



“When the Heart Gets Crowded”

May 3, 2026

Text: John 14:1–14

In John 14:1–14, Jesus spoke to his disciples at a time when their hearts were deeply troubled. The night before his crucifixion, confusion and fear filled the room. Jesus had spoken about betrayal, denial, and his coming departure. The disciples sensed that something terrible was approaching, but they did not yet understand its meaning. Into that anxiety, Jesus spoke simple but powerful words: “Do not let your hearts be troubled. Believe in God, believe also in me.”

The sermon begins with a familiar human experience: the feeling of a house that slowly becomes too full. Over time, things accumulate until the space feels crowded and difficult to live in. In much the same way, our lives can become crowded with worries, fears, expectations, and attempts to control the future. When uncertainty grows, we often try to secure ourselves by organizing more, planning more, or adding new spiritual practices, hoping they will calm our anxiety.

Jesus addresses this very human tendency. When fear takes over, we look for security in things we can manage rather than trusting Christ. The disciples themselves are struggling with this. Thomas asks how they can know the way, and Philip asks to see the Father. In response, Jesus reveals something profound: he himself is the way, the truth, and the life. The answer to their troubled hearts is not a strategy or technique. It is a relationship with him.

The gospel clarifies that peace does not come from trying harder or gaining greater control over life. Effort alone can add even more clutter to the soul. Instead, Jesus calls his followers to trust. Willpower cannot force real trust in God. It grows as Christ reshapes our lives.

Even when our trust falters, Christ remains faithful. He walks the path of obedience all the way to the cross and, through the resurrection, reveals the fullness of God’s love and faithfulness.

The sermon concludes with a simple invitation. Just as people sometimes clear clutter from their homes, scripture encourages us to notice what we may hold on to in life that keeps us from deeper trust in Christ. By letting go of what crowds our hearts, we make room for the peace that Christ offers.