

Being Troubled or Disquieted

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

Normal Usage

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). 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).

Sinful Disturbances

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).

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

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). 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).

The Example of Christ

In connection with the death of Lazarus, Jesus demonstrated compassion (John 11:30-44; Heb. 4:14-16). In contemplating the cross, Jesus demonstrated conviction (John 12:27-33; Heb. 2:14-18). In announcing the betrayal, Jesus demonstrated consternation (John 13:21-30; Ps. 41:9; 55:12-15).

The Counsel of Christ

Trust in the Lord's promises (John 14:1-6). Trust in the Lord's provision (John 14:25-31). Trust in times of perplexity (Luke 24:36-49). Trust in times of persecution (1 Pet. 3:13-22).

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).