



Colossians 2:2-3

## *Staying Up Higher Ministry*

Additional Teachings

# Let Not Your Heart Be Troubled (John 14:1)

**JESUS,**  
**The Grain of Wheat**

**Let Not Your Heart  
Be Troubled**

**Behold,  
The LORD OF HOSTS**

Help One Child  
Family Conference

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*Well of Life Ministries*

Altha Burts

## Jesus said:

*"Let not your heart be troubled; you believe in God, believe also in Me."*

*Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free." John 8:31-32*

Every truth received prepares for the unfolding of more truth, and each brings its own liberating power.

I've entitled this morning's teaching "Let Not Your Heart Be Troubled, Behold the Lord of Hosts!" For those who have your Bible, turn with me to John 14:1.

Jesus says "Let not your hearts be troubled; you believe in God, believe also in Me."

I think it's an appropriate theme for us because, as you know, our hearts are often troubled by so many circumstances.

Now the circumstances surrounding Jesus and His disciples during this time really needs to be kept in mind. This heart-felt communication with His disciples was given on the last night before He died. The disciples were troubled in heart; they were bewildered and discouraged.

Now, let's look at their circumstances for a moment for in 'their' thinking they had much to be troubled about:

Jesus said to them in the course of their time together:

- That He was going away John 7:34, 8:21, 12:8, 35, 13:33
- That He was going to die John 12:22-32
- That one of the twelve was a traitor John 13:21
- That Peter would disown Him 3 times John 13:38
- That Satan was at work against all of them Luke 22:31-32
- That all the disciples would fall away Matthew 26:31

Now the combination of all of those revelations must have really depressed and frightened the disciples and we can certainly understand why their hearts were brought to such a condition.

Jesus knew 'their hearts' were troubled, so He gave them comfort. And He gave them comfort by giving them 'His Word' and promises to hold on to.

He gave them His word to help them come up higher in their thinking. He does the same for us.

There were many promises the Lord gave the disciples in order to comfort and strengthen them. There are so many, in His word, which He has given us as well.

- He assured His disciples that He was going to 'The Father's' house, to prepare a place for them and would be back to receive them unto Himself (John 14:3).
- He told them that He would not withdraw the miraculous powers He conferred on them.
- He would provide all that they needed to do the work that they were called to do. It is the same promise to us.

Jesus said:

*“And I will pray the Father, and He will give you another Helper, that He may abide with you forever; the Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you. I will not leave you orphans; I will come to you. A little while longer and the world will see Me no more, but you will see Me. Because I live, you will live also.”*

*John 14:16-19*

He would not leave them as orphans but He would return to them in possession of an endless life, a glorified life, which they would be partakers - partakers of a glorious life, **His life**.

The promises He has given to them He has also given to us. No wonder that He said, “Let not your heart be troubled, neither let it not be afraid!

He gave them ‘His word’ and He has done the same for us. He has given us His word and He asks us to believe Him to accomplish, on our behalf, what He says He will do.

He gave them promises on which to believe on.

He wanted them to believe on Him to care for their circumstances just as He tells us today to believe on Him for our own circumstances.

Now it seems pretty clear to me that He was calling forth faith from their hearts and that He is calling forth faith from our hearts as well. And, in this way as we grow in our faith in Him, we will begin to experience trouble free hearts. This is what He communicated to His disciples as well as what He is communicating to us.

As I was reflecting on these verses, two questions came to my mind:

1. What does it really mean to **believe** on Jesus?
2. How do I get to the place where my whole heart (not just my mind) believes on Him for all that goes on in my life?
  - To give me mental and bodily strength?
  - To guide me with my children?
  - To give me wisdom when I need it?
  - To give me rest when 24 hours is not enough time in the day?
  - To move in my child’s heart to ‘want’ to do the right thing?
  - To guide me in the everyday decisions of my life?

You might have asked the same question surrounding your personal life circumstances.

The first question was answered rather easily. I looked up 'believe' in the Greek. This word 'believe', in this context means,

*"The absolute transference of trust from oneself to another— nothing holding back. To believe (or to trust another) means to rest upon them, to trust them practically; to draw upon and avail oneself of all that is offered to us in them."*

This is the definition of the word believe in this context here in John 14. In essence He is saying "trust me to be to you all that I am", this is the essence of the definition of 'believe'.

Now, my second question is "How do I get to the place of such certainty?" This requires a little more thought on our parts.

The Holy Spirit impressed on my own heart that in order to get to the place of believing on Him, we need to "behold Him in His power." We need to contemplate, meditate, and ask Him to reveal Himself to us as the All-Powerful One. As the One who is perfectly capable of performing or bringing about all that He says in His word He will do on our behalf, and that He longs for us to look toward Him for all that we need.

Where do we start?

One way of becoming more conscious of His power is to look upon the universe that He not only brought into existence but also sustains it by the power of His word.

*"Lift up your eyes on high, and see who has created these things, who brings out their host by number; He calls them all by name, by the greatness of His might and the strength of His power; not one is missing." Isaiah 40:26*

*"For since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power..." Romans 1:20*

The Psalmist says, "God hath spoken once, twice have I heard this: that power belongeth unto God." (Psalm 62:11). Power belongeth unto God and to Him alone.

We can also come to a place of certainty through scripture that Jesus is able to perform, to bring about, all that He promises and it is by looking at a wonderful title given to Him in several passages. This title is "The Lord of Hosts".

In the Hebrew, Lord of Hosts is a name for God first used in the Old Testament passage I Samuel 1:3. It expresses the infinite resources and power with which God acts for His people. Jesus is the Lord of Hosts.

Not only Lord, but the Lord of Hosts. The Psalmist says

*Who is the King of glory? The Lord of hosts, He is the King of glory.*

He is not only Lord, but also the Lord of Hosts – plural.

The revelation of this truth to our heart, that Jesus is the Lord of Hosts, the All-Powerful Lord... This particular revelation of our Lord will move us toward to believe on Him for all things, in our lives.

He is the Lord of Hosts. What does the term 'hosts' mean? What does it include? Why is it in the plural?

We can be sure from scripture that this title communicates to us His absolute rulership over the entire universe.

But remember, not only that, scripture also communicates through this title that this same Jesus is ready at any moment to exercise His power on your behalf.

This is included in the title Lord of Hosts; it communicates the relationship between God and His people. It communicates not only His strength but also His desire and commitment to provide for us, for He is our Provision.

Now let us look more in depth at what it means to call Jesus the Lord of Hosts. Let us behold the scope of His sovereignty together and feel our faith rise as we grow in our knowledge of our God and Savior Jesus Christ and how He meets man's needs through His power.

Beholding Jesus in His power...

Jesus is sovereign in every realm:

- He is Lord of the angelic hosts above. Having created all angelic beings and they carry out His will and purpose on our behalf, as Hezekiah learned when one angel, at our Lord's command, slew 185,000 Assyrians (II Kings 19:35, Isaiah 37:36).
- Jesus is also the Lord of all feathered hosts of the sky. His power brought the birds into being and they willingly act as messengers when needed, as Elijah discovered when the ravens fed him (I Kings 17:1-6).
- Jesus is Lord over the elements as Moses and all of the children of Israel experienced when they walked on dry land through the parted walls of the Red Sea (Exodus 14:26-29). The wind blows where He pleases, "Then Jesus arose and rebuked the wind, and said to the sea, 'Peace, be still.' And the wind ceased and there was a great calm." The disciples expressed that even the winds and the sea obey Him (Mark 4:41).
- God is Lord over all human hosts and would have us cease from fearing man (Proverbs 21:1; Exodus 34:24)

Proverbs 21:1 "The king's heart is in the hand of the LORD, like the rivers of water; He turns it wherever He wishes" (Ephesians 1:1; James 4:13, 15; Proverbs 16:9; Psalm 31:15; 37:7).

- As to the hellish hosts, God is supreme over that realm as we see in the book of Job (Job 1:6-12; 2:1-6; Matthew 8:29; Mark 1:27).
- God is Lord of the animal hosts, as Daniel experienced when He closed the mouths of the lions (Daniel 6:22).
- God is likewise the Lord of all the stellar hosts: the sun, the moon, and the stars. They are His handiwork. Having created them, He controls them, as Joshua realized when God made the sun stand still as he fought to victory over the Amalekites (Joshua 10:13). "The heavens declare the glory (the power) of God" (Psalm 19:1).
- All heavenly bodies move at His bidding. "When they (the wise men) heard the king they departed; and behold, the star which they had seen in the East went before them." (God caused it) (Matthew 2:9).
- Light and darkness are controlled by Him, as Moses stretched out His hand toward heaven, at God's command, and there was darkness over the land of Egypt (Exodus 10:22).
- All of the alterations and variations of the elements are under God's care. The Psalmist says:

He sends out His command to the earth;  
His word runs very swiftly.  
He gives snow like wool;  
He scatters the frost like ashes;  
He casts His hail like morsels;  
Who can stand before His cold?  
He sends out His word and melts them;  
He causes His wind to blow, and the waters to flow.

(Psalm 147:15-18)

Can we count on Jesus? Yes, we can count on Jesus! We can count on Him for strength, wisdom, guidance, and emotional energy. We can count on Him for the supply of all our needs (Philippians 4:19). For He, Himself, is indeed our Resource.

But how can we arrive at such confidence, such expectation in Jesus? How do we come to 'this degree' of faith in Him?

*Faith cometh by hearing and hearing by the word of God. Romans 10:17*

Faith and confidence in Jesus is born by the Spirit through the word of God.

By seeing His absolute rulership over the universe as well as His desire to exercise His power on our behalf, His covenant promise to do so, we grew in our faith. Our faith grows as we beheld Jesus in His word.

Now if you are beginning to be excited about the Christ who we have been beholding this morning, the Lord of Hosts, the Omnipotent One:

- Who created the universe and calls each star by its name,
- Who created the angelic hosts and who presently carry out His will at His mere beckoning,
- Who is Lord over all human hosts and who holds the king's heart in His hand and turns it wherever He wishes,
- Who is sovereign over all hellish hosts whose powers are rendered inoperative,
- Who is sovereign over the animal and feathered hosts who do His bidding and obey His commands,
- Who sustains all stellar hosts; the sun, moon and stars moving at His will, keeping all things in perpetual order,
- Who tells the wind what to do and it obeys at the mere thought of His will.

Then you will equally be excited about the Christ who lives within you, if you have received Him as your Lord and Savior, because He is **exactly** the same Christ.

Our God and Savior Jesus Christ who we have been beholding in His Omnipotence, Majesty, and Almightyness has not changed!

*He is the same "yesterday, today, and forever"  
(Hebrews 13:8).*

And He indwells each of us who have received Him as Savior and Lord. And He desires for us to rely on His resources. God did not create man to be independent of himself but to draw from His Almighty resources and reflect His glory.

But perhaps you are saying, "Altha, I know, I have been a Christian for a long time. I know what the Bible says."

But do we really 'know' this? Are we as conscious of God as we are of the many other things in our lives?

- Our family
- Our children
- Our careers
- Our friends
- Our church body
- Our activities

- Our own resources:
  - Capacity
  - Capability
  - Training
  - Education
  - Finances
  - Family background

If we were more conscious of God, we would move more quickly toward ‘Him’ in time of need or better yet we would “be stayed on Him,” consistently acknowledge Him in every turn in life – all day long. This is what He is yearning for us to do.

If we were more God-conscious, we would be consistently mindful that we have a Divine Companion, eager and capable of meeting our needs at every juncture. We would trust Him to be to us all that He is.

*He who dwells in the secret place of the most High shall abide under the shadow of the Almighty (will remain stable and fixed under the shadow, ‘power’ of the Almighty). Psalm 91:1*

*You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.*

*Isaiah 26:3*

But now we must be honest and admit that in our thoughts and behaviors we demonstrate that God is oftentimes peripheral and not central in our lives. We know this to be true. We need to acknowledge this weakness, confess where we are, and ask the Lord to bring us higher, to move us more in the direction that our hearts really want to go.

So the question before us presently is how do we become more God-conscious? What direction does the Lord give us in order to move us toward such intimacy? ...Such awareness of His presence?

First, it requires the new birth. Turn with me in your Bibles to John 3, verses 1-3. Please follow along as I read.

*There was a man of the Pharisees named Nicodemus, a ruler of the Jews (this man loved God). This man came to Jesus by night and said to Him, “Rabbi, we know that You are a teacher come from God; for no one can do these signs that You do unless God is with him. Jesus answered and said to him, “Most assuredly, I say to you, unless one is born again (born from above), he cannot see the kingdom of God.”*

Now Nicodemus was a religious man and loved God! He represented the best of the nation. But Jesus said to him, “Nicodemus, you must be born again, you need a birth of

a different kind, you need to be born from above and to become conscious of and to enter the Kingdom of God.” Jesus told Nicodemus not a second beginning but a different beginning.

But the question before us is how is one born again? How is this ‘new life’ imparted? What does it look like?!

Well, it looks like Jesus!

You see, Jesus, the Lord of Hosts, Who we have been beholding together in His majesty and His power is the Grain of Wheat. He was sent by God to die for our sins and impart resurrection life to fallen man. “I Am He who lives and was dead and behold I Am alive forevermore (not merely I have life but I Am the source of life to My people).”

*I assure you, most solemnly I tell you, unless a grain of wheat falls into the earth and dies, it remains [just one grain; it never becomes more but lives] by itself alone. But if it dies, it produces many others (we re the many others).... John 12:24*

I began this morning’s teaching by sharing with you that the Lord impressed upon my heart. What He showed me was that in order to be brought to a place of believing on the Lord Jesus for all things, we would need to behold Him “in His power.”

We find this wonderful truth in Psalm 110. David, in spirit, heard a heavenly conversation between God the Father and God the Son that communicates to us the very same thing.

This particular psalm has been classified as a prophetic psalm. The expressions are those of a prophet who had received a revelation from God.

- 1) *“The Lord said to my Lord sit at my right hand till I make your enemies your footstool.*
- 2) *The Lord shall send the rod (ruling power) of your strength out of Zion, you will rule in the midst of your enemies.*
- 3) *Your people will be **willing in the day of Your power...**”*

The Pulpit Commentary says “in the day of His power, His people will offer themselves gladly to be His soldiers and servants, and flock to His banner, as the Israelites to that of Deborah and Barak, when ‘the people willingly offered themselves’ (Judges 5:2,9 compare Isaiah 49:18-23, 60:15, 66:19-23).

Flocking to Him! Actively moving toward Him... believing on Him. When? When will your people respond this way?

“In the day of His power, the Father tells His Son”. In the day of your power your people will be willing (**free** and **willing**).

Is this talking of Resurrection day? Absolutely! But the day of His power also is the day that we as His people **recognize** His power! **Realize** His power... become **conscious** of His power... walk in covenant power.

One author says, "All the days when Christ is vividly realized in the soul – such are the days of His power" (Pulpit).

The people shall be willing in the day of Thy power... Oh! The power of recognizing power. When we came to **recognize** His power, that very **recognition** gives us power to submit, power to accept, power to respond, power to offer allegiance, power to exercise His power on behalf of others as we minister **His** life and extend **His** kingdom.

The people respond when they hear the power in His word. This point may be illustrated by the effect of our Lord's word to a certain man who had a withered hand (Matthew 12:13). Jesus said, "Stretch forth thy hand." The man recognized the power of His word... this recognition of the power of Jesus **gave him power** and he stretched his hand forth, and it was made whole. The power of recognized power.

Every fresh apprehension of His power and love moves our hearts to respond in faith. We ourselves will flock to Him in the day of His power. Is this such a day for you?

Are you more willing to stretch forth your withered hand with expectation that He will meet you at your point of need now that you have seen Him as the Lord of Hosts?

Is this such a day for you? Has He been drawing your heart to Himself during our time together? Has He revealed Himself in His power as the Lord of Hosts, the All-Powerful One?

One author says, "the secret of all real revivals with which the church has once and again been blessed has been this... that Christ came to them, as at Pentecost, in power. And, if His presence were more hungered after there would be more of those days."

Is this a day of His power for you? Have you come to see Him in a fresh way? Have you come to see Him as the Lord of Hosts? Will you not come to Him personally as 'your' Lord of Hosts so that He can prove Himself strong on your behalf?

Scripture teaches us that the eyes of the Lord run to and fro throughout the whole earth to show Himself strong on behalf of those whose heart is loyal to Him (II Chronicles 16:9).

In John 3, Jesus says, "The wind blows where it wills, and you hear the sound of it, but cannot tell where it comes from or where it goes. So is everyone who is born of the Spirit."

This verse contains a word play that cannot be adequately expressed in English. The Greek word *pneuma* means both wind and spirit. The work of the Holy Spirit (*pneuma*) is invisible and mysterious like the blowing of the wind (*pneuma*) but His ministry is to reveal to us the condition of our heart.

Now the Holy Spirit moves in our hearts in various ways. Perhaps He has been showing you that like Nicodemus you love God but you have not been born again, God is still distant, then He is calling you to Himself to receive a new birth, a birth of a different kind, birth from above. Only He can work in our heart in this way.

If you would like to receive Jesus personally, and the new birth, just tell Him so, just begin to talk with Him in the quietness of your heart. He is listening, He is right here with each of us.

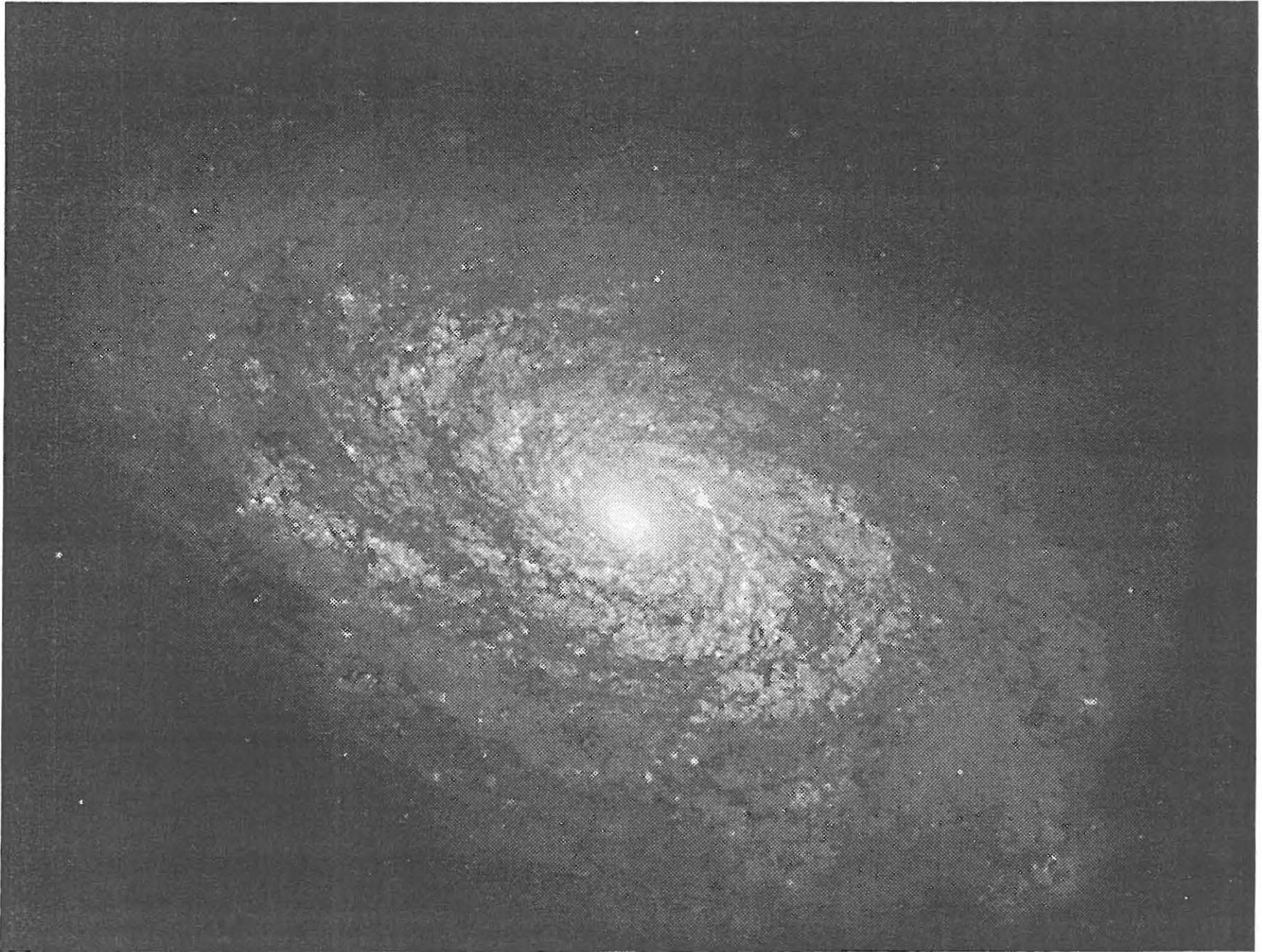
There may be others that He may be showing you that even if you have received Him into your heart, you have been depending on those many other things that you are more conscious of for help and not Him. You are in need of a touch from Him. Now is a time for you to pray, in your heart, and just confess this to Him. He is so ready and willing to minister to you right now. Allow Him to speak into your life right now (Psalm 110 opened up).

For others it may be that there is a barrier between you and the Lord because of some sin, some attitude that you have been holding on to.

John says to us that if we confess our sins He is faithful to forgive our sins and the blood of Jesus will cleanse us from all sin. We have fresh mercies each and every day.

Now maybe there are others who are in need of emotional or physical healing....(Isaiah 53:4-5)

Let us not be like the Israelites who limited the Holy One of Israel because they did not remember His power (Psalm 78).

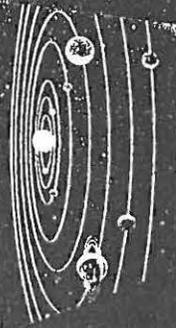


Jesus not only brought the universe into existence but continues to sustain it by His power. This is the One who says, Let not your heart be troubled, you believe in God, believe also in Me."

In His HOLINESS -  
His TRANSCENDENCE

LORD OVER ALL  
STELLAR HOSTS

God created the heavens  
and the earth Gen 1:1



He upholds the universe by the  
Word of His power Hebrews 1:3

LORD OVER ALL  
HEAVENLY BODIES



Magi following  
the star Mat 2:1



The sun stands still  
Joshua 10:13

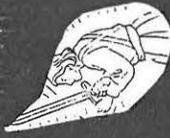
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JESUS

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He is the  
LORD OF HOSTS

LORD OVER  
ANGELIC HOSTS



Angel of the Lord struck  
185,000 Assyrians  
II Kings 19:35

LORD OVER  
THE ELEMENTS



Crossing the Red Sea  
Ex 14:22



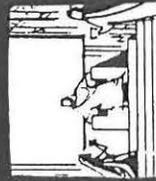
Jesus calms the storm  
Luke 8:22-25

LORD OVER THE  
FEATHERED HOSTS



Ravens brought Elijah  
Bread and meat  
I Kings 17:6

LORD OVER  
HUMAN HOSTS



The king's heart is in  
the hand of the Lord  
Proverbs 21:1

LORD OVER  
HELLISH HOSTS



Demoniac healed  
Luke 8:28-35



Leper healed  
Matt 8:1-4,  
5-13

LORD OVER ALL  
ANIMAL HOSTS

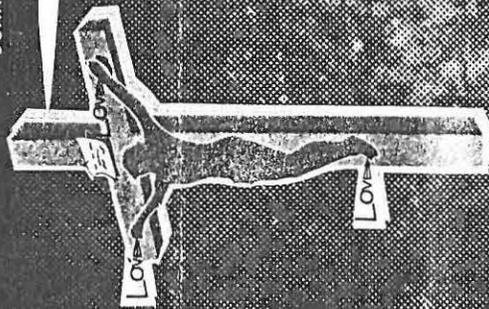


God shut the lion's  
mouth Dan 6:22

**JESUS**  
THE LORD OF HOSTS  
IS  
THE GRAIN OF WHEAT

"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have eternal life. For God did not send His Son into the world to condemn the world, but that the world through Him might be saved."

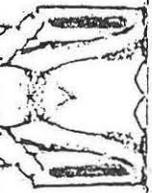
John 3:16-17



Jesus says, "I assure you, most solemnly I tell you, Unless a Grain of Wheat falls into the earth and dies, it remains [just one grain; it never becomes more but lives] by itself alone. But if it dies, it produces many others ..." John 12:24 Amplified Bible

THE LORD GOD ALMIGHTY

**JESUS**



AND I AM THE SOURCE  
OF LIFE FOR MY PEOPLE

CHRIST

IN ME

BORN AGAIN-  
NEW LIFE IN CHRIST  
II Corinthians 5:17

**JESUS, IN HIS ASCENSION**

John saw Him in His glory and it changed his life... "I am the Alpha and the Omega, the Beginning and the End, says the Lord who is and who was and who is to come, the Almighty (Hebrew: Lord of Hosts). I turned to see the voice that spoke with me, and having turned, I saw One like the Son of Man, clothed with a garment down to the feet... and His countenance was like the sun shining in its strength. And when I saw Him, I fell at His feet as dead. But He laid His right hand on me, saying to me, "Do not be afraid; I am the First and the Last."

Jesus says, "I am He Who lives and was dead, and behold I am alive forevermore (not merely I live, but I have life and am the source of life to My people). I have the keys of the unseen realm" (Revelation 1:8, 12-18).

**RELY UPON JESUS AS  
THE LORD OF HOSTS**

Rely on all of His resources; "out of His fullness we have all received" John 1:16.

- His Forgiveness of sins Eph 1:7
- His Power Colossians 1:29
- His Peace John 16:33
- His Joy John 15:11
- His Wisdom James 1:5
- His Guidance Proverbs 3:6
- His Authority Luke 10:19
- His Healing Isa 53:4-5; II Peter 2:24

"Surely He has borne our sicknesses and carried our pains; yet we esteemed Him stricken, smitten by God, and afflicted. But He was pierced for our transgressions, He was bruised for our iniquities; the chastisement for our peace was upon Him, and by His stripes we are healed." Isaiah 53:4-5; II Peter 2:24

**TRUST ME TO BE TO YOU ALL THAT I AM**

"Christ now lives in me; and the life I now live (His life, its fullness and power) I live by (continuous) faith in (by adherence to and reliance on and complete trust in) the Son of God, Who loved me and gave Himself up for me" Galatians 2:20 Amplified Bible.

**JESUS SAYS:**

**Trust ME, to be to you  
all that I AM...**