Aren’t you thankful today for good medicine? When our babies begin to pull at their ears, we thank God for Amoxycilin. When the pollen blows in the wind, when our eyes begin to itch and the sneezing starts in, we are thankful for allergy pills. When a woman begins the pain of childbearing, she thanks God for the epideural.

When we have pain, we go looking for relief in medicine.

These examples I provide all stem from physical pains—what we do when our body hurts. But what are we to do when we have soul-sickness, when we feel anxious, pressured, or discouraged? What do we do when we are dismayed?

Over the centuries of church history, Christians have found great relief by meditating on the reality of heaven, of “one glad morning when this life is over.” Heavenly visions are the relief to worldly aches and pains.

In the book of John, chapter 14, Jesus has been talking to his disciples about some troubling things. He has just given them some bad news that he will be disappearing soon. They will be left to their own devices. Not only that, he has just predicted Judas’ betrayal as well as Peter’s denial. Life is becoming unstable, like a boat on choppy waters.

So, as the Lord looks into the eyes of his followers, he sees stress and he speaks these comforting words, used today in many funeral services:

Read John 14:1-4.

Let’s look tonight, at Jesus’ remedy for the troubled heart.

**Medicine For the Troubled Heart**

1. **BELIEVE that He is preparing an eternal place for you.** (v.2)

Look again at v.2…

Jesus says first that an effective guard from a troubled heart is to focus our eyes on the final place. Thinking about the joys, the pleasures, the light-hearted, light-footed living on the other side of eternity—this is motivation in the present.
Which of us, when booking a family vacation, gives it no thought to the event until the
day of departure? Nobody does that! When you book those tickets to the Bahamas, you
start living that dream now! That’s half the fun; the sense of anticipation.

Jesus seems to stir up this anticipation in John 14. He wants his disciples to begin
dreaming dreams about the joys and pleasures of heaven.

There is a most effective billboard on I-40 that I pass several times a week. Have you
seen this billboard? It’s a picture of a tropical sandy beach and it says in big letters: a 10
second vacation, courtesy of Lamar advertising. Ha! They are providing every passerby
with a momentary mental vacation.

What Jesus is proposing here is not the idea of escapism, of checking out mentally from
the work on this earth. What he’s doing is encouraging his followers to develop a
lifelong craving for heaven. It’s good for Christians to long for home. In fact, it’s natural
and right.

In his book, The Problem of Pain, C.S. Lewis describes this “inconsolable longing” for
heaven. Listen to his words:

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 desired before we met our wives or made 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.

–C.S. Lewis, in The Problem of Pain

What Lewis says is: we all secretly long for something far more satisfying than earth.
Whether we recognize it or not, eternity is written on our hearts and we will NEVER be
at home this side of heaven. It’s good for us to imagine the glory of a perfect place, as
Hebrews says: “a city with foundations whose architect and builder is God.”

And Jesus makes it clear, this place will be prepared just for you. The whole thing is
custom and He is personally involved in the preparations.

Some of you ladies have the gift of hospitality. You like to have guests into your home,
and before they show up, you like to walk through the guest room and visualize every
need that person might have in that place. You prepare the space. Here is the spot for a
thought-provoking book should they want to read. Here is the place for a remote control,
should they want to catch the news. Here is the place for the towel and wash cloth, laid
out and ready. Here is the place for a light snack should they get hungry. A prepared
place is a wonderful space for newcomers.

Jesus says, “I am going to prepare a place for you!” When I hear these words of my
Savior, I hear Jesus saying, “Ben, do not worry. I am going to prepare a place for you.
And I know you like to read. There will be plenty of books. I know you like to eat;
there will be crablegs and ice cream. I know you like coffee—it will be extra bold, with plenty of cream.”

Jesus says, “I am preparing your place! You’re gonna LOVE it!” So when the things on earth grow strangely dim, know that this is intentional. I can’t tell you there’s gonna be coffee and crablegs there, but I can assure you of this: If Jesus is preparing a place, you better believe it’s going to be unbelievable. It’s good for us to stir up our imaginations of heaven. It puts the passing pains of earth in proper perspective.

What else does Jesus say about our troubles on earth…

2. **Believe that He is coming to take you to be with him.** (v.3)

I’m taking my points right from the text! Look again at v.3…

In this fallen world, Jesus gives us great relief by promising his presence. Not just a place, but his presence! “I’m going with you!” says the Lord. It’s not going to be like round 1, where I showed up and disappeared, and left you alone. No…when you get there, we’re all staying for good!

This perfect place, along with the perfect person, this was what made Paul write these words to the Philippians, about his longing for heaven. When faced between life and death:

> Yet what shall I choose? I do not know! 23 I am torn between the two: I desire to depart and be with Christ, which is better by far; but it is more necessary for you that I remain in the body. Phil 1:22b-23

To live or die? What shall I choose? I don’t know! I am torn, said Paul. Because when I die, I get Jesus. When I’m living, I help others find Jesus. It’s a tough decision. Selfishly, I want release from the pressures of this planet.

You see, this kind of heavenly mindset is helpful for the Christian. When we keep one eye on heaven, we lay down fewer roots on earth. Heaven is not as far as we think.

This is to be a great comfort to our souls. As Jesus talked with the 12 minus Judas that night, he told them that trials and tribulations would only last a moment, but the immeasurable, unimaginable joys of heaven would last for eternity.

Now watch how the Lord concludes his statement, in v. 4... “You know the way to the place where I am going.”

Herein lies the final word on our worldly troubles…

3. **Place your full trust in Him.** (vv.4-6)
Thomas always struggled with trust. He had trust issues, for sure. Not only was he that disciple who insisted on seeing Jesus pierced and resurrected, he is also the one who protests in v.5. Look what he says….

And he throws Jesus a softball here. Jesus speaks one of his most famous lines in Scripture: “I am the way, the truth, and the life. No one comes to the Father except through me.”

Those of us with troubled hearts must remember that Jesus is everything. He is the only way to that place, to the city with foundations, whose architect and builder is God.”

We all have repeated experiences of life falling in on us, don’t we? Job said, “Man is born to trouble as surely as sparks fly upward” (5:7). Trials are part of life on earth. But Christ always says to us in the darkness, “Do not let your hearts be troubled.” How? “Trust in God; trust also in me.” I’m coming back. I am the healing medicine for your troubled hearts.