

MY EMERGENCY NUMBER - John 14:26

I AM UPSET

If you haven't been upset lately, you are a very blessed person. Getting upset can be triggered by another person, by your own reaction to something, or just your surroundings. Being upset does not necessarily mean being mad. You could be stressing inside.

1. How do you react at times like this? _____

2. What did Jesus say in John 14:1? _____

What comforting words. Jesus assumed we would get upset. It's going to happen; don't beat yourself up. Also in John 14:1, He said, "Believe in Me." (I've got your back)

3. Write out John 14:2. _____

Jesus assures us that He will get there before we do. He is preparing mansions in heaven. He is also preparing us for each step we take, each situation we face.

4. How did Jesus Himself in John 14:6? _____

This is a famous verse. He knows the way He is leading us through life; He knows why we are going that way; He knows how this will affect our lives in the future. Being upset because of a life event is actually a direction God may be taking us.

5. During these events, what is God doing in us? (John 14:12) _____

You mean to tell me that when something irritates me, God can use that in my growth? I may blow it this time. Maybe, the next time will be better. That's what God has in mind.

6. Even though we don't feel like it, what should we do during the time of being upset or irritated or "ticked off", etc? (John 14:13) _____

7. Philip asked Jesus to show him the Father in John 14:8. If I had been Jesus, I would have been upset with Philip for asking such a stupid question. How did Jesus handle it? _____

Philip could have been irritated thinking Jesus had not given them all the facts. Philip could just have been irritated because he was afraid of the future; he could be irritated at himself and then blame someone else.

8. **Jesus said that there was good news. Who was going to be available to all of us so that we could work through our irritations? (John 14:16)**
9. **Fill in the blanks for the following verse. (John 14:16)**
"And I will pray the Father, that He will give you another _____, that He may _____ with you forever."

If someone lives down the street from you, they may know some things about you, but not a lot of details. If that same person moved in with you, they would be nearer to you, they would hear you, they would see you, they would understand you better, they could even help.

God does that. The word "abide" means to move in with you.

10. **Fill in the blanks for John 14:26.**
"But the Helper, the _____, whom the Father will send in My name (in My place, on My behalf), He will _____ you all things, and bring to your _____ all things which I have _____ to you."
11. **What else do we get from the Holy Spirit? (John 14:27)**

When I am upset, I certainly am not thinking right. However, God is thinking right. He has lessons for you; He wants your character to grow; He wants the other person to see godliness in you. It is taught in some prison ministries that we must not settle for a reaction to someone or some event; we must purpose to respond to the person or event. We want a positive result. We want a pat on the back & a "well done" from God.

12. **Match the statements with the verses used in this lesson.**

God gives peace during stressful times. _____

He is doing work in our character. _____

God is way ahead & has our back. _____

God will teach us the right way to do things. _____

Being upset will happen. Learn from those times. _____