



## **Staying Connected #1**

### **Help for a troubled heart**

John 14:1-6

“Do not let your hearts be troubled. You believe in God; believe also in me.  
2 My Father’s house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? 3 And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. 4 You know the way to the place where I am going.”  
5 Thomas said to him, “Lord, we don’t know where you are going, so how can we know the way?”  
6 Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.

### **1. Believe your beliefs**

Psalm 77

Will the Lord reject forever?

And will He never be favorable again?

8 Has His lovingkindness ceased forever?

Has *His* promise come to an end forever?

9 Has God forgotten to be gracious,

Or has He in anger withdrawn His compassion? *Selah*.

<sup>10</sup> Then I said, "It is my grief,  
That the right hand of the Most High has changed."

<sup>11</sup> I shall remember the deeds of the LORD;  
Surely I will remember Your wonders of old.

<sup>12</sup> I will meditate on all Your work  
And muse on Your deeds.

<sup>13</sup> Your way, O God, is holy;  
What god is great like our God?

<sup>14</sup> You are the God who works wonders;  
You have made known Your strength among the peoples.

<sup>15</sup> You have by Your power redeemed Your people,

1 John 5:4-5

<sup>4</sup> For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith. <sup>5</sup> Who is it that overcomes the world except the one who believes that Jesus is the Son of God?

## **2. Put your hope in heaven**

<sup>2</sup> My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? <sup>3</sup> And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.

1 Peter 1:3-5

<sup>3</sup> Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, <sup>4</sup> and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, <sup>5</sup> who

through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time.

#### Philippians 3:20-21

<sup>20</sup> But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, <sup>21</sup> who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.

#### Revelation 21

Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. <sup>2</sup> And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. <sup>3</sup> And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. <sup>4</sup> He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."

<sup>5</sup> And he who was seated on the throne said, "Behold, I am making all things new." Also he said, "Write this down, for these words are trustworthy and true." <sup>6</sup> And he said to me, "It is done! I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give from the spring of the water of life without payment. <sup>7</sup> The one who conquers will have this heritage, and I will be his God and he will be my son.

### **3. Stay focused on Jesus**

#### Philippians 1

<sup>20</sup> as it is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body, whether by life or by death. <sup>21</sup> For to me to live is Christ, and to die is gain.

#### Hebrews 12:1-2

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, <sup>2</sup> fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.