

# Take-Home · Session 1

*Let Not Your Hearts Be Troubled · John 14:1-7, 27*

## WHAT WE FOUND

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On Holy Thursday night, in a room full of dread, Jesus said "Let not your hearts be troubled; believe in God, believe also in me." Then we went hunting and found something startling: John uses that same word, *troubled* (*tarasso*), of Jesus himself, three times: at the tomb of Lazarus (11:33), facing his hour (12:27), and announcing his betrayal (13:21). So the command cannot mean "never feel distress." The sinless One felt it. Jesus is not ordering an emotion out of existence; he is telling shaken hearts where to put their weight while shaking: on him. Fear says you are alone and the future is a void. He answers both: I am with you, and I have gone ahead of you into it (14:2-3). And honest confusion, spoken to his face, earned Thomas the words "I am the way, and the truth, and the life" (14:6). Bring him the question, not the performance.

## VOICES OF THE CHURCH

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**St. Augustine** (Confessions I.1): "You have made us for yourself, and our heart is restless until it rests in you." Beneath our particular worries is a heart built for God and not yet home; our restlessness lives inside a love story.

**St. Francis de Sales** (Introduction to the Devout Life IV.11) teaches that, sin alone excepted, anxiety is the greatest evil that can befall a soul, and counsels the opposite of self-condemnation: bring it gently and repeatedly to God, and do the one calm thing in front of you. He treats anxious disquiet as an affliction to be calmed, not as grounds for self-condemnation.

**Julian of Norwich** (Revelations of Divine Love, Long Text ch. 27; the Catechism cites her at CCC 313): "All shall be well, and all shall be well, and all manner of thing shall be well." Not a promise that nothing hard will happen; a promise about how the story ends, and who holds it.

## MY GUESS (SEALED)

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Tonight you wrote and sealed your answer to the study's central question: **Is anxiety a sin?** Your envelope is safe. We open them together at Session 4. Until then, let the question stay open; watch for evidence.

## LIVE IT THIS WEEK

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- **Each night, one sentence.** Before sleep, pray one honest, unpolished sentence to Jesus about the day's heaviest thing.
- **Read the room where it was spoken.** Once this week, read John 13:21-14:7 in one sitting, slowly. It is Holy Thursday night.
- **Memorize:** "Let not your hearts be troubled; believe in God, believe also in me." (John 14:1). Carry it into one anxious moment.

**Before next session:** read Matthew 6:25-34, the birds and the lilies.

**Catechism this week:** CCC 30 and 45; CCC 478; CCC 313.

*A word to every reader: this study walks alongside professional care; it never replaces it. Therapy and medication are gifts of God through human reason, and using them is not a failure of faith.*