

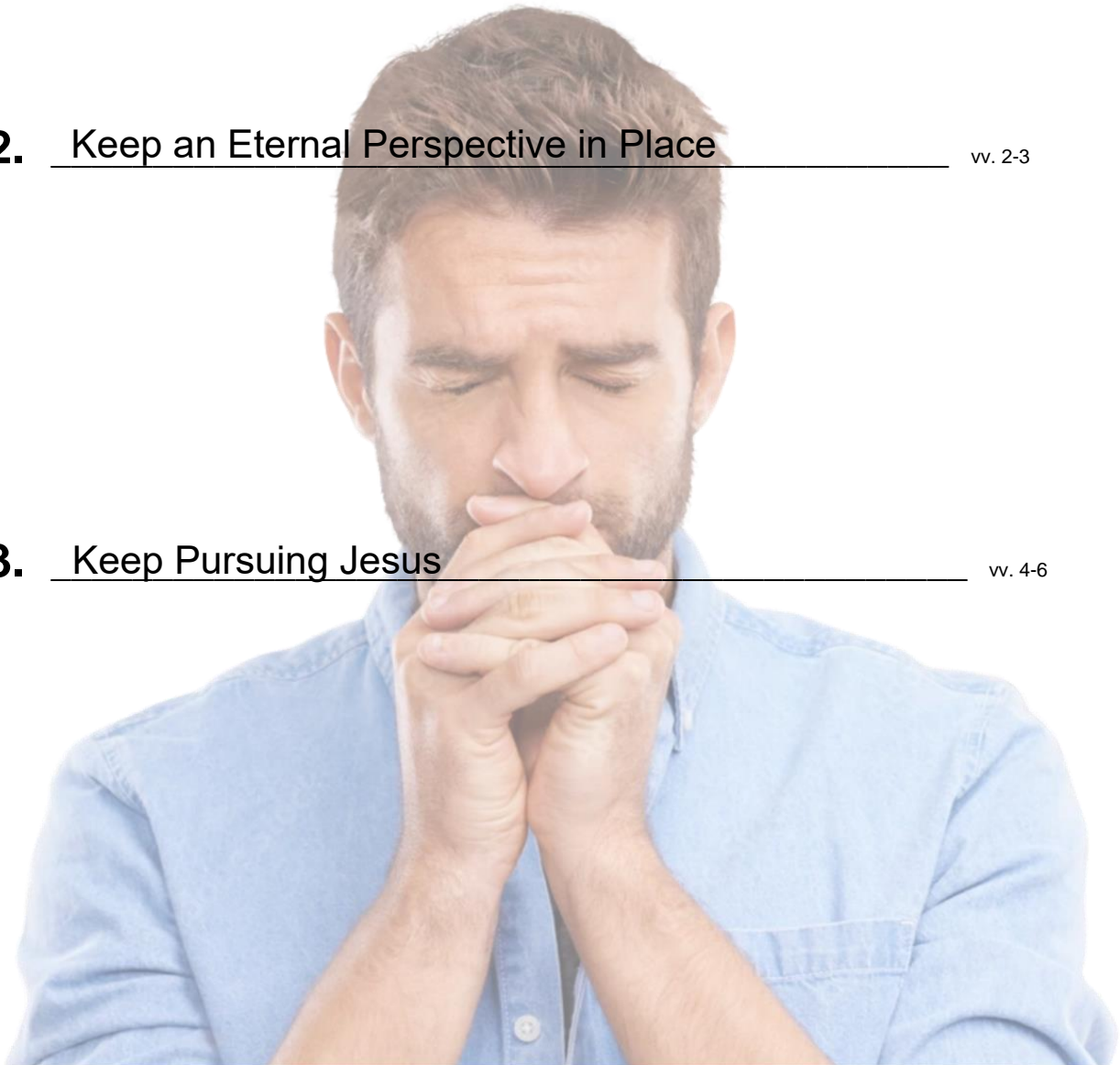
Struggling?

How to Handle a Heavy Heart

1. It Starts by Recognizing You Have a Choice v. 1

2. Keep an Eternal Perspective in Place vv. 2-3

3. Keep Pursuing Jesus vv. 4-6



Grow Group Discussion Questions

A grow group is 8-16 people who get together weekly to study God's word and the previous Sunday's message. There is a time of discussion, support, encouragement, and learning how the message applies to daily life. **PCC uses the ESV (English Standard Version).**

HOW DO I JOIN A GROUP?

To learn more or join a group, visit pacificcoastchurch.org/gg/ or sign up at the patio Info Kiosk.

Point #1

- Read John 14:1. Why would the disciples have had a troubled heart? What was the Jesus solution? (i.e., "let not")
- How does this relate to Point #1? Why is this important to remember? How does Point #1 help you this week?

Point #2

- Read John 14:2-3. What was Jesus describing to the disciples? Why? How would this have helped them?
- How does this relate to Point #2? How does Point #2 help keep your struggles in perspective? Be specific.

Point #3

- Read John 14:4-6. What was Jesus essentially telling Thomas to do by presenting himself as the way, truth, and life?
- Why will Point #3 always calm a troubled heart? (c.f. Mt. 11:28-29) Take time right now to apply Point #3 as a group.

Daily Devotions

These are provided for mid-week personal spiritual growth. Prayerfully writing out your answers will help you experience real life transformation as you dig deeper into the spiritual truths of God's word and today's message.

A downloadable PDF of this document is also available each week at pacificcoastchurch.org/sermons.

MONDAY // Read John 13:21-22, 33, 37-38, 14:1, Philippians 4:8

- Explain why the disciples would have been struggling during their meal with Jesus. Be specific.
- How did Jesus try to encourage them? ("let not") How did Paul give the same encouragement to the Philippians?
- Why is this important to remember during struggling times? How does this help you today?

TUESDAY // Read John 14:2-3, 1 Corinthians 9:24-25, 2 Corinthians 4:16-18, 1 John 2:24-25

- What did Jesus describe to the disciples as to where He was going? Why? How does this relate to a perspective?
- Why is this important for a troubled heart? In what way can this also help keep "1st world problems" in perspective?
- How can keeping an eternal perspective help adjust you right now? Be specific.

WEDNESDAY // Read John 14:2-3, Psalm 33:13-14, Isaiah 33:15a, 1 Peter 1:3-4, 2 Peter 1:11

- Within an ancient rural context, how would Jesus' description of heaven have been viewed? ("many rooms")
- In your opinion, how does this compare to today's Christian perspective of heaven? Be specific.
- How can a misunderstanding of heaven impact how struggles are handled? How does this challenge your view of heaven?

THURSDAY // Read John 14:4-6, Matthew 11:28-29

- Why was Thomas (and the group) still confused as to "where" Jesus was going? (i.e., a temporal perspective)
- Explain the three points of clarity Jesus provided. (Way, Truth, Life) What was Jesus essentially saying?
- How would this have contradicted what they were going to experience? What does this reveal about pursuing Jesus?

FRIDAY // Read John 14:6, 3:36, Acts 4:10-12, Philippians 2:9-10, 1 Timothy 2:5-6

- In what way did Jesus say He was the only way to heaven? What does this imply about people who try to change it?
- Why is this also important when it comes to people accusing Christians of being close-minded?
- How does this encourage you when it comes to sharing your faith and pursuing Jesus? Give an example.

SATURDAY // Read John 14:1-6, Matthew 28:19-20

- In what way did Jesus essentially present the Gospel to the disciples to help their troubled hearts? Be specific.
- How should the death, burial, and resurrection help Christians who are struggling today?
- How does the truth of Matthew 28:20 ("I am with you always") help you with a current struggle?

MEDITATION VERSE: *⁶Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me.*

John 14:6