become new

Untroubled Heart : John 14 & 15

12 Week Study Guide

bit.ly/BNSTUDY

During the Week

- Watch or listen to the two UNTROUBLED HEART episodes for the week
- Read the assigned scripture passages
- Complete the journal questions
- Memorize the weekly verse
- Try the recommended practice for the week

When You Meet

- Open in prayer
- Recite the memory verse for each other
- The facilitator for that week leads the discussion using the journal prompts
- Share how the weekly practice went
- Close by praying for one another

Table of Contents

Welcome Page 3
Weekly Map 4–5
Week 1 6–7
Week 2 8–9
Week 3 10–11
Week 4 12–13
Week 5 14–15
Week 6 16–17
Week 7 18–19
Week 8 20–21
Week 9 22–23
Week 10 24–25
Week 11 26–27
Week 12 28–29
Memorization Overview 30–32
Practices Overview 33
Series Book List 34–35

become new

Untroubled Heart : John 14 & 15

WATCH ON YOUR OWN

12 Week Study Guide

Welcome to the Become New Study Guide: UNTROUBLED HEART.

This guide is designed to help you engage John Ortberg's teaching as you grow spiritually, reflect on Scripture, and explore key themes in spiritual formation.

Each week, you'll watch or listen to two episodes, work through journal questions, and practice memorizing Scripture. **You can use this guide in one of two ways:** participants may engage **both episodes on their own** and use gathering time to discuss what stood out from the teaching, Scripture, and journaling, then pray for one another. Or, you may choose one episode from the weekly teachings to **watch together as a group** during your gathering and have participants watch the other on their own during the week. This packet is designed to work well for both approaches.

Please print a copy of this guide (2-sided) for each participant so everyone has space to reflect and write. You'll also find room to note meeting dates and who will facilitate discussion each week. We've found rotating leadership helpful, but it's optional. Please scan the provided QR codes to access the teaching links.

This format works well for individuals, pairs, or small groups who engage the teaching independently and come together for conversation and prayer. We hope this guide helps you grow in Christ, one day at a time.

If you have questions or need support, please reach out to us at connect@becomenew.com.

– The Become New Team

Untroubled Heart : John 14 & 15

Weekly Map
12 Week Study Guide

wk1 *date:* *leader:*

1. **Having an Untroubled Heart in a Troubled World**
2. **Why You're Always Anxious—And How to Break Free**

wk2 *date:* *leader:*

3. **This Is What the Gospel Says About Your Future**
4. **How to Follow Jesus Without Clarity**

wk3 *date:* *leader:*

5. **Where to Find Peace When You're in Trouble**
6. **How to Hear God Through All the Noise**

wk4 *date:* *leader:*

7. **Did Jesus Really Mean We'd Do GREATER Things Than Him?**
8. **The Near Death Experience Expert on Life After Death**

wk5 *date:* *leader:*

9. **When You Ask God and Nothing Happens**
10. **Why Obedience Is the Key to an Untroubled Heart**

wk6 *date:* *leader:*

11. **How the Holy Spirit Helps You Stay at Peace**
12. **Hope for a Troubled Heart**

Untroubled Heart : John 14 & 15

Weekly Map
12 Week Study Guide

wk7 *date:* *leader:*

13. **How to Make Your Heart the Safest Place on Earth**
14. **Today, Remember.**

wk8 *date:* *leader:*

15. **Find Peace That Doesn't Depend on Circumstances**
16. **Jesus Warned Us About the Prince of This World**

wk9 *date:* *leader:*

17. **Pruning!**
18. **Abide in Christ Every Day**

wk10 *date:* *leader:*

19. **How to Remain in God's Love in Moments of Trouble**
20. **How to Find Joy When Life Feels Heavy**

wk11 *date:* *leader:*

21. **Is God Actually "In Control"?**
22. **What We Can Learn from Martial Arts about Fear and Anxiety**

wk12 *date:* *leader:*

23. **The Trouble with a Rejected Heart**
24. **How to Keep Living with an Untroubled Heart**

Week 1 : An Untroubled Heart in a Troubled World

Reading: John 14, Psalm 46, Philippians 4:4–9

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these words/phrases stand out to you?

bit.ly/BNSTUDY

---

3. How troubled has my week been (1–10)? How peaceful is my heart (1-10)?

4. What might I be carrying that God never asked me to carry?

5. Jesus said, “trust in God; trust also in me.” Where do you find that hardest right now?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week ONE:

John 14: 1 (NIV)
Do not let your hearts be troubled. You believe in God; believe also in me.

Be on the alert for one anxiety-producing moment this week. When it hits, pause, breathe, and practice recentering on God's presence.

Week 2 : Guide, Not Map

Reading: John 15, Colossians 1:15-23, Micah 6:6–8

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

bit.ly/BNSTUDY

---

3. What are five beautiful things you are delighting in these days?

4. What information am I consuming about things I can't do anything about, and what does it do to my soul?

5. What did Jesus mean when he said, "I have overcome the world?"

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week TWO:

John 14: 2-4 (NIV)
My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.

A few days this week try the 10-10-10 rule.

- **10 min news (max)**
- **10 min Scripture**
- **10 min prayer**

Week 3 : Peace in the Presence of Jesus

Reading: John 14, Mark 4:35–41, 1 Peter 1

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

bit.ly/BNSTUDY

---

3. What "sediment" is churned up in me right now?

4. Who are "the vulnerable" people around me I tend to overlook, and how might I see Jesus there?

5. Where am I tempted to "lock the doors" (avoid, hide, abandon calling) out of fear?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week THREE:

Matthew 11: 28-29 (NIV)
Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Spend two minutes each morning this week being still, breathing deep, and asking Jesus to bring his peace.

Week 4 : Mustard Seeds With Great Love

Reading: John 15, 1 Corinthians 15

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

bit.ly/BNSTUDY

---

3. When you hear "greater things," what immediately rises up within you? Why?

4. What do you believe "heaven" is like? How did the interview with John Burke bring up for you?

5. When you imagine meeting God, do you picture a harsh judge or a merciful Father? Why?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week FOUR:

Matthew 5: 14-16 (NIV)
You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on it's stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Ask three people, "What do you think happens to us after we die?" Be gentle and humble and see where the conversation takes you.

Week 5 : Wholehearted Obedience

Reading: John 14, Matthew 26:36–46, James 4:1–10

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

bit.ly/BNSTUDY

---

3. What are you asking God for right now, and how long have you been asking?

4. Share about a time you prayed for something but didn't get the answer you were hoping for. How did this affect your faith?

5. How would my day look different if I placed what I value above what I desire?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week FIVE:

John 15: 7-9 (NIV)
If you abide in me and my words abide in you, ask whatever you wish, and it will be done for you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples. As the Father has loved me, so have I loved you; abide in my love.

Courageously offer to pray for someone (you wouldn't usually pray for) and practice releasing the outcomes to God.

Week 6 : The Spirit of Truth and the Gift of Hope

Reading: John 15, Acts 2, Romans 8:14–39

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

bit.ly/BNSTUDY

---

3. *Which of the "Five A's" do you most need to receive from God right now: acceptance, affection, appreciation, attention, allowing?*

4. Is there any area of your life where you have quietly stopped hoping (to avoid disappointment)?

5. What does your experience of the Holy Spirit look like on a daily basis?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week SIX:

John 14:26 (NIV)
But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

Each morning this week slowly pray the Aaronic blessing over yourself and one other person: ***The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.***

Week 7 : The Safest Place on Earth

Reading: John 14, Colossians 2, Philippians 4:4–9

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

bit.ly/BNSTUDY

---

3. If my heart is meant to be a "home," what has been living there lately (fear, hurry, desire, bitterness, peace) and why?

4. Is there anyone I'm tempted to "distance from" right now? Why? What might connection look like?

5. How are you rooting and building up your faith in Christ as mentioned in Colossians 2?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week SEVEN:

Romans 15:13 (NIV)
May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

Choose one "remembrance cue" this week (band on wrist, phone reminder, note by coffee maker). When you see it: pray for one person.

Week 8 : Not as the World Gives

Reading: John 15, Daniel 3, Psalm 23

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

bit.ly/BNSTUDY

---

3. Jesus says he gives peace not as the world gives. What does this reveal about the difference between God's peace and circumstance-based peace?

4. Where in your life do you most feel tempted to believe "what I see is all there is"? How does Jesus challenge that worldview?

5. Jesus allows darkness to do its worst and God turns it into redemption. Where have you seen God bring good out of something painful in your own story?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week EIGHT:

Ephesians 6:11-12 (NIV)
Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Once each day, stop for 60 seconds and pray:
"Jesus, you said you give peace not as the world gives.
I release my need to control this situation.
I receive your peace instead."

Week 9 : The Gardener at Work

Reading: John 14, Psalm 34, Hebrews 12:1–13

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

bit.ly/BNSTUDY

---

3. John says our job is not to strain for fruit but to abide. What does this teach you about God's desire for relationship over performance?

4. The image of building a "nest on the greatness of God" suggests safety in God's character, not in circumstances. What does that tell you about the kind of refuge God wants to be?

5. Are there any areas of your life where you sense God might be pruning in preparation for growth?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week NINE:

John 15:1-2 (NIV)
I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes[a] so that it will be even more fruitful.

At the end of each day, write one sentence:
"Today, my mind mostly lived in _____."
Then write one more:
"Tomorrow, I want to place my mind in _____."

Week 10 : Joy That Can Handle Weight

Reading: John 15, Romans 5:1–5, James 1

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

bit.ly/BNSTUDY

---

3. What questions do you have about the idea of not resenting an irritation/interruption as an intruder – but welcoming it as a friend?

4. James says trials reveal what's already inside us. What does that teach you about God's desire for truth over pretense?

5. When do you feel closest to the joy of Jesus? When do you struggle to access it?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week TEN:

Psalm 30:11-12 (NIV)
You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing your praises and not be silent. Lord my God, I will praise you forever.

This week, call/text three people you weren't planning to.
Keep it simple: encouragement, gratitude, "thinking of you," quick prayer.

Week 11 : Embodied Belief

Reading: John 14, 2 Corinthians 12:7–10, Matthew 6:9–13

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

bit.ly/BNSTUDY

---

3. How have you experienced God's love, grace, and forgiveness this week?

4. What is one area where your body struggles to "believe" what your mind says it believes?

5. What could it mean to "love the mat" in this season of your life?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week ELEVEN:

John 15:15 (NIV)
I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

Name one feared action you've been avoiding.
Pray 10 seconds: "Jesus, I trust you."
Take one small step toward it this week (not the whole thing—just one step).

Week 12 : Fruit That Lasts, Love That Welcomes

Reading: John 15, Luke 15:11–32, Revelation 19:6–9

1. Write down key words/phrases that stood out to you from the reading or the teaching.

2. Why did these word/phrase stand out to you?

bit.ly/BNSTUDY

---

4. Where might God be inviting me to loosen my grip and choose love over control?

5. What rejection am I carrying (recent or old) that still shapes how I show up?

6. How troubled has my week been (1–10)? How peaceful is my heart (1-10)?

Pause. Listen for God's voice in your heart. What is He saying to you?

Write your personal prayer of response to God for this week:

memorization & practice week TWELVE:

John 15:9-11 (NIV)
As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete.

Each day this week find time to place your hand on your heart. Breathe.
Pray: "Jesus, you chose me. There is room for me. Let my heart be at home with you."

MEMORIZATION

Become New : UNTROUBLED HEART

Week 1

John 14: 1 (NIV)

Do not let your hearts be troubled. You believe in God; believe also in me.

Week 2

John 14: 2-4 (NIV)

My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.

Week 3

Matthew 11: 28-29 (NIV)

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Week 4

Matthew 5: 14-16 (NIV)

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on it's stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Week 5

John 15: 7-9 (NIV)

If you abide in me and my words abide in you, ask whatever you wish, and it will be done for you. This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples. As the Father has loved me, so have I loved you; abide in my love.

Week 6

John 14:26 (NIV)
But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.

Week 7

Romans 15:13 (NIV)
May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.

Week 8

Ephesians 6:11-12 (NIV)
Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

Week 9

John 15:1-2 (NIV)
I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes[a] so that it will be even more fruitful.

Week 10

Psalm 30:11-12 (NIV)
You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing your praises and not be silent. Lord my God, I will praise you forever.

Week 11

John 15:15 (NIV)
I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

Week 12

John 15:9-11 (NIV)
As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete.

Practices

Week 1
Be on the alert for one anxiety-producing moment this week.
When it hits, pause, breathe, and practice recentering on God's presence.

Week 2
A few days this week try the 10-10-10 rule. (10 min news (max), 10 min Scripture, 10 min prayer)

Week 3
Spend 2 minutes each morning being still, breathing deep, and asking Jesus to bring his peace.

Week 4
Ask 3 people, "What do you think happens to us after we die?"

Week 5
Courageously offer to pray for someone (you wouldn't usually pray for).

Week 6
Each morning this week slowly pray the Aaronic blessing over yourself and one other person.

Week 7
Choose one "remembrance cue" this week. When you see it: pray for one person.

Week 8
Once each day, stop for 60 seconds and pray:
"Jesus, you said you give peace not as the world gives. I release my need to control this situation."

Week 9
At the end of each day, write one sentence: "Today, my mind mostly lived in _____."
Then write one more: "Tomorrow, I want to place my mind in _____."

Week 10
This week, call/text three people you weren't planning to with simple encouragement.

Week 11
Name one feared action you've been avoiding.
Take one small step toward it this week (not the whole thing—just one step).

Week 12
Each day this week find time to place your hand on your heart. Breathe.
Pray: "Jesus, you chose me. There is room for me. Let my heart be at home with you."

Books Referenced During this Series:

The Divine Conspiracy — Dallas Willard
The Great Omission — Dallas Willard
Renovation of the Heart — Dallas Willard
Anthropology of the Old Testament — Hans Walter Wolff
Standing on the Promises — Lewis B. Smedes
How Can It Be Alright When Everything Is All Wrong? — Lewis B. Smedes
Managing Leadership Anxiety — Steve Cuss
The Expectations Gap — Steve Cuss
Breaking Bread with the Dead — Alan Jacobs
Commentary on John — Dale Bruner
Works of Irenaeus — Irenaeus
Imagine Heaven — John Burke
Imagine the God of Heaven — John Burke
Life After Life — Raymond Moody
Proof of Heaven — Eben Alexander
Flatland — Edwin A. Abbott
Stopping the Noise in Your Head — Reid Wilson
Anxiety — Reid Wilson
Thinking, Fast and Slow — Daniel Kahneman
You Are Not Your Brain — Jeffrey Schwartz
The Road Less Traveled — M. Scott Peck
People of the Lie — M. Scott Peck
Finding Contentment — Neil Warren
Flow — Mihaly Csikszentmihalyi
The Man Who Mistook His Wife for a Hat — Oliver Sacks

Books Referenced During this Series (cont):

Stumbling on Happiness — Daniel Gilbert
The Happiness Trap — Russ Harris
Authentic Happiness — Martin Seligman
Happier — Tal Ben-Shahar
Ten Percent Happier — Dan Harris
The Happiness Project — Gretchen Rubin
The How of Happiness — Sonja Lyubomirsky
The Geography of Bliss — Eric Weiner
The Myths of Happiness — Sonja Lyubomirsky
Feeling Good — David Burns
The Happiness Hypothesis — Jonathan Haidt
The Lord of the Rings — J. R. R. Tolkien
East of Eden — John Steinbeck
Middlemarch — George Eliot
The Screwtape Letters — C. S. Lewis
The Problem of Pain — C. S. Lewis
Confessions — Leo Tolstoy
The Ridiculous Man — Fyodor Dostoevsky
Journals of Captain Cook — James Cook
Poem I will build me a nest on the greatness of God — Sidney Lanier
Why Religion? When It Is Obsolete — Christian Smith
The Missionary Roots of Liberal Democracy — Robert Woodberry