



Take Heart

Day 1: Refrain

In this world you will have trouble
But I have overcome the world

Scripture Reference

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

- *John 16:33*



We'll start this week studying the scripture that arguably serves as the central theme of our song. It seems only fitting for it to be the central theme of our week. We would be amiss if we didn't begin our week on this scripture and return to it each day. Let's start with some context. John's Gospel was written to new Christians and searching non-Christians. He focuses his Gospel on a few key themes, two of those being 1) Jesus' identity as the Messiah and 2) that we may believe Jesus' identity. Take a moment to read John 20:31.

What does it mean to you that Jesus is your Messiah? What does it mean that He is your Savior? How does His identity impact your daily life? How does your life reflect your belief in Jesus' identity? How does your life reflect any doubts or uncertainties?

Our scripture today comes right after the disciples profess to finally understand who Jesus truly is. Jesus even declares "You believe at last!" See John's theme coming into play here? The disciples recognized that Jesus knew all things and came from God (16:30). Grasping the knowledge, power, and identity of Jesus is vital to our growth in relationship with Him this week and beyond.

In what areas have you recognized Jesus's knowledge and power? Have you ever experienced a moment in your relationship with Jesus where you just got it – or, as Jesus said, you believed at last? In what areas are you not recognizing or trusting in His knowledge or power? Why do you think these areas exist or that you struggle in them?



As we'll continue to discuss this week, it seems like we all live in times where fear steals the headlines in our lives and in the world. Whether that's now, in the past, or in the future, there will be seasons where we awake realizing that nothing will be the same as it was yesterday. Jesus himself in this scripture tells us that in this world we will have trouble. Even as believers, we are not exempt from this trouble.

Today, let's focus on past troubles. What trouble have you experienced previously? Spend some time speaking to Jesus about these troubles. Have you ever had a moment that you just knew life would never be the same? Share your heart with Jesus about the seasons of trouble you have experienced.

What's the good news Jesus gives us, though? Take heart, He has overcome the world. Jesus himself overcame death – the grave had no hold on Him. Through His death and resurrection, we gain eternal life. Before that, though, He includes that He tells us all these things, so that, in Him, we may have peace. Not only has He overcome the world, but He gives us peace. But we must not miss a key piece to that peace...in Him. Through our understanding, belief, and trust in Him is how we find that peace.

What does it mean to you personally that Jesus overcame the world, death, and the grave? What does it mean to you that Jesus gives you peace? Do you seek that peace? End today asking the Holy Spirit to shed more light and insight this week into who Jesus is, what He has done for you, and how you can trust Him.
