

PART 6

BREAKFAST WITH JESUS

HOW TO DEAL WITH A TROUBLED HEART

MESSAGE NOTES:

GO DEEP GUIDE

SERMON RECAP

Life will always bring seasons that trouble our hearts, but Jesus calls us to trust Him in the middle of it. In John 14:1–6, He reminds us that trust is not passive—it's an active choice to lean on Him instead of ourselves. We can face uncertainty with confidence because His grace is enough, His word is enough, and ultimately, He Himself is enough. Our hope is anchored not in answers or outcomes, but in a relationship with the One who is the Way, the Truth, and the Life!

ICEBREAKER

Finish the sentence: "I trust God, but _____." Where does this show up in your life right now?

READ JOHN 14:1-6

ACTIVATE YOUR TRUST

When your heart feels troubled, what have you done to activate your trust in God?

Pastor Joe described trust as "leaning." What are some things you have leaned on that have let you down?

How can someone make an intentional decision to change the way they are leaning? (e.g., limit social media, start a prayer, quote a scripture, etc.)?

REREAD JOHN 14:2-3

MY GRACE IS ENOUGH

How does Jesus' promise of preparation ("I am going to prepare a place for you.") reframe a situation you're anxious about right now?

MY WORD IS ENOUGH

Jesus said, "If this were not so, would I have told you?" This statement implies that He had already proven His word to be true to his disciples. Where in your story can you point to God keeping His Word, and how does that memory help you trust Him in the present?

What keeps us from taking Him at His Word today?

REREAD JOHN 14:6

I AM ENOUGH

Pastor Joe used a rope and a volunteer to illustrate how knowing Jesus personally is like an anchor that keeps us from drifting off course when we feel lost. How has Jesus been enough to anchor you in troubling times? Where might you have drifted without Him?

SCRIPTURE MEMORIZATION

John 14:1 (NLT) — "Don't let your hearts be troubled. Trust in God, and trust also in me."

ACTION STEP

Rewrite your phrase this week: "I trust God, so I will _____." Say John 14:1 aloud each morning, take your one step of obedience, and share the outcome at your next Life group gathering.

IRON GROUPS

- Name an area where you're tempted to lean on yourself instead of Jesus.
- Pray together, specifically entrusting that situation to Jesus
- Commit to one clear step to intentionally lean on Jesus. Text your group midweek with a 1-line update.

SCAN ME

What's happening at Fountain of Life Church