

How to Live in the Cardiac Age

I. Slide1 Announce:

- A. Slide2-7 AP: Sun Prayer. Bulgaria. Women's Min Mtg. REAL. Xmas. Ch closed Labor Day
- B. Prayer: *The Light of Heaven is the face of Jesus. The Joy of Heaven is the presence of Jesus. The Melody of Heaven is the name of Jesus. The Harmony of Heaven is the praise of Jesus. The Theme of Heaven is the work of Jesus. The Employment of Heaven is the service of Jesus. The Fullness of Heaven is Jesus Himself.*

II. Slide8a Intro: How to Live in the Cardiac Age

- A. As Jesus *nears the end*, all He could speak of was **His Father**. His Father's **house**, where a *perfectly prepared mansion* awaits each of His sons/daughters.
- The 1st 20 vss of **ch.14** link together a chain of counsel so **strong & secure** that it will help us weather even the most unpleasant of circumstances.
- B. This morning I promise you good medicine for your **hearts**, for we **all** live in *an age of anxiety*. [high blood pressure. Teen anxiety. ptsd. social anxiety disorder]
- We could say that we live in **the cardiac age**.¹ Many of us have *troubled hearts*
 - Mass shooting down in Odessa Texas yesterday, Hurricane Dorian, crime rates rising, cost-of-living going through the roof, international crisis in Hong Kong & on the streets of Moscow still today. Unending conflicts in Iraq, Syria, Afghanistan, Myanmar, not to mention the whole top half of Africa. Political corruption, escalating violence not only in developing countries but in our own. All of this, a deep concern for our hearts.*
- C. And on top of that we end up **borrowing trouble**. i.e. *Imagining things to be worse than they are*. [these are often times even more torment than *the real ones*]
- What's worse?** the actual injection of the dental anesthetic *Lidocaine* into your gum line at the dentist, **OR** what happens leading up to it? [i.e. the anticipation of the day leading up to it, walking into the office, the distinct dental office smell. Then sitting in the chair and seeing the instruments of torture in the tray next to you]. **Yes, Imagined fears can be far worse than the reality. And yes, even as Christians, as we struggle through our daily imperfect faith.**

¹ Phrase from Kent Hughes, John Commentary.

D. Slide8b Jesus wants us to remember, put in our minds **3 things**: Jesus is **preparing your place**. Jesus is **preparing to bring you there**. Jesus is **preparing you**.

1. This small portion is about **the road home**. This is about **personal faith, in a personal God, brings about personal strength**.

III. Slide9a **JESUS IS PREPARING YOUR PLACE (1,2)** *security and safety*

A. **Let not your hearts be troubled** – in the original Greek this carries *the firmness, resolve, and conviction of a command*...though probably spoken *very gently*.

1. This promise is not only for his disciples **but** for **all** who would ever follow him.
2. **But why would their hearts be troubled?** Well, He was just telling them: **He was going to leave them. Judas was going to betray Him. Peter would deny Him.** [*fears of death, betrayal, denial*]

B. When Jesus uses the word *troubled* the idea is don't let your heart **shudder**. [*distressed/afflicted*]

1. Again these words are said in light of *the imminent cross*.
2. It may look like **your world** is **falling in and all is lost and** the darkness is going to engulf you, **but don't let your heart be troubled/shudder**.
 - a) This sounds like **our part to NOT LET** our hearts be troubled, *or agitated, anxious, worried, bothered, disturbed, uneasy, apprehensive, fearful, perturbed, bothered, distressed, disquieted, fretful, nervous, edgy, antsy, on edge, tense, overwrought, worked up, keyed up, jumpy, or worried sick*.

C. Slide9b (1b) **Now** he explains **how** to do this, *trust/believe in God trust also in Me*.

1. The way to have *an untroubled heart* is to **believe/trust** in God **&** in Jesus.
 - a) The tense is actually, *keep on believing in God. Keep on believing in Me*.
2. If we keep in mind *the Lords attributes, his sovereignty, his omniscience, his omnipotence*, our hearts would not be troubled like they often are.

D. (2) He goes on and gives further explanation on how to do this...*In my Father's house are many rooms*.

1. **What's His house gonna look like?** I don't know but let's look at **His backyard**.

a) **Slide10** Seatbelt yourself to a light beam, traveling at the speed of light (186,000 mps). **In 8 minutes** you scream past **the sun**. **5 hours** we'd zip past **Pluto**. **Only 300,000 years** to get from 1 end of our galaxy to the other. **Then** just think, there are some **100 billion galaxy's** out there, & **millions of light years** separating each of these billions of galaxy's...& *that's just His backyard! Imagine His House? your room? His throne? His table?*

2. **Rooms/mansions** or *dwelling places*. **Actually abiding places** (Gk) speaking of the **permanency** of our heavenly home.

E. **Slide11** We all long for heaven.

1. CS Lewis calls this *the inconsolable longing*. *"There have been times when I think we do not desire heaven, but more often I find myself wondering whether in our heart of hearts, we have ever desired anything else...It is **the secret signature of each soul**, the incommunicable and unappeasable want, the thing we desire before we met our **wives** or meet our **friends** or chose our **work**, and which we shall still desire on our deathbeds **when** the mind no longer knows wife or friend or work."*

F. (2b) **I go to prepare a place for you** - When life **falls in**, when **troubles** assail us, *as they indeed will*, we can find **comfort** and **rest** for our *troubled hearts* in the fact that **there is an eternal home prepared for us**.

1. **Slide12** The psychology of this is impeccable. **Paul Tournier**², in his book *A Place For You*, says: *"If as a child you have **not known a secure home**, it is very likely as you go through life, regardless of your abode or wherever you are, you will not feel at home. **But on the other hand**, if as a child you have been **secure and at home**, wherever you go **will be home**."*

2. **Slide13** Paul had an advantage on us. 2 Cor.12:2-4 *I was caught up to the third heaven fourteen years ago. Whether I was in my body or out of my body, I don't know—only God knows. 3 Yes, only God knows whether I was in my body or outside my body. But I do know 4 that I was caught up to paradise and*

² Swiss physician, author, acquired a worldwide audience for his work in pastoral counseling. He has been called the 20th century's most famous Christian physician.

heard things so astounding that they cannot be expressed in words, things no human is allowed to tell.

a) Paul didn't know if it was a vision or a literal physical experience. **But** he was caught up into paradise & there he saw *heavenly realities*. Paul had a vision of heaven. Paul knew it was a real place for him. Paul went victoriously through an amazing list of difficulties see 2 Cor.11.

G. Slide14 Have you allowed yourself to dream or imagine what **your room or place** will be like?

1. I'm hoping it will look like **my den** that I grew up in, in Whittier. [step down den. knotty pine walls. real wood flooring. large brick fireplace. wood beams ceiling, w/wallpaper in-between. old oval rolled rug] (ty to fam for sending in pics)
2. Maybe some of you envision the perfect **Pinterest house**. Or something that *Chip and Joanna Gaines* designed for you.

H. So, is our heavenly home **real** to us?

IV. Slide15a **JESUS IS PREPARING TO BRING YOU THERE (3)** *comfort*

A. It's not just **the place**, but **the person**, Jesus is going to be ours.

1. He promises *I will come back, I will come again*.

- a) Slide15b General Douglas MacArthur spoke these famous words, *I shall return* in 1942 after he was ordered to leave his Filipino home when the Japanese attacked.
- b) Maybe even more famous was when Arnold Schwarzenegger said, *I'll be back* (Terminator 1984).

2. Slide15c But here **Jesus'** statement is actually, in *the present tense*, *I am coming again*.

- a) In the NT there are **318** allusions or direct references that *Jesus will return to take us to be with Him personally*. We're going to see him *face-to-face*.
- b) 1 Jn.3:2 nlt, *Dear friends, we are already God's children, but he has not yet shown us what we will be like when Christ appears. But we do know that we will be like him, for we will see him as he really is.*

3. Slide16 John Donne said (English poet and cleric in the Church of England), *"I shall be so like God the devil himself shall not know me from God. He will not be able to tempt*

me anymore *than* he can tempt God. Nor will there be any more chance of my falling out of the kingdom *than* of God being driven out of it.”

B. Though we live in a world of *trouble* and *tribulation* we *wait for the blessed hope, the glorious appearing of our great God and Savior Jesus Christ*. Titus 2:13.

1. I will come again - Alexander Maclaren said, *The primitive church thought more about the 2nd Coming of Jesus Christ than about death or about heaven. The early Christians were looking not for a cleft in the ground called a grave but for a cleavage in the sky called **Glory**. They were watching not for the undertaker but for the uppertaker.*

V. Slide17a JESUS IS PREPARING YOU (4-6) faith

A. Jesus *doesn't point the way* in the distance, *or doesn't send us GPS coordinates, or give turn directions* with google maps, *but* grabs our hands & says *follow Me* & leads us there.

1. How is Jesus the way, truth, & life, especially in relation to the Father?

a) He's *the way*/_{path} to God *the only way*. The personification of *truth*. The center of *life*

B. **The Way** - He is not *a way* *but the way* to the Father. [which speaks of arrogance *or* truth]

1. Some say there are 100's of religions, really there are only 2: **1** Covers all who expect salvation *by doing*. **2** All who have been saved *by something done*.

a) *The question is very simple*: Can you save yourself *or* must you be saved by another?

2. The belief that *all religions are really the same* sounds nice and democratic - *though* the study of religions quickly shows that *it isn't true*. What you are really saying if you claim that *they're all the same* is that none of them are more than *distant echoes, distorted images, of reality*. You're saying that *reality, God, the divine*, is remote and unknowable, *and* that neither **Jesus** nor **Buddha** nor **Moses** nor **Krishna** gives us direct access to it. They all provide a way towards the foothills of the mountain, *not* the way to the summit.

Wright, T. (2004). John for Everyone, Part 2

3. Actually *all world-views* can be grouped into **3 categories**: **1)** Only the universe exists (naturalism, atheism). **2)** Only God exists. **3)** Both exist (judaism, Christianity, Islam)

C. **The Truth** - As being *the perfect revelation* of God the Father.

1. He embodies what men ought to **know & believe** of God. **And** what they should **do** as children of God **and especially** what they should **be**.
- D. **The Life** - refers to *Jesus as the source & power of believers' resurrection* to eternal life.
- E. **Slide17b** In his great work *Imitation of Christ*, Thomas à Kempis (a *late Medieval* Catholic Monk. 1380-1471) said it so beautifully, **I am the way, the truth, and the life. Without the way** there is no going, **w/o the truth** there is no knowing, **without the life** there is no living. **I am the way** which thou shouldst pursue, the **truth** which thou shouldst believe, the **life** which thou shouldst hope for.³
- F. **No one comes to the Father except through Me** - salvation does not come through *the law, sacrifices, religious practices, or the overthrow of foreign oppressors*. **Instead, Jesus Himself** is the channel through which people can have relationship with **God the Father** and spend eternity *with Him*.
- G. **Trouble/Trials** are part of life on earth. **But** that's when Christ *whispers to us in the darkness, do not let your hearts shudder. How? Trust in God, trust also in me; or believe in God, believe also in me*. Believe in Jesus to be *your way, your truth, your life*.
1. **This will be the healing medicine** for troubled hearts.
 2. Heaven then, is a **prepared place for a prepared people!**⁴
- H. **Illustration:** When I was a kid my older brother **Mark** bought a *Jolly Green Giant kite* and a few large **rolls of Kite string**. He flew it was out of sight. **But** though *you couldn't see it* you could **feel tug** on the string.
1. When our **affections** are set upon things **above**, *we'll feel the tug*.
 2. **Do you feel the tug?** - Which direction do you most feel the tug? Down toward earth? **Or**, **heavenward?**
- I. **Communion:** Hold elements & we'll partake together
1. 1 Cor.11:23-25 *On the night when he was betrayed, the Lord Jesus took some bread and gave thanks to God for it. Then he broke it in pieces and said, "This is my body, which is given for you. Do this in remembrance of me."* *In the same way, he took the*

³ Thomas à Kempis, "Imitation of Christ," iii., 56

⁴ Warren Wiersbe; Outlines of the NT; Jn.14:1-6

cup of wine after supper, saying, “This cup is the new covenant between God and his people—an agreement confirmed with my blood. Do this in remembrance of me as often as you drink it.”

J. Bread: **Broke Bread!** *Brokenness*. God loves using **broken** things...

1. Broken **soil** to produce a crop. Broken **clouds** to give rain. Broken **grain** to give bread. Broken alabaster **box** that gives forth perfume. Broken **Peter**, who wept bitterly, who then returned to greater power than ever. *Broken you & me?*

K. Cup: **Thanks!** Thanksgiving an expression of **joy** [this comes from *a spirit released from sin*]

1. **Toast!** An ancient Jewish closing of the Passover meal (since it is the hope of every devout Jew to celebrate the Passover at least once in David’s city) **The Jewish custom is to end the meal with a toast**. Passover participants raise the cup and say, ***Next year, in Jerusalem!*** For all Christians, there will be a **last** sharing of the bread and the cup on this side of eternity: *when we meet once again, we will be in Christ’s presence*. Let’s raise our cups in anticipation and say, ***Next time, with Christ!***