



## “THE WEIGHT OF A TROUBLED MIND”

- “Nobody knows the trouble I see.”
- A troubled heart is a troubled mind.

### The Disciples’ Troubled Minds – John 14:1

1. A troubled mind has a **CONTEXT**.
  - Identify it.
  - Understand it.
2. A troubled mind can become **CONSUMING**.
  - Be aware!
  - It’s dangerous!
3. A troubled mind needs to be **COMFORTED**.
  - God’s Spirit – The “Comforter”
  - God’s People – The “Community”

John 14:27; 16:33

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### WHAT SHOULD I DO?

- Identify**
- Challenge** – Psalm 42:5
- Trust** – John 14:1 / Isaiah 26:3
- Give over** – Philippians 4:6-8 / 1 Peter 5:7
- Fix your mind** – Colossians 3:1-2