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# God's Cure for Heart Trouble

## Radio Message by Dwight Porter, D.D.

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LET IT BE AFRAID" JOHN 14:1, 27 are you open to the Truth or do you travel with the pack and crowd that accepts the opinions received by tradition and maintains the status-quo? If you are not willing to entertain a different concept than the majority, you might as well lay this message down or stop listening to it. There is a CURE FOR ALL HEART TROUBLE and an exercise in the present that will prevent it in the future.

Before we go any further, let us have a definition of heart trouble. Are you talking about a heart attack that puts you under oxygen? YES! The secret of understanding God's cure is His method of prevention. Are you interested? Heart trouble results from the action by the victim as he allows anything, anytime to trouble inside his person. God has said over and over, "Let not your heart be troubled!" Have you listened and obeyed this plain Biblical command of Jesus Christ, the Lord of the universe?

**MEDICAL AUTHORITIES STATE THE FOLLOWING:  
90 PERCENT OF ALL SICKNESS IS CAUSED BY FEAR,  
FRUSTRATION, WORRY, AND TENSION!!!**

Only God knows the ultimate end of these practices within your life and body. You will recognize the toll as the years roll by. "But I am an old man, or an old woman, and cannot change this late in life!" Who said that? Only a person who does not know God's power in experiential reality in their lives. Here is the reason for so much heartbreak, trouble, and woe. Many people actually enjoy the emotional trauma and the attention it brings their way from sympathizing friends. (I have already made plans that when I am in old age, I shall not dwell on my past sicknesses and the troubles of others.) Some people do not have enough of their own troubles; they must get involved in those of their relatives and friends. They must know all of the horrible details of their operations; in fact, some people enjoy other people's grief. Many a woman goes through the tragedy of the airplane crash with the victims, despite the fact it is not her accident. Our personal difficulties are coming soon enough, so we need not get emotionally involved in the other person's testings. We are to pray for one another, bear their burden in prayer; but not maintain a relationship that will affect our time, energy and reserve strength. Worry affects all of these things.

Of course, we are going to have trouble. This is the reason Christ tells how not to allow it to affect us. Would we realize our dependence upon God if circumstances did not demand it? Many verses in the Bible promise difficulties for Christians. They are shocked and in dismay when they come. "That ye may be the children of your Father which is in heaven; for He maketh His sun to rise on the evil and on the good, and sendeth rain upon the just and on the unjust" (Matt. 5:45).

We are going to be despitely used and also be cursed and hated. This is the promise of God. How dare we allow such actions to trouble us? "If the world hate you, ye know that it hated me before it hated you. If ye were of the world, the world would love his own: but because ye are not of the world, but I have chosen you out of the world, therefore the world hateth you" (John 15:18, 19).

Death cannot possibly escape us. Our parents, children, and loved ones shall leave us one by one. This is a certainty stated by God. Why are we so surprised and carry our grief so long when such departure is certain? Can it be that we fail to believe and get

ourselves prepared for the inevitable? "And as it is appointed unto men once to die, but after this the judgment" (Hebrews 9:27).

My Christian friend, if you allow trouble in your heart, it is not God's fault for He has given you ample warning and provision to cope with every situation. If you despair and be troubled, you will be the cause of it. Such despair is the consequence of failing to believe God's plan and purpose for the testings and trials. How else do we learn patience and gain experience of God's all sufficient Grace?

"My brethren, count it all joy when ye fall into divers temptations; knowing this, that the trying of your faith worketh patience. But let patience have her perfect work that ye may be perfect and entire, "wanting nothing." James 1:2-4, "And not only so, but we glory in tribulations also; knowing that tribulation worketh patience; and patience, experience; and experience, hope! And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us" (Romans 5:3-5)

The closer our fellowship with the Lord, the greater our persecution for His Name's sake. "Yea, and all that will live godly in Christ Jesus shall suffer persecution" (II Tim. 3:12). Remember persecution is trouble from forces opposed to our stand for righteousness. Galatians 6:12, "As many as desire to make a fair shew in the flesh, they constrain you to be circumcised; only lest they should suffer persecution for the cross of Christ."

"Blessed are they which are persecuted for righteousness sake: for their is the kingdom of heaven" (Matt. 5:10).

Christ has just informed His disciples of His death, betrayal and denial in John, chapter 13. He states to His followers, LET NOT YOUR HEART BE TROUBLED." Friend of mine, if you have read the verses already presented in this message, and they do not quiet your heart, it is because of your personal refusal to BELIEVE THEM. Christ gives a personal invitation to those in need. Matt. 11:28, "Come unto me, all ye that labour and are heavy laden and I will give you rest."

### What Am I To Do?

Why not do what Christ told you to do to be cured of heart trouble? "YE BELIEVE IN GOD, BELIEVE ALSO IN ME" (John 14:1). To believe that God is in absolute control forever, relieves you of fear concerning the future. Never forget that future happenings promote worry and anxiety. The Bible plainly teaches this fact! "Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof." (Matt. 6:34). You have enough activity to keep you busy today; so don't you dare bring in tomorrow's challenge into today's responsibility. Such practice is in direct conflict with Christ's direction.

### Futuristic Concept

Here is a truth that most people have never realized. Do you entertain the thought of satisfaction, joy and happiness in this life? To do so, you must not refuse to comprehend the promises of God for tomorrow. In the midst of pressures, during our lifetime, God states what is ahead of us. We are to take our mental thoughts off the mundane earthly necessities, because our Heavenly Father has already provided them for us. "Therefore I say unto you, take no thought for your life, what ye shall eat, or what ye shall drink; not yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you" (Matthew 6:25, 33). How important earthly things are to so many people who are supposed to be Christians! Our treasures are not down here!

If this life is to provide our satisfaction, then some of us better get two jobs for we have not much to show our neighbors and rich friends. If our treasures are for eternity, then the measurement during this life means very little. "Lay not up for yourselves treasures upon earth,

where moth and rust doth corrupt, and where thieves break through and steal: but lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal" (Matthew 6:19, 20).

Many promises in the Bible are futuristic. Are you aware of God's provision in behalf of His children for their future? "But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him" (I Cor. 2:9). "For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us" (Romans 8:18). "For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory" (II Cor. 4:17).

Our greatest joy and delight is in the future. Present troubles are soon dissolved as we realize the reasons for an untroubled heart as presented by Christ Himself. "In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also" (John 14:2, 3). We have two main happenings ahead of us. First, we are going to be where the Lord Jesus is; in the mansion He has prepared for us. Second, He is returning for the purpose of receiving us unto Himself. His promise includes not only the possession of a mansion (better described in Revelation 21), but also the provision of the way to such eternal blessings. John 14:6, "Jesus saith unto him, I am the way, the truth, and the life; no man cometh unto the Father, but by me."

### **One Person's Responsibility**

If you have a troubled heart, it can never be God's fault. Difficulty is promised you. The only way you can possess heart trouble is by a deliberate act of refusing to do what God instructs you concerning His cure. How dare you allow circumstances; situations in your environment to trouble you? How can you possibly let some human being enter your heart and mind and control your emotions? "When thou goest out to battle against thine enemies, and seest horses, and chariots, and a people more than thou, be not afraid of them: for the Lord thy God is with thee, which brought thee up out of the land of Egypt" (Duet. 20:1. "Be not afraid of their faces: for. I am with thee to deliver thee, saith the Lord" (Jer. 1:8)

The Bible is filled with commandments about not being afraid. We are to be submissive to the Word of the Lord, which is declared in the Bible. "LET" Obedience is the consequence of faith. If you fail to say "no" to trouble and God's plain direction, it is because of your unbelief. This is the by-product of self effort. If you think for one moment that your efforts are sufficient, and you refuse God's direction; then go on your own way and perhaps our paths will cross in a hospital. I doubt if our mansions will be on the same street in Heaven.

### **Now What?**

Suppose the Lord has gotten through to you in this Bible message, and you ask, "Now what must I do?" First of all, find a place of prayer, get down on your knees and confess your sin of failure to believe and obey God's Word. After confessing your sin to God, believe Him to forgive you as He has promised for His children. "If we confess our sins He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness" (I John 1:9). In prayer, promise Him to begin immediately to feed upon His Word, and to spend more time in prayer and in a Bible

teaching church hearing His Word expounded. "So then faith cometh by hearing, and hearing by the Word of God" (Romans 10:17).

If you are unsaved, having never named your sin to a Holy God, asking Him to do according to His promise; then find a place of prayer and get busy obeying Him. Rest upon His promise that He will do for you according to the declaration of His Word. "For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish but have everlasting life" (John 3:16). You can follow His instructions. "I can do all things through Christ which strengtheneth me" (Phil 4:13).

"LET NOT YOUR HEART BE TROUBLED.. .NEITHER LET IT BE AFRAID" (John 14:1,27).

*Editors Note: Should you desire a free copy of my outline of John 14, write for it.*

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