

“Do not let your hearts be troubled. You have faith in God; have faith also in me.”

It’s striking that Jesus begins this Gospel not by removing the trouble, but by speaking directly into it. He doesn’t say, “Your hearts won’t be troubled.” He says, “Do not **let** them be troubled.” The troubled heart itself is not the problem. The question is what we do with it.

We use the word “crisis” a lot today. Usually, we mean something negative—a breakdown, a moment of fear, uncertainty, or even chaos. But at its root, a crisis is a turning point. It’s a moment when something must be decided. A moment that reveals what we really believe.

And that’s exactly where the disciples are in this Gospel. They are in a moment of crisis. We are at the Last Supper, just before Jesus and his followers will journey to the Garden of Gethsemane, where He will be handed over for trial, condemnation, and death. Jesus has just told his disciples that one of them will betray him. That Peter will deny him. That he is going away. Everything is beginning to unravel. Their hearts are troubled—and understandably so. And yet, Jesus does not rebuke them for that. Instead, he invites them: “Have faith.”

What makes this even more powerful is that Jesus is not speaking from a distance. In the Gospel of John, Jesus himself experiences a troubled heart—several times, and always at moments of deep crisis.

At the tomb of Lazarus, when he sees the grief of Martha and Mary, we are told that Jesus is “deeply moved” and “troubled.” He enters into the sorrow of death, and what does he do? He turns to the Father and prays: “Father, I thank you for hearing me.” Even in the face of death, his troubled heart becomes a place of communion.

Later, as he approaches his Passion, Jesus says, “Now my soul is troubled.” This is the moment of decision, the shadow of the Cross. And again, what does he do? He turns to the Father: “Father, glorify your name.” His trouble becomes surrender.

At the Last Supper, just before he speaks the words we heard today, Jesus is “troubled in spirit” as he announces that one of his own will betray him. The pain is personal. It is close. And yet, even here, he remains rooted in the Father’s will, continuing to give himself in love.

The troubled heart is real. Jesus experiences it fully. But he never allows it to close in on itself. He never lets it become despair. Instead, every time, he turns outward—toward the Father, in trust.

And now, in today’s Gospel, he turns to his disciples—to us—and says: “Do not let your hearts be troubled. You have faith in God; have faith also in me.” In other words: Do what I have done.

When your heart is troubled—and it will be—do not pretend it isn’t. Do not ignore it. But do not remain there

either. Let it become a turning point. A moment of decision. A moment to choose faith.

Some of us carry troubled hearts right now. There may be uncertainty about the future. Struggles in family life. Grief that hasn't gone away. Anxiety about health, or work, or the direction of our world. We don't need to look far to find reasons for our hearts to be troubled.

Jesus does not dismiss any of that. But he does say: Do not let it have the final word. Because the danger is not that our hearts are troubled. The danger is that we turn inward, that we become closed off, that we try to carry it alone. Jesus shows us another way. A troubled heart can become a place of encounter. A place where we turn to the Father. A place where faith is not theoretical, but real—because it is chosen precisely when it is hardest.

“Do not let your hearts be troubled.” Why? Because “In my Father's house there are many dwelling places.” Because “I am the way, and the truth, and the life.” Because the One who speaks these words has already entered into the deepest trouble of the human heart—and has brought it to the Father.

The invitation from Jesus is simple, but not easy: When your heart is troubled, do not stay there. Turn. Turn to the Father. Turn in prayer. Turn in trust. Because every moment of crisis—every moment of a troubled heart—is also an opportunity: an opportunity to deepen our faith, to

place our lives more fully in God's hands, and to discover that he is already there, waiting for us.

If we learn to do that—if we learn to bring even our troubled hearts to Him—then those very moments we would most want to avoid may become the very places where we come to know Jesus most deeply. They may become sources for renewed hope and deeper faith.

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