

WOMEN'S MINISTRY OF CALVARY OLD BRIDGE



2019 WOMEN'S RETREAT
FRIDAY, MAY 3 - SUNDAY, MAY 5, 2019

"Let not your heart be troubled; you believe in God, believe also in Me.

JOHN 14:1



LET NOT YOUR



BE TROUBLED

Let not your heart be troubled
Leave your life in the Father's hands
His will for you
Will be faithful and true
As He works His own purpose and plans

Let not your heart be troubled
The Son gave up His life to gain you
He loved you that much
And promised to touch
With His grace, every trial you go through

Let not your heart be troubled
His own Spirit leads you on your way
Down the narrow road
As He carries your load
Stay close and you'll not go astray

Let not your heart be troubled
With His word He gives light for your feet
A beautiful lamp
When the road's dark and damp
And you cannot clearly see the gold street

Let not your heart be troubled
Trust in God and who He claims to be
For His character
Is all goodness for sure
Throughout time and eternity

Anonymous K.



Setting the stage: John 13:1 - 15:17 is part of the private teaching that Jesus gave His disciples the evening before His crucifixion. Jesus' life is now measured by mere hours as He chooses to spend His final hours with His own. Of all the wisdom that He could have shared with them before His departure, He chose to leave them with, in part, the words we will be studying this weekend.

FRIDAY EVENING

The Cause of a Troubled Heart

"Let not your heart be troubled...." John 14:1a

The disciples had many reasons to have troubled (unsettled, anxious, worried) hearts. Jesus had just shared with them (in chapter 13) things they did not understand, words that caused them to be afraid, and sayings that quite possibly left them feeling alone. Read John 13 and note what the disciples were told. Put yourself in their place and hear His words from their viewpoint. How do you think Jesus' words made them feel?

We can all relate to times of feeling confused, disappointed, fearful, alone, and that things just aren't supposed to be this way. We know what it is like to face uncertain times and to walk through things we don't understand, especially when we receive news we weren't expecting or didn't want to hear.

Yet it is not only the big things in life that can cause our hearts to be troubled. "Troubled" simply means to be agitated, anxious, bothered, concerned, disturbed, frightened, irritated, and unsettled. It refers to an inward commotion that takes away one's calmness of mind. It is from where we get the word "turbulent." We know what it is like to experience turbulence on an airplane - how easy it is to live with turbulence in our hearts, whether over the "big" issues of life or the small, day-to-day issues.

What is troubling your heart today? Give those situations, people, decisions to be made, etc. to the Lord. The opposite of "troubled" is calm, relaxed. Jesus told His disciples, and us, "Don't let your hearts be troubled" - or we could say in the affirmative, "Let your heart be calm, let your heart be relaxed." Does that sound too good to be true? Are you tempted to think, "You don't know MY situation, you don't understand MY troubles." That is true, but God does. Commit this weekend to Him, commit all that is troubling you, and be willing to receive the comfort and peace that He alone can give.

*"In order to realize the worth of the anchor we need to feel the stress of the storm."
Corrie ten Boom*

SATURDAY MORNING

The Cure for a Troubled Heart

"Let not your heart be troubled; you believe in God, believe also in Me." John 14:1

Last night we looked at Jesus' words from the viewpoint of the disciples and how they would have reacted and been troubled by what Jesus said. Now let us think about what Jesus told them in John 13 from *His* perspective: did He know what He was doing? Was this all part of His grander plan? Was He still in control? Could they trust Him? Yes, yes, and yes!

The cure, therefore, for their troubled hearts and ours? Believe. Simply believe, or trust, in Him, placing your entire confidence in *Him*. Jesus, offering comfort to the disciples, offers comfort to us today. He would remind us that just as He knew the disciples and their troubled hearts, He knows every big and small thing that troubles us. As He urged them to trust Him during their time of great confusion and uncertainty, when their world was about to be shattered, He urges us, too, to trust Him in the midst of our circumstances.

"To trust God in the light is nothing, but to trust Him in the dark - that is faith." Spurgeon

You can trust who He is.
You can trust what He says.
You can trust what He does.

So often it is our own reasoning about a situation, inserting our own understanding of what we think is best, that causes us to have trouble believing Him. Corrie ten Boom said, "When a train goes through a tunnel and it gets dark, you don't throw away the ticket and jump off. You sit still and trust the engineer." We have a hard time seeing the darkness close in around us and just sitting still and trusting the engineer, don't we? But as a passenger, we would never dream of jumping into the engineer's seat and trying to take control of the train; we most likely would acknowledge that we know nothing about how to operate a train! Yet we think we know what is best for our lives and for those around us; we think we know how things should go in a given situation. Are not the complexities of life much greater than that of a train? How we must trust Him!

Read Proverbs 3:5-6. How does leaning on our own understanding hinder the simple remedy Jesus gave for a troubled heart? In the situation(s) you identified last night, are you leaning on your own understanding or are you believing and trusting in Him?

If your eyes are on the storm you'll wonder if I love you still
But if your eyes are on the cross you'll know I always have and I always will
And not a tear is wasted, in time you'll understand
I'm painting beauty with the ashes, your life is in My hands
Lyrics from "Just Be Held" by Casting Crowns

Fix your eyes and mind on Jesus, His Word, and His attributes. Reaffirm that you trust Him, even in the "tunnels" of life.

SATURDAY AFTERNOON



Comfort for a Troubled Heart



"Having loved His own who were in the world, He loved them to the end." John 13:1

Read John 13:1. These disciples, and all disciples, are His *own*. Knowing this, how can it help alleviate anxieties that arise in your heart?

"He loved them to the end" is better translated "He loved them to the uttermost, the fullest extent." It speaks of a love that will *never* end and has no limits. Read John 15:13 and record:

It has been said that "He loves you to the completion of your redemption." The more we know of and are certain of His love, the more we will believe and trust Him. Elizabeth Elliot remarked, "If you believe in a God who controls the big things, you have to believe in a God who controls the little things. It is we, of course, to whom things look 'little' or 'big.'" When we remember that He loves us enough to secure our salvation, we are reminded that He loves us enough to take care of whatever might concern and trouble us today.

Jesus, knowing that the disciples would be troubled, didn't solely encourage them to believe in Him (John 14:1). He also spoke words of comfort to them. Read John 14 and note what would have comforted them:

Spend some time meditating on what you wrote above. How can these truths encourage and comfort *you*, whether the stirring of an "inward commotion" is just beginning or you are fully in "turbulence" mode?

"You don't have to be alone in your hurt! Comfort is yours. Joy is an option. And it's all been made possible by your Savior. He went without comfort so you might have it. He postponed joy so you might share in it. He willingly chose isolation so you might never be alone in your hurt and sorrow." Joni Eareckson Tada

SATURDAY EVENING



Peace for a Troubled Heart



"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." John 14:27

Jesus once again instructs the disciples against having a troubled and fearful heart. Whereas previously He gave us the cure for our troubled hearts (verse 1), here He gives us a promise for our troubled hearts: He will give us His peace. Note that He contrasts this with the peace of the world, which so often is based on outward circumstances and the controlling of our environment. The peace He gives, rather, is based on our relationship with Him. Specifically, peace in this verse means, "the tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and content with its earthly lot, of whatsoever sort that is."

Read and record Romans 5:1 and Ephesians 2:14. How can we have peace *with* God?

Read Galatians 5:22. What is the role of the Spirit in experiencing peace?

Read Philippians 4:6-7. What are we instructed to do when our hearts become troubled? What is the outcome?

The word for 'guard', or 'keep' in some translations, is a military term. It expresses the idea of faithful soldiers who stood at the city gate to guard all who went in and out of the city. No one entered the city without their approval. Likewise, God's peace is to be like a guard which stands at the entrance of our hearts and minds to ensure that nothing can enter unless it has been approved! This means we don't have to allow worries, anxieties, fearful thoughts, etc. to gain entrance and cause turbulence to our hearts! If thoughts and emotions *do*, however, slip past and enter our hearts and minds, what should we do? We turn our worries and troubles into prayer, with thanksgiving, and allow His peace to once again guard us. Spend some time tonight praying about the situations you identified on Friday that were troubling your heart.

"O what peace we often forfeit,
O what needless pain we bear;
All because we do not carry
Everything to God in prayer."

The second part of the definition for peace, as stated above, is to be content with whatever our lot may be. "O glorious faith! This is thy work, these are thy possibilities; contentment to sail with sealed orders, because of unwavering confidence in the wisdom of the Lord High Admiral; willingness to rise up, leave all, and follow Christ, because of the glad assurance that *earth's best cannot bear comparison with Heaven's least*. --F. B. M." (taken from Streams in the Desert). Meditate upon this glorious truth. Record how this can bring peace to that which tries to trouble your heart.

"Earth has no words that can convey the holy calm of a soul leaning on Jesus." Spurgeon

SUNDAY MORNING

Promises for a Troubled Heart

As our time together comes to an end, we pray that you have been encouraged, comforted, and strengthened in the Lord! Let us remember all that the Lord has accomplished in our hearts this weekend and confidently look forward to the continuation of this work, knowing that *He who began a good work in us will carry it on to completion until the day of Christ Jesus* (Philippians 1:6)! What a glorious promise! Spurgeon said, "Little faith will take your soul to heaven, but great faith will bring heaven to your soul." This morning, meditate on just a few of the promises we have in Him and record your thoughts and how they comfort you, that "heaven might be brought to your soul!"

Select Promises from John 14:

Verse 3 -

Verses 12-14 -

Verses 16-17 -

Verse 18 -

Verse 26 -

More Promises:

John 3:15 -

John 6:35 -

Psalms 34:17-19 -

Isaiah 43:1-2 -

Romans 8:28 -

2 Corinthians 4:17 -

"Who could mind the journey, when the road leads home?" The assurance of a heavenly home at the end of life's road enables us to bear joyfully with the obstacles and battles along the way.

Warren Wiersbe



"DAY BY DAY" by Lina Sandell

Day by day, and with each passing moment, strength I find to meet my trials here;
Trusting in my Father's wise bestowment, I've no cause for worry or for fear.
He, whose heart is kind beyond all measure, gives unto each day what He deems best,
Lovingly its part of pain and pleasure, mingling toil with peace and rest.

Every day the Lord Himself is near me, with a special mercy for each hour;
All my cares He fain would bear and cheer me, He whose name is Counselor and Pow'r.
The protection of His child and treasure is a charge that on Himself He laid;
"As thy days, thy strength shall be in measure," this the pledge to me He made.

Help me then, in every tribulation, so to trust Thy promises, O Lord,
That I lose not faith's sweet consolation, offered me within Thy holy Word.
Help me, Lord, when toil and trouble meeting, E'er to take, as from a father's hand,
One by one, the days, the moments fleeting, till with Christ the Lord I stand.

"HIS EYE IS ON THE SPARROW" by Civilla D. Martin

Why should I feel discouraged, why should the shadows come, why should my heart be lonely
And long for Heav'n and home, when Jesus is my portion? My constant friend is He: His eye is on
the sparrow, And I know He watches me; His eye is on the sparrow, And I know He watches me.

"Let not your heart be troubled," His tender word I hear, and resting on His goodness, I lose my
doubts and fears; tho' by the path He leadeth, But one step I may see: His eye is on the sparrow,
And I know He watches me; His eye is on the sparrow, and I know He watches me.

Whenever I am tempted, whenever clouds arise, when songs give place to sighing, when hope
within me dies, I draw the closer to Him, from care He sets me free; His eye is on the sparrow,
And I know He watches me; His eye is on the sparrow, And I know He watches me.

"IT WILL BE WORTH IT ALL WHEN WE SEE JESUS" by Esther K. Rusthoi

Sometimes the day seems long, our trials hard to bear. We're tempted to complain, to murmur and
despair. But Christ will soon appear to catch His bride away! All tears forever over in God's eternal
day!

It will be worth it all when we see Jesus! Life's trials will seem so small when we see Christ.
One glimpse of His dear face, all sorrow will erase. So, bravely run the race till we see Christ.

At times the sky seems dark, with not a ray of light; we're tossed and driven on, no human help in
sight. But there is One in heaven, Who knows our deepest care; let Jesus solve your problems, just
go to Him in prayer.

Life's day will soon be o'er, all storms forever past; we'll cross the great divide to Glory, safe at last!
We'll share the joys of heaven: a harp, a home, a crown; the tempter will be banished, We'll lay our
burdens down.