

Being Troubled or Disquieted (Greek Word Study)

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Introduction

In this lesson, we focus upon a Greek word family which communicates the concept of being troubled or disquieted. These words describe physical disturbances, such as the stirring up of water that is usually quiet. They also depict disturbances of the spirit. Sometimes our minds are troubled, our souls disquieted, our spirits thrown into a state of confusion. Let us consider the causes of spiritual turmoil, and note the divine prescription for inner peace.

- The Greek verb *tarassō*, occurring 18x in the NT, means “to stir up, to trouble.”
- The related noun *tarachē*, occurring once, refers to “a disturbance, stirring up.”
- The noun *tarachos*, occurring twice, refers to “disturbance, trouble.”

The Verb Tarassō

Thomas defines *παράσσω* [*tarassō*] as “to stir up, to trouble” [5015]. BDAG say it means “(1) to cause movement by shaking or stirring, shake together, stir up of water; (2) to cause inward turmoil, stir up, disturb, unsettle, throw into confusion, fig. ext. of 1.” This word occurs 18x in the NT (Matt. 2:3; 14:26; Mark 6:50; Luke 1:12; 24:38; John 5:4, 7; 11:33; 12:27; 13:21; 14:1, 27; Acts 15:24; 17:8, 13; Gal. 1:7; 5:10; 1 Pet. 3:14).

*Matthew 2:3 ... 3 When Herod the king heard this, he was ***troubled**, and all Jerusalem with him. (NASB95)*

*Matthew 14:26 ... 26 When the disciples saw Him walking on the sea, they were ***terrified**, and said, “It is a ghost!” And they cried out in fear. (NASB95)*

*Mark 6:50 ... 50 for they all saw Him and were ***terrified**. But immediately He spoke with them and said to them, “Take courage; it is I, do not be afraid.” (NASB95)*

*Luke 1:12 ... 12 Zacharias was ***troubled** when he saw the angel, and fear gripped him. (NASB95)*

*Luke 24:38 ... 38 And He said to them, “Why are you ***troubled**, and why do doubts arise in your hearts? (NASB95)*

*John 5:4 ... 4 for an angel of the Lord went down at certain seasons into the pool and ***stirred** up the water; whoever then first, after the stirring up of the water, stepped in was made well from whatever disease with which he was afflicted.] (NASB95)*

*John 5:7 ... 7 The sick man answered Him, “Sir, I have no man to put me into the pool when the water is ***stirred** up, but while I am coming, another steps down before me.” (NASB95)*

*John 11:33 ... 33 When Jesus therefore saw her weeping, and the Jews who came with her also weeping, He was deeply moved in spirit and was ***troubled**, (NASB95)*

*John 12:27 ... 27 “Now My soul has become ***troubled**; and what shall I say, ‘Father, save Me from this hour’? But for this purpose I came to this hour. (NASB95)*

*John 13:21 ... 21 When Jesus had said this, He became ***troubled** in spirit, and testified and said, “Truly, truly, I say to you, that one of you will betray Me.” (NASB95)*

*John 14:1 ... 1 “Do not let your heart be ***troubled**; believe in God, believe also in Me. (NASB95)*

*John 14:27 ... 27 “Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be ***troubled**, nor let it be fearful. (NASB95)*

*Acts 15:24 ... 24 “Since we have heard that some of our number to whom we gave no instruction have ***disturbed** you with their words, unsettling your souls, (NASB95)*

*Acts 17:8 ... 8 They ***stirred** up the crowd and the city authorities who heard these things. (NASB95)*

*Acts 17:13 ... 13 But when the Jews of Thessalonica found out that the word of God had been proclaimed by Paul in Berea also, they came there as well, agitating and ***stirring** up the crowds. (NASB95)*

*Galatians 1:7 ... 7 which is really not another; only there are some who are ***disturbing** you and want to distort the gospel of Christ. (NASB95)*

*Galatians 5:10 ... 10 I have confidence in you in the Lord that you will adopt no other view; but the one who is ***disturbing** you will bear his judgment, whoever he is. (NASB95)*

*1 Peter 3:14 ... 14 But even if you should suffer for the sake of righteousness, you are blessed. And do not fear their intimidation, and do not be ***troubled**, (NASB95)*

The Noun Tarachē

Thomas defines παραχή [tarachē] as from *tarassō*, meaning “a disturbance, stirring up” [5016]. BDAG say this word, used “generally in reference to a disturbance of the usual order,” identifies

“(1) movement of something caused by stirring, stirring up of water which was usually quiet; (2) inward disturbance, perplexity, disquietude, fig. ext. of 1; (3) upset of normal civic relations, disturbance, tumult, rebellion, fig. ext. of 1.” This word occurs 1x in the NT (John 5:4).

*John 5:4 ... 4 for an angel of the Lord went down at certain seasons into the pool and stirred up the water; whoever then first, after the ***stirring** up of the water, stepped in was made well from whatever disease with which he was afflicted.] (NASB95)*

The Noun Tarachos

Thomas defines τάραχος [tarachos] as a later form of tarachē [disorder], meaning “disturbance, trouble” [5017]. BDAG say it refers to “(1) a state of mental agitation; (2) a state of civic unrest, disturbance, commotion.” This word occurs 2x in the NT (Acts 12:18; 19:23).

*Acts 12:18 ... 18 Now when day came, there was no small ***disturbance** among the soldiers as to what could have become of Peter. (NASB95)*

*Acts 19:23 ... 23 About that time there occurred no small ***disturbance** concerning the Way. (NASB95)*

Normal Usage

Physical Disturbances

These words describe physical disturbances, like the miraculous stirring of the water at the Pool of Bethesda (John 5:1-9, esp. vs. 4 & 7).

*John 5:1-9 ... 1 After these things there was a feast of the Jews, and Jesus went up to Jerusalem. 2 Now there is in Jerusalem by the sheep gate a pool, which is called in Hebrew Bethesda, having five porticoes. 3 In these lay a multitude of those who were sick, blind, lame, and withered, [waiting for the moving of the waters; 4 for an angel of the Lord went down at certain seasons into the pool and ***stirred** up the water; whoever then first, after the ***stirring** up of the water, stepped in was made well from whatever disease with which he was afflicted.] 5 A man was there who had been ill for thirty-eight years. 6 When Jesus saw him lying there, and knew that he had already been a long time in that condition, He said to him, “Do you wish to get well?” 7 The sick man answered Him, “Sir, I have no man to put me into the pool when the water is ***stirred** up, but while I am coming, another steps down before me.” 8 Jesus said to him, “Get up, pick up your pallet and walk.” 9 Immediately the man became well, and picked up his pallet and began to walk. Now it was the Sabbath on that day. (NASB95)*

Emotional Disturbances

They also describe emotional disturbances, occasioned by surprise or alarm, such as the disciples’ response to Jesus walking on the water (Matt. 14:22-27, esp. vs. 26; Mark 6:45-52,

esp. vs. 50), Zacharias' response to the appearance of the angel (Luke 1:8-17, esp. vs. 12), or the soldiers' response to Peter's disappearance from prison (Acts 12:1-19, esp. vs. 18).

*Matthew 14:22-27 ... 22 Immediately He made the disciples get into the boat and go ahead of Him to the other side, while He sent the crowds away. 23 After He had sent the crowds away, He went up on the mountain by Himself to pray; and when it was evening, He was there alone. 24 But the boat was already a long distance from the land, battered by the waves; for the wind was contrary. 25 And in the fourth watch of the night He came to them, walking on the sea. 26 When the disciples saw Him walking on the sea, they were ***terrified**, and said, "It is a ghost!" And they cried out in fear. 27 But immediately Jesus spoke to them, saying, "Take courage, it is I; do not be afraid." (NASB95)*

*Mark 6:45-52 ... 45 Immediately Jesus made His disciples get into the boat and go ahead of Him to the other side to Bethsaida, while He Himself was sending the crowd away. 46 After bidding them farewell, He left for the mountain to pray. 47 When it was evening, the boat was in the middle of the sea, and He was alone on the land. 48 Seeing them straining at the oars, for the wind was against them, at about the fourth watch of the night He came to them, walking on the sea; and He intended to pass by them. 49 But when they saw Him walking on the sea, they supposed that it was a ghost, and cried out; 50 for they all saw Him and were ***terrified**. But immediately He spoke with them and said to them, "Take courage; it is I, do not be afraid." 51 Then He got into the boat with them, and the wind stopped; and they were utterly astonished, 52 for they had not gained any insight from the incident of the loaves, but their heart was hardened. (NASB95)*

*Luke 1:8-17 ... 8 Now it happened that while he was performing his priestly service before God in the appointed order of his division, 9 according to the custom of the priestly office, he was chosen by lot to enter the temple of the Lord and burn incense. 10 And the whole multitude of the people were in prayer outside at the hour of the incense offering. 11 And an angel of the Lord appeared to him, standing to the right of the altar of incense. 12 Zacharias was ***troubled** when he saw the angel, and fear gripped him. 13 But the angel said to him, "Do not be afraid, Zacharias, for your petition has been heard, and your wife Elizabeth will bear you a son, and you will give him the name John. 14 "You will have joy and gladness, and many will rejoice at his birth. 15 "For he will be great in the sight of the Lord; and he will drink no wine or liquor, and he will be filled with the Holy Spirit while yet in his mother's womb. 16 "And he will turn many of the sons of Israel back to the Lord their God. 17 "It is he who will go as a forerunner before Him in the spirit and power of Elijah, to turn the hearts of the fathers back to the children, and the disobedient to the attitude of the righteous, so as to make ready a people prepared for the Lord." (NASB95)*

Acts 12:1-19 ... 1 Now about that time Herod the king laid hands on some who belonged to the church in order to mistreat them. 2 And he had James the brother of John put to death with a sword. 3 When he saw that it pleased the Jews, he proceeded to arrest Peter also. Now it was during the days of Unleavened Bread. 4 When he had seized him, he put him in prison, delivering him to four squads of soldiers to guard him, intending after the Passover to bring him out before the people. 5 So Peter was kept in the prison, but prayer for him was being made fervently by the church to God. 6 On the very night when Herod

was about to bring him forward, Peter was sleeping between two soldiers, bound with two chains, and guards in front of the door were watching over the prison. 7 And behold, an angel of the Lord suddenly appeared and a light shone in the cell; and he struck Peter's side and woke him up, saying, "Get up quickly." And his chains fell off his hands. 8 And the angel said to him, "Gird yourself and put on your sandals." And he did so. And he said to him, "Wrap your cloak around you and follow me." 9 And he went out and continued to follow, and he did not know that what was being done by the angel was real, but thought he was seeing a vision. 10 When they had passed the first and second guard, they came to the iron gate that leads into the city, which opened for them by itself; and they went out and went along one street, and immediately the angel departed from him. 11 When Peter came to himself, he said, "Now I know for sure that the Lord has sent forth His angel and rescued me from the hand of Herod and from all that the Jewish people were expecting." 12 And when he realized this, he went to the house of Mary, the mother of John who was also called Mark, where many were gathered together and were praying. 13 When he knocked at the door of the gate, a servant-girl named Rhoda came to answer. 14 When she recognized Peter's voice, because of her joy she did not open the gate, but ran in and announced that Peter was standing in front of the gate. 15 They said to her, "You are out of your mind!" But she kept insisting that it was so. They kept saying, "It is his angel." 16 But Peter continued knocking; and when they had opened the door, they saw him and were amazed. 17 But motioning to them with his hand to be silent, he described to them how the Lord had led him out of the prison. And he said, "Report these things to James and the brethren." Then he left and went to another place. 18 Now when day came, there was no small ***disturbance** among the soldiers as to what could have become of Peter. 19 When Herod had searched for him and had not found him, he examined the guards and ordered that they be led away to execution. Then he went down from Judea to Caesarea and was spending time there. (NASB95)

Sinful Disturbances

Selfish Discontent

King Herod demonstrated selfish discontent upon hearing of the Messiah's birth (Matt. 2:1-23, esp. vs. 3). Let us avoid the sin of bitterness, jealousy and envy (James 3:13-18).

*Matthew 2:1-23 ... 1 Now after Jesus was born in Bethlehem of Judea in the days of Herod the king, magi from the east arrived in Jerusalem, saying, 2 "Where is He who has been born King of the Jews? For we saw His star in the east and have come to worship Him." 3 When Herod the king heard this, he was ***troubled**, and all Jerusalem with him. 4 Gathering together all the chief priests and scribes of the people, he inquired of them where the Messiah was to be born. 5 They said to him, "In Bethlehem of Judea; for this is what has been written by the prophet: 6 'And you, Bethlehem, land of Judah, Are by no means least among the leaders of Judah; For out of you shall come forth a Ruler Who will shepherd My people Israel.' " 7 Then Herod secretly called the magi and determined from them the exact time the star appeared. 8 And he sent them to Bethlehem and said, "Go and search carefully for the Child; and when you have found Him, report to me, so that I too may come and worship Him." 9 After hearing the king, they went their way;*

and the star, which they had seen in the east, went on before them until it came and stood over the place where the Child was. 10 When they saw the star, they rejoiced exceedingly with great joy. 11 After coming into the house they saw the Child with Mary His mother; and they fell to the ground and worshiped Him. Then, opening their treasures, they presented to Him gifts of gold, frankincense, and myrrh. 12 And having been warned by God in a dream not to return to Herod, the magi left for their own country by another way. 13 Now when they had gone, behold, an angel of the Lord appeared to Joseph in a dream and said, "Get up! Take the Child and His mother and flee to Egypt, and remain there until I tell you; for Herod is going to search for the Child to destroy Him." 14 So Joseph got up and took the Child and His mother while it was still night, and left for Egypt. 15 He remained there until the death of Herod. This was to fulfill what had been spoken by the Lord through the prophet: "Out of Egypt I called My Son." 16 Then when Herod saw that he had been tricked by the magi, he became very enraged, and sent and slew all the male children who were in Bethlehem and all its vicinity, from two years old and under, according to the time which he had determined from the magi. 17 Then what had been spoken through Jeremiah the prophet was fulfilled: 18 "A voice was heard in Ramah, Weeping and great mourning, Rachel weeping for her children; And she refused to be comforted, Because they were no more." 19 But when Herod died, behold, an angel of the Lord appeared in a dream to Joseph in Egypt, and said, 20 "Get up, take the Child and His mother, and go into the land of Israel; for those who sought the Child's life are dead." 21 So Joseph got up, took the Child and His mother, and came into the land of Israel. 22 But when he heard that Archelaus was reigning over Judea in place of his father Herod, he was afraid to go there. Then after being warned by God in a dream, he left for the regions of Galilee, 23 and came and lived in a city called Nazareth. This was to fulfill what was spoken through the prophets: "He shall be called a Nazarene." (NASB95)

James 3:13-18 ... 13 Who among you is wise and understanding? Let him show by his good behavior his deeds in the gentleness of wisdom. 14 But if you have bitter jealousy and selfish ambition in your heart, do not be arrogant and so lie against the truth. 15 This wisdom is not that which comes down from above, but is earthly, natural, demonic. 16 For where jealousy and selfish ambition exist, there is disorder and every evil thing. 17 But the wisdom from above is first pure, then peaceable, gentle, reasonable, full of mercy and good fruits, unwavering, without hypocrisy. 18 And the seed whose fruit is righteousness is sown in peace by those who make peace. (NASB95)

Opposing Truth

Unbelieving Jews opposed the truth by stirring up the crowds in Thessalonica and Berea (Acts 17:1-15, esp. vs. 8 & 13).

Acts 17:1-15 ... 1 Now when they had traveled through Amphipolis and Apollonia, they came to Thessalonica, where there was a synagogue of the Jews. 2 And according to Paul's custom, he went to them, and for three Sabbaths reasoned with them from the Scriptures, 3 explaining and giving evidence that the Christ had to suffer and rise again from the dead, and saying, "This Jesus whom I am proclaiming to you is the Christ." 4

*And some of them were persuaded and joined Paul and Silas, along with a large number of the God-fearing Greeks and a number of the leading women. 5 But the Jews, becoming jealous and taking along some wicked men from the market place, formed a mob and set the city in an uproar; and attacking the house of Jason, they were seeking to bring them out to the people. 6 When they did not find them, they began dragging Jason and some brethren before the city authorities, shouting, "These men who have upset the world have come here also; 7 and Jason has welcomed them, and they all act contrary to the decrees of Caesar, saying that there is another king, Jesus." 8 They ***stirred** up the crowd and the city authorities who heard these things. 9 And when they had received a pledge from Jason and the others, they released them. 10 The brethren immediately sent Paul and Silas away by night to Berea, and when they arrived, they went into the synagogue of the Jews. 11 Now these were more noble-minded than those in Thessalonica, for they received the word with great eagerness, examining the Scriptures daily to see whether these things were so. 12 Therefore many of them believed, along with a number of prominent Greek women and men. 13 But when the Jews of Thessalonica found out that the word of God had been proclaimed by Paul in Berea also, they came there as well, agitating and ***stirring** up the crowds. 14 Then immediately the brethren sent Paul out to go as far as the sea; and Silas and Timothy remained there. 15 Now those who escorted Paul brought him as far as Athens; and receiving a command for Silas and Timothy to come to him as soon as possible, they left. (NASB95)*

Demetrius the silversmith caused a great disturbance in Ephesus because of his opposition to the preaching of Paul (Acts 19:23-41, esp. vs. 23).

*Acts 19:23-41 ... 23 About that time there occurred no small ***disturbance** concerning the Way. 24 For a man named Demetrius, a silversmith, who made silver shrines of Artemis, was bringing no little business to the craftsmen; 25 these he gathered together with the workmen of similar trades, and said, "Men, you know that our prosperity depends upon this business. 26 "You see and hear that not only in Ephesus, but in almost all of Asia, this Paul has persuaded and turned away a considerable number of people, saying that gods made with hands are no gods at all. 27 "Not only is there danger that this trade of ours fall into disrepute, but also that the temple of the great goddess Artemis be regarded as worthless and that she whom all of Asia and the world worship will even be dethroned from her magnificence." 28 When they heard this and were filled with rage, they began crying out, saying, "Great is Artemis of the Ephesians!" 29 The city was filled with the confusion, and they rushed with one accord into the theater, dragging along Gaius and Aristarchus, Paul's traveling companions from Macedonia. 30 And when Paul wanted to go into the assembly, the disciples would not let him. 31 Also some of the Asiarchs who were friends of his sent to him and repeatedly urged him not to venture into the theater. 32 So then, some were shouting one thing and some another, for the assembly was in confusion and the majority did not know for what reason they had come together. 33 Some of the crowd concluded it was Alexander, since the Jews had put him forward; and having motioned with his hand, Alexander was intending to make a defense to the assembly. 34 But when they recognized that he was a Jew, a single outcry arose from them all as they shouted for about two hours, "Great is Artemis of the Ephesians!" 35 After quieting the crowd, the town clerk said, "Men of Ephesus, what man is there after all who does not know that the city of the Ephesians is guardian of the temple of the great*

Artemis and of the image which fell down from heaven? 36 “So, since these are undeniable facts, you ought to keep calm and to do nothing rash. 37 “For you have brought these men here who are neither robbers of temples nor blasphemers of our goddess. 38 “So then, if Demetrius and the craftsmen who are with him have a complaint against any man, the courts are in session and proconsuls are available; let them bring charges against one another. 39 “But if you want anything beyond this, it shall be settled in the lawful assembly. 40 “For indeed we are in danger of being accused of a riot in connection with today’s events, since there is no real cause for it, and in this connection we will be unable to account for this disorderly gathering.” 41 After saying this he dismissed the assembly. (NASB95)

In contrast with those who do not manifest a love of the truth so as to be saved, let us believe and obey the truth (2 Thess. 2:10-15).

2 Thessalonians 2:10-15 ... 10 and with all the deception of wickedness for those who perish, because they did not receive the love of the truth so as to be saved. 11 For this reason God will send upon them a deluding influence so that they will believe what is false, 12 in order that they all may be judged who did not believe the truth, but took pleasure in wickedness. 13 But we should always give thanks to God for you, brethren beloved by the Lord, because God has chosen you from the beginning for salvation through sanctification by the Spirit and faith in the truth. 14 It was for this He called you through our gospel, that you may gain the glory of our Lord Jesus Christ. 15 So then, brethren, stand firm and hold to the traditions which you were taught, whether by word of mouth or by letter from us. (NASB95)

False Teachers

False teachers, such as the Judaizers, disturb the brethren by distorting the pure gospel (Acts 15:22-29, esp. vs. 24; Gal. 1:6-9, esp. vs. 7; 5:7-12, esp. vs. 10).

*Acts 15:22-29 ... 22 Then it seemed good to the apostles and the elders, with the whole church, to choose men from among them to send to Antioch with Paul and Barnabas— Judas called Barsabbas, and Silas, leading men among the brethren, 23 and they sent this letter by them, “The apostles and the brethren who are elders, to the brethren in Antioch and Syria and Cilicia who are from the Gentiles, greetings. 24 “Since we have heard that some of our number to whom we gave no instruction have ***disturbed** you with their words, unsettling your souls, 25 it seemed good to us, having become of one mind, to select men to send to you with our beloved Barnabas and Paul, 26 men who have risked their lives for the name of our Lord Jesus Christ. 27 “Therefore we have sent Judas and Silas, who themselves will also report the same things by word of mouth. 28 “For it seemed good to the Holy Spirit and to us to lay upon you no greater burden than these essentials: 29 that you abstain from things sacrificed to idols and from blood and from things strangled and from fornication; if you keep yourselves free from such things, you will do well. Farewell.” (NASB95)*

Galatians 1:6-9 ... 6 I am amazed that you are so quickly deserting Him who called you by the grace of Christ, for a different gospel; 7 which is really not another; only there are

*some who are ***disturbing** you and want to distort the gospel of Christ. 8 But even if we, or an angel from heaven, should preach to you a gospel contrary to what we have preached to you, he is to be accursed! 9 As we have said before, so I say again now, if any man is preaching to you a gospel contrary to what you received, he is to be accursed! (NASB95)*

*Galatians 5:7-12 ... 7 You were running well; who hindered you from obeying the truth? 8 This persuasion did not come from Him who calls you. 9 A little leaven leavens the whole lump of dough. 10 I have confidence in you in the Lord that you will adopt no other view; but the one who is ***disturbing** you will bear his judgment, whoever he is. 11 But I, brethren, if I still preach circumcision, why am I still persecuted? Then the stumbling block of the cross has been abolished. 12 I wish that those who are troubling you would even mutilate themselves. (NASB95)*

Rather, let us hold fast the faithful word which is in accordance with the teaching, to exhort in sound doctrine and refute those who contradict (Titus 1:9-16).

Titus 1:9-16 ... 9 holding fast the faithful word which is in accordance with the teaching, so that he will be able both to exhort in sound doctrine and to refute those who contradict. 10 For there are many rebellious men, empty talkers and deceivers, especially those of the circumcision, 11 who must be silenced because they are upsetting whole families, teaching things they should not teach for the sake of sordid gain. 12 One of themselves, a prophet of their own, said, "Cretans are always liars, evil beasts, lazy gluttons." 13 This testimony is true. For this reason reprove them severely so that they may be sound in the faith, 14 not paying attention to Jewish myths and commandments of men who turn away from the truth. 15 To the pure, all things are pure; but to those who are defiled and unbelieving, nothing is pure, but both their mind and their conscience are defiled. 16 They profess to know God, but by their deeds they deny Him, being detestable and disobedient and worthless for any good deed. (NASB95)

The Example of Christ

The Death of Lazarus

In connection with the death of Lazarus, Jesus demonstrated compassion (John 11:30-44; Heb. 4:14-16).

*John 11:30-44 ... 30 Now Jesus had not yet come into the village, but was still in the place where Martha met Him. 31 Then the Jews who were with her in the house, and consoling her, when they saw that Mary got up quickly and went out, they followed her, supposing that she was going to the tomb to weep there. 32 Therefore, when Mary came where Jesus was, she saw Him, and fell at His feet, saying to Him, "Lord, if You had been here, my brother would not have died." 33 When Jesus therefore saw her weeping, and the Jews who came with her also weeping, He was deeply moved in spirit and was ***troubled**, 34 and said, "Where have you laid him?" They said to Him, "Lord, come and see." 35 Jesus wept. 36 So the Jews were saying, "See how He loved him!" 37 But some*

of them said, "Could not this man, who opened the eyes of the blind man, have kept this man also from dying?" 38 So Jesus, again being deeply moved within, came to the tomb. Now it was a cave, and a stone was lying against it. 39 Jesus said, "Remove the stone." Martha, the sister of the deceased, said to Him, "Lord, by this time there will be a stench, for he has been dead four days." 40 Jesus said to her, "Did I not say to you that if you believe, you will see the glory of God?" 41 So they removed the stone. Then Jesus raised His eyes, and said, "Father, I thank You that You have heard Me. 42 "I knew that You always hear Me; but because of the people standing around I said it, so that they may believe that You sent Me." 43 When He had said these things, He cried out with a loud voice, "Lazarus, come forth." 44 The man who had died came forth, bound hand and foot with wrappings, and his face was wrapped around with a cloth. Jesus said to them, "Unbind him, and let him go." (NASB95)

Hebrews 4:14-16 ... 14 Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. 15 For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. 16 Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need. (NASB95)

The Passion of Jesus

In contemplating the cross, Jesus demonstrated conviction (John 12:27-33; Heb. 2:14-18).

John 12:27-33 ... 27 "Now My soul has become ***troubled**; and what shall I say, 'Father, save Me from this hour'? But for this purpose I came to this hour. 28 "Father, glorify Your name." Then a voice came out of heaven: "I have both glorified it, and will glorify it again." 29 So the crowd of people who stood by and heard it were saying that it had thundered; others were saying, "An angel has spoken to Him." 30 Jesus answered and said, "This voice has not come for My sake, but for your sakes. 31 "Now judgment is upon this world; now the ruler of this world will be cast out. 32 "And I, if I am lifted up from the earth, will draw all men to Myself." 33 But He was saying this to indicate the kind of death by which He was to die. (NASB95)

Hebrews 2:14-18 ... 14 Therefore, since the children share in flesh and blood, He Himself likewise also partook of the same, that through death He might render powerless him who had the power of death, that is, the devil, 15 and might free those who through fear of death were subject to slavery all their lives. 16 For assuredly He does not give help to angels, but He gives help to the descendant of Abraham. 17 Therefore, He had to be made like His brethren in all things, so that He might become a merciful and faithful high priest in things pertaining to God, to make propitiation for the sins of the people. 18 For since He Himself was tempted in that which He has suffered, He is able to come to the aid of those who are tempted. (NASB95)

The Betrayal of Christ

In announcing the betrayal, Jesus demonstrated consternation (John 13:21-30; Ps. 41:9; 55:12-15).

*John 13:21-30 ... 21 When Jesus had said this, He became ***troubled** in spirit, and testified and said, “Truly, truly, I say to you, that one of you will betray Me.” 22 The disciples began looking at one another, at a loss to know of which one He was speaking. 23 There was reclining on Jesus’ bosom one of His disciples, whom Jesus loved. 24 So Simon Peter gestured to him, and said to him, “Tell us who it is of whom He is speaking.” 25 He, leaning back thus on Jesus’ bosom, said to Him, “Lord, who is it?” 26 Jesus then answered, “That is the one for whom I shall dip the morsel and give it to him.” So when He had dipped the morsel, He took and gave it to Judas, the son of Simon Iscariot. 27 After the morsel, Satan then entered into him. Therefore Jesus said to him, “What you do, do quickly.” 28 Now no one of those reclining at the table knew for what purpose He had said this to him. 29 For some were supposing, because Judas had the money box, that Jesus was saying to him, “Buy the things we have need of for the feast”; or else, that he should give something to the poor. 30 So after receiving the morsel he went out immediately; and it was night. (NASB95)*

Psalm 41:9 ... 9 Even my close friend in whom I trusted, Who ate my bread, Has lifted up his heel against me. (NASB95)

Psalm 55:12-15 ... 12 For it is not an enemy who reproaches me, Then I could bear it; Nor is it one who hates me who has exalted himself against me, Then I could hide myself from him. 13 But it is you, a man my equal, My companion and my familiar friend; 14 We who had sweet fellowship together Walked in the house of God in the throng. 15 Let death come deceitfully upon them; Let them go down alive to Sheol, For evil is in their dwelling, in their midst. (NASB95)

The Counsel of Christ

Trust in the Lord’s promises (John 14:1-6).

*John 14:1-6 ... 1 “Do not let your heart be ***troubled**; believe in God, believe also in Me. 2 “In My Father’s house are many dwelling places; if it were not so, I would have told you; for I go to prepare a place for you. 3 “If I go and prepare a place for you, I will come again and receive you to Myself, that where I am, there you may be also. 4 “And you know the way where I am going.” 5 Thomas said to Him, “Lord, we do not know where You are going, how do we know the way?” 6 Jesus said to him, “I am the way, and the truth, and the life; no one comes to the Father but through Me. (NASB95)*

Trust in the Lord’s provision (John 14:25-31).

John 14:25-31 ... 25 “These things I have spoken to you while abiding with you. 26 “But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all that I said to you. 27 “Peace I leave with you;

*My peace I give to you; not as the world gives do I give to you. Do not let your heart be ***troubled**, nor let it be fearful. 28 “You heard that I said to you, ‘I go away, and I will come to you.’ If you loved Me, you would have rejoiced because I go to the Father, for the Father is greater than I. 29 “Now I have told you before it happens, so that when it happens, you may believe. 30 “I will not speak much more with you, for the ruler of the world is coming, and he has nothing in Me; 31 but so that the world may know that I love the Father, I do exactly as the Father commanded Me. Get up, let us go from here. (NASB95)*

Trust in times of perplexity (Luke 24:36-49).

*Luke 24:36-49 ... 36 While they were telling these things, He Himself stood in their midst and said to them, “Peace be to you.” 37 But they were startled and frightened and thought that they were seeing a spirit. 38 And He said to them, “Why are you ***troubled**, and why do doubts arise in your hearts? 39 “See My hands and My feet, that it is I Myself; touch Me and see, for a spirit does not have flesh and bones as you see that I have.” 40 And when He had said this, He showed them His hands and His feet. 41 While they still could not believe it because of their joy and amazement, He said to them, “Have you anything here to eat?” 42 They gave Him a piece of a broiled fish; 43 and He took it and ate it before them. 44 Now He said to them, “These are My words which I spoke to you while I was still with you, that all things which are written about Me in the Law of Moses and the Prophets and the Psalms must be fulfilled.” 45 Then He opened their minds to understand the Scriptures, 46 and He said to them, “Thus it is written, that the Christ would suffer and rise again from the dead the third day, 47 and that repentance for forgiveness of sins would be proclaimed in His name to all the nations, beginning from Jerusalem. 48 “You are witnesses of these things. 49 “And behold, I am sending forth the promise of My Father upon you; but you are to stay in the city until you are clothed with power from on high.” (NASB95)*

Trust in times of persecution (1 Pet. 3:13-22).

*1 Peter 3:13-22 ... 13 Who is there to harm you if you prove zealous for what is good? 14 But even if you should suffer for the sake of righteousness, you are blessed. And do not fear their intimidation, and do not be ***troubled**, 15 but sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence; 16 and keep a good conscience so that in the thing in which you are slandered, those who revile your good behavior in Christ will be put to shame. 17 For it is better, if God should will it so, that you suffer for doing what is right rather than for doing what is wrong. 18 For Christ also died for sins once for all, the just for the unjust, so that He might bring us to God, having been put to death in the flesh, but made alive in the spirit; 19 in which also He went and made proclamation to the spirits now in prison, 20 who once were disobedient, when the patience of God kept waiting in the days of Noah, during the construction of the ark, in which a few, that is, eight persons, were brought safely through the water. 21 Corresponding to that, baptism now saves you—not the removal of dirt from the flesh, but an appeal to God for a good conscience—through the resurrection of Jesus Christ, 22*

who is at the right hand of God, having gone into heaven, after angels and authorities and powers had been subjected to Him. (NASB95)

Conclusion

Let us develop the faith and fortitude to handle those occasions when turmoil invades our lives (Isa. 26:1-4; John 16:33). Shunning selfish attitudes that give rise to sinful conflict, may we devote ourselves to pursuing the path of peace (Phil. 4:4-9; Col. 3:12-17).

Isaiah 26:1-4 ... 1 In that day this song will be sung in the land of Judah: "We have a strong city; He sets up walls and ramparts for security. 2 "Open the gates, that the righteous nation may enter, The one that remains faithful. 3 "The steadfast of mind You will keep in perfect peace, Because he trusts in You. 4 "Trust in the Lord forever, For in God the Lord, we have an everlasting Rock. (NASB95)

John 16:33 ... 33 "These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world." (NASB95)

Philippians 4:4-9 ... 4 Rejoice in the Lord always; again I will say, rejoice! 5 Let your gentle spirit be known to all men. The Lord is near. 6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. 8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. 9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you. (NASB95)

Colossians 3:12-17 ... 12 So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness and patience; 13 bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so also should you. 14 Beyond all these things put on love, which is the perfect bond of unity. 15 Let the peace of Christ rule in your hearts, to which indeed you were called in one body; and be thankful. 16 Let the word of Christ richly dwell within you, with all wisdom teaching and admonishing one another with psalms and hymns and spiritual songs, singing with thankfulness in your hearts to God. 17 Whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks through Him to God the Father. (NASB95)