

## Trouble free

14 5 17

Almighty God,  
who through your only begotten Son Jesus Christ:  
have overcome death and opened to us  
the gate of everlasting life:  
grant that, as by your grace going before us  
you put into our minds all good desires,  
so by your continual help  
we may bring them to good effect.

Our text this morning may be found in today's gospel – John 14 and verse 1:

**'Do not let your hearts be troubled'.**

Are you worried, uneasy, troubled in any way? Well hardly surprising if you were given the state of the world we're in today – so much upset, so many reasons not to be as happy as well you might once have been. But today's passage from John's gospel, the first half of which is a favourite choice at funerals, tells us in no uncertain terms that we should not let our hearts be troubled – there is no overwhelming reason why we should be truly worried.

Why? Why not? Simply because of who Jesus is, because of what Jesus is, and because of what he has come to do.

So who is Jesus ? John's gospel is written so that may know the answer to the question. In the very first chapter, John the Baptist points out to two of his disciples, to Andrew, Simon Peter's brother, and possibly to John, the brother of James, that Jesus is 'the Lamb of God' (1v29). And Philip tells his friend, Nathaniel, that he has met the one 'whom Moses in the law and also the prophets wrote' (1 v45) and that he should come and see Jesus for himself. And here in today's gospel, at the Last Supper on the night that Jesus was betrayed, is a clear implication that Jesus is the Son of God. Jesus implies as much when he asks Philip the crucial question 'Do you not believe that I am in the Father and the Father is in me ?'

So what is Jesus ? Here, in the today's gospel, is one of the seven great 'I am' statements which tells us the answer: 'I am the way, the truth and the life.' Here are three statements in one sentence. A trinity of ideas – the way, the truth, the life. Jesus is the way to God, the path that leads to him. By following Jesus, we will one day arrive back home, reach the place where we are all intended to be – in heaven, in paradise, with God. Jesus is the truth. No false news here – the good news of the gospel is true, truly real, actually reflecting the underlying truth of the world in which we live. What Jesus teaches is genuine, firmly founded on the rock of truth. Jesus is the life. Not only is Jesus the creative word of God through which the universe was called into being but he is also the bread of life which sustains our life, the living water that refreshes our life, the sacrifice whose broken body and shed blood that pays the price of life.

And thirdly, what has he come to do ? In today's gospel, Jesus says, 'I go to prepare a place for you . . . and I will come again and will take you to myself, so that where I am, there you will be also.' Essentially, Jesus wants us to be with him, is making it possible for us to be with him, and he will ultimately bring us back to him. The good news of the gospel is that we are not alone and that ultimately, one day, we will return home and be with the one who loves us as we love him.

So can we stop worrying ? I guess only you can answer that question because you know yourself better than I know you. But what I do know is we that have every reason not to get trapped in false fears because in the light of today's gospel, like Mother Julian of Norwich, I can state with confidence and certainty that ultimately all will be well, that at heart we should be trouble-free.

I have spoken in the name of the Father, the Son and the Holy Spirit,  
Amen.

*Preached at the Eucharist*

*St Bartholomew's, Dinard*

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G: Sermons 35 :Trouble free

