

# **THE 7 "I AM" STATEMENTS OF JESUS**



## **EXECUTIVE SUMMARY**

If you want to get to know a person, you ask them to tell you about themselves. They tell you what they do for work, the things they like and dislike, if they're married, etc.

Many of these statements will begin with, "I am." These types of statements give you insight into what that person is truly like.

- There are seven statements that Jesus made in the book of John that begin with "I am." Each one of these statements tells us something about who Jesus is. Studying the seven "I am" statements that Jesus makes in the book of John helps us to know Him more intimately.
- As we make our way through the seven "I am" statements, I would encourage you to read the entire Bible passage each phrase is found in.

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## STATEMENT #1: I AM THE BREAD OF LIFE

- In Jesus' day, bread and water were very important for survival. They were two of the most basic necessities for life. Bread was especially important because it was the main source of nutrition.
- Bread and water also played a significant role in the history of Israel. When the Israelites were without food and water in the desert, God provided for them by sending manna from heaven and water from a rock.
- Just prior to declaring that He is the bread of life, Jesus performed an incredible miracle involving bread. He fed five thousand people with just five loaves of bread and two fish.
- The people were so amazed by this miracle that they wanted to make Him their king. He used this opportunity to teach them about Himself. He told them that He is the bread of life. Just as physical bread is essential for physical life, Jesus is essential for spiritual life.

- **When we come to Jesus and believe in Him, He gives us everything we need for spiritual life.** He gives spiritual water that will satisfy our souls and lead to eternal life. He is the only one who can quench our thirst.
- **Many times, we try to make ourselves happy with the things of this world.** But Jesus is saying that those things will never satisfy us. Only He can truly satisfy our souls.

## STATEMENT #2: I AM THE LIGHT OF THE WORLD

- **Just like we need physical light, we also need spiritual light.** Without Jesus, we are in spiritual darkness. We cannot find our way because we do not know where we are going. When we sin against God, it creates darkness in our lives.
- **But when we come to Jesus, He washes away our sins and He fills us with His light.** His light dispels the darkness in our lives and we are able to see clearly again. When we come to Jesus and receive His light, we are translated or transferred into His kingdom.
- **When Jesus comes into our life,** He fills us with His light and we are translated into His kingdom of light. We have eternal life with Him.

## STATEMENT #3: I AM THE DOOR

- **When Jesus said that He is the door of the sheep, He wasn't referring to the types of doors you and I use.** He was referring to the gate of a sheep pen. When it comes to shepherding, gates are very important. They provide protection for the sheep.
- **The shepherd also has a special relationship with the gate.** He is the only one who knows how to open it and he is the only one who can enter through it. Gates

also serve as a way out to the pasture. In order to get the sheep to the pasture, the shepherd has to lead them through the gate.

- **When Jesus says that He is the door of the sheep**, He means that He is the spiritual door for His people. Just like a physical gate provides protection, Jesus provides protection for His people.
- **We can't get to spiritual green pastures apart from our shepherd, Jesus.** He is the only one who can lead us there. We can't have spiritual life or peace apart from Him.
- **Jesus is also the only way into the sheep pen, which is a metaphor for the family of God.** We can't earn our way to God. We can't be good enough or do enough good deeds. The only way to get to God is through His Son, Jesus Christ.

## STATEMENT #4: I AM THE GOOD SHEPHERD

- **Shepherds played an important role in Jesus' day.** They were responsible for taking care of the sheep and making sure they were safe. Shepherds also guided sheep on safe paths to and from the pasture. Sheep would also starve if they didn't have a shepherd.
- **When Jesus says that He is the good shepherd**, He is saying that He knows His sheep and He protects them. He leads us on safe paths and provides the spiritual refreshment that we need.
- **The Lord is our shepherd and He will take care of us.** We don't have to worry about anything because He will provide everything we need. When we're weary and weighed down, He is the one who restores our souls and leads us into a peaceful place.
- **The good shepherd loves His sheep and is willing to die for them.** This is a beautiful picture of Jesus' love for us. He is willing to lay down His life for us because He loves us that much.

## STATEMENT #5: I AM THE RESURRECTION AND THE LIFE

- Lazarus had died and been buried four days earlier. Martha, Lazarus' sister, came to Jesus and said, "Lord, if thou hadst been here, my brother had not died." (John 11:21)
- When Jesus told Martha that He was the resurrection and life, He was saying that He has the power to raise people from the dead. But He wasn't just speaking about physical death, He was also speaking about spiritual death.
- Jesus spoke to Lazarus and commanded him to come out of his tomb. Lazarus immediately came back to life and walked out of the tomb. This event was a sign of the power that Jesus has over death.
- What does it mean to be raised from spiritual death? It means to be given new life in Christ. It means to be forgiven of our sins and to have a relationship with God.
- Our old self, which was in darkness, dies. We are given new life in Jesus. You don't have to do anything crazy or mystical to be born again. You only need to put your faith in Jesus Christ.

## STATEMENT #6: I AM THE WAY AND THE TRUTH AND THE LIFE

- Jesus doesn't beat around the bush in this verse. He plainly states that He is the way, the truth, and the life. When Jesus says that He is the way, He means that He is the only way to the Father. There is no other way to know God except through Him.
- When Jesus says that He is the truth, He means that He is the source of all truth. In particular, Jesus is the source of all truth about God. Why? Because He is God Himself. Jesus shows us exactly what God is like. In Him, we see God's love, mercy, and grace.

- **When Jesus says that He is the life, He means that He is the source of all life.** In Him, we find eternal life. This doesn't just mean that we will live forever in heaven after we die. It means that we have new life in Christ right now.
- **Because of our sin, we were separated from God.** We were dead in our trespasses and sins (Ephesians 2:1). But when we put our faith in Jesus, He gives us new life.

## STATEMENT #7: I AM THE TRUE VINE

- **In this passage, Jesus is the vine and His Father is the gardener.** The branches are us, the believers. Just as a branch can't produce fruit without being connected to the vine, we can't produce fruit without being connected to Jesus.
- **And just as a gardener prunes a vine to make it produce more fruit, God prunes us to make us more fruitful.** This can be painful at times because it involves letting go of things that we are attached to.
- **When we are connected to Jesus, He gives us everything we need to bear fruit.** We need His strength and His power to produce fruit. And when we do bear fruit, it glorifies God.
- **What does it mean to abide in Jesus?** It means to remain in Him, to stay close to Him. It means that we spend time with Him in prayer and in His Word. It means that we obey His commands.