 21–24. What two things will the Helper do in verse 26?

REFLECT

“If anyone loves Me, he will keep My word” (v. 23). Which of His words is your love for Him being tested on this week?

REFLECT

The Father and Son will “make Our abode with him” (v. 23). If Jesus has made His home in you, what is one room of your life you have kept the door closed on?

RESPOND — TODAY

Do one specific thing Jesus has told you to do that you have been putting off, and ask the Helper to remind you of His words through the day (v. 26).

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (JOHN 14:6)

DAY 5 OF 5

My Peace I Give to You

READ · JOHN 14:27–31

OBSERVE — WHAT DOES IT SAY?

What does Jesus leave with them in verse 27? Who does He say is coming in verse 30, and what does He say next in verse 31?

REFLECT

Jesus gives His peace, "not as the world gives" (v. 27). Where have you been looking for the world's kind of peace — a drink, a screen, an escape — and what did it leave you with?

REFLECT

Knowing the enemy was coming, Jesus said, "Get up, let us go from here" (v. 31). What hard thing is in front of you that you need to walk toward with Him instead of away from?

RESPOND — TODAY

Say the memory verse, then take one step this week toward the hard thing you named — and ask Jesus to go with you.

☐ READ IT ☐ PRAYED IT ☐ SAID THE MEMORY VERSE (JOHN 14:6)

WHEN THE GROUP MEETS

Questions for the table

FOR THE GROUP · 1

Thomas said, “we do not know where You are going” (v. 5), and Philip said, “show us the Father” (v. 8). Jesus answered honest questions with Himself. What honest question would you bring to Jesus if you could ask Him anything tonight?

FOR THE GROUP · 2

Jesus says the world will not see Him, “but you will see Me; because I live, you will live also” (v. 19). How does the fact that Jesus is alive right now change the way you face this week?

FOR THE GROUP · 3

Jesus said “Do not let your heart be troubled” at the start (v. 1) and again at the end (v. 27). What has helped you most this week when your heart started to be troubled, and how could we help each other with that?

MY PRAYER

Lord Jesus, You are the way, the truth and the life, and You have not left me as an orphan, so I bring You my troubled heart and ask You…

CUT OUT · CARRY IT · JOHN 14:6

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