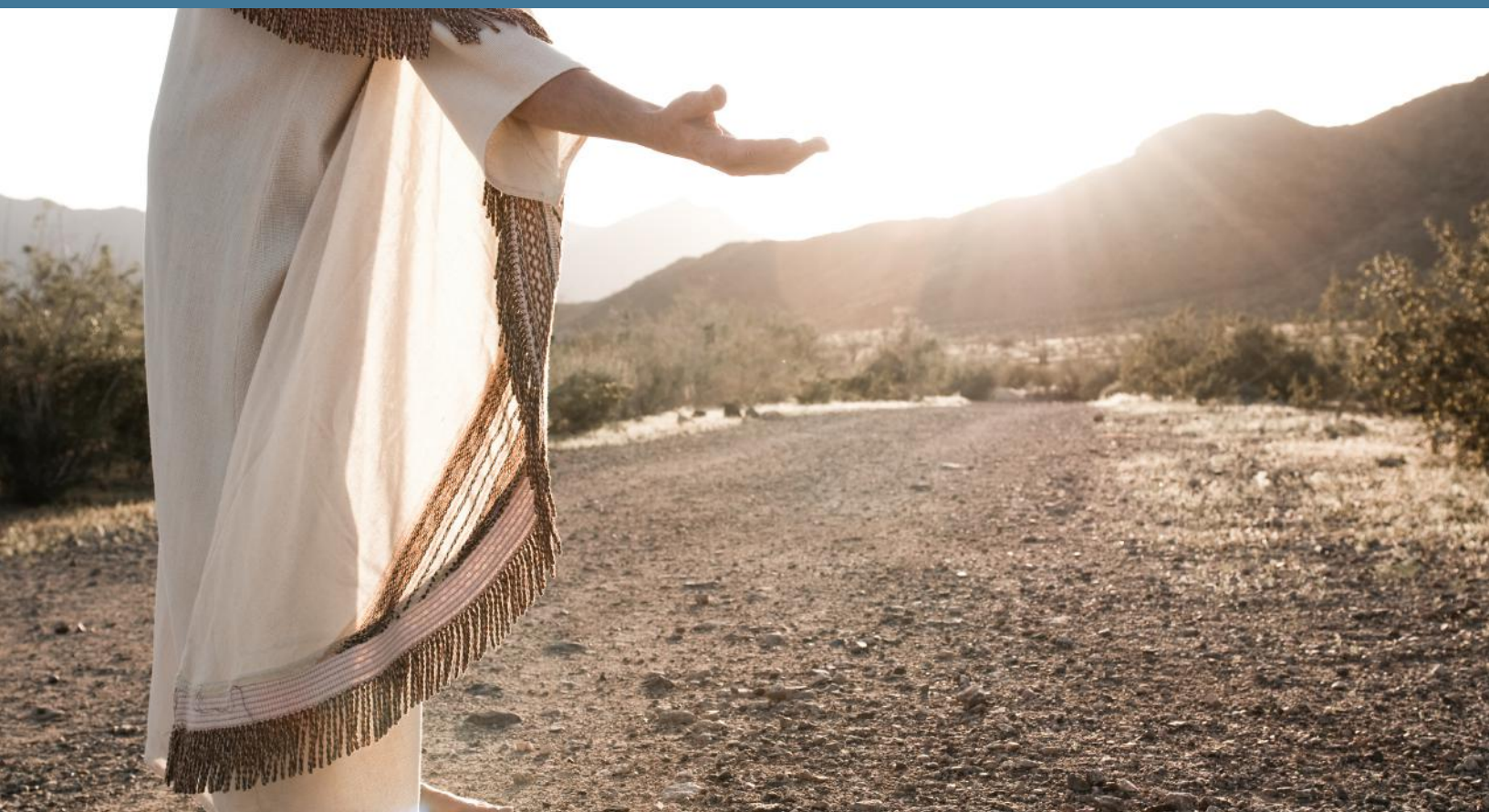


# I AM

## 5-MINUTE DEVOTIONAL

Terri Sherrow



Seven "I AM" Statements from the Gospel of John



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# THE I AM STATEMENTS OF JESUS

Who was Jesus? How does he relate to us? How do we relate to him? These are questions we may ask ourselves and seek to understand. To find the answer we simply need to look at what Jesus said about himself.

In Exodus 3:14, God revealed his name to Moses: *"I AM WHO I AM. This is what you are to say to the Israelites: 'I AM has sent me to you.'"* To the Jewish people, "I AM" is unquestionably understood as a name for God.

In the gospel of John, Jesus makes seven statements beginning with the words I am. These "I am" proclamations link Jesus to the Old Testament revelation of God. In each of these statements he claims attributes of deity, identifying himself as God, and is bearing God's presence on earth.

Each "I am" statement is a metaphor in which Jesus expresses who he is and provides a clear explanation, so there is no misunderstanding of his meaning. Understanding who Jesus is opens our eyes to the power of his ministry, his grace, and his saving relationship to the world.

# THE I AM STATEMENTS OF JESUS

## ***"I am the bread of life" - John 6:35***

Jesus shows physical food only satisfies hunger temporarily, but he is the only One who can satisfy us spiritually as the bread that provides life.

## ***"I am the resurrection and the life" - John 11:25***

Jesus shows us he is Lord over the grave and that apart from him, there is neither resurrection or eternal life.

## ***"I am the light of the world" - John 8:12***

Jesus tells us his holy light contrasts the darkness and that he offers light and guidance to those who stumble in sin.

## ***"I am the gate" - John 10:7***

This statement stresses that no one can enter the kingdom of heaven by any other means than Christ himself.

## ***"I am the good shepherd" - John 10:14***

Jesus refers to himself as the Good Shepherd who was about to give his life for his sheep and fulfill his Father's plan of salvation for all people.

## ***"I am the way and the truth and the life" - John 14:6***

In this powerful statement, Jesus proclaims he is not merely one way among many ways to God; he is the only way.

## ***"I am the true vine" - John 15:5***

Jesus emphasizes he is the vine that provides sustaining power to those who are joined to him to produce fruit that honors God.

# JESUS IS THE BREAD OF LIFE

In the Old Testament bread is a symbol of God's provision. As the Israelites traveled through the wilderness God gave them bread to physically eat. This was called manna. Through the birth, death, and resurrection of God's Son, Jesus Christ, bread is given a new meaning. When Jesus tells us, "I am the bread of life," he is assuring us he is the bread that gives life to the world and is the only one who can sustain us spiritually. When we put our faith in him, he gives us spiritual bread that will not spoil and abundant life that will never end. The bread of life is not physical bread, but a spiritual bread found in Jesus Christ.

## ● **READ: JOHN 6:35**

*"Jesus said to them, 'I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.'"*

## ● **DISCUSS:**

### **Why did Jesus say he was the bread of life?**

By comparing himself with bread, Jesus is saying he is essential for life, not a physical life, but an eternal life. John 6:27: *"Do not work for the food that perishes, but for the food that endures to eternal life, which the Son of Man will give to you..."*

### **What does it mean we won't hunger or thirst again?**

Jesus satisfies our spiritual hunger and thirst when we put our faith in him.

## What must we do to get the bread Jesus is offering?

Answer Christ's invitation for eternal salvation by putting our faith in him as the Messiah and Son of God.

### ● **PRAY:**

Matthew 6:11: *"Give us this day our daily bread."*

*Heavenly Father,*

*Thank you for sending your Son, Jesus Christ, to be the Bread of Life for the world. In and through Christ alone our souls are satisfied with the bread he so freely gives. We come to you with gratitude and prayer to continually seek spiritual nourishment.*

*In Jesus' name,*

*Amen*

# JESUS IS THE RESURRECTION AND THE LIFE

In John 11:1-44 Jesus receives word from two sisters, Mary and Martha, that their brother, Lazarus, is ill. When Jesus hears the news, he says *“This illness does not lead to death. It is for the glory of God, so that the Son of God may be glorified through it”* (John 11:4). Lazarus has been dead for four days by the time Jesus arrives, His perceived delay is no delay. He is showing that he is the One who holds the power of resurrection and life. Jesus prays to the Father and commands Lazarus to come out of the grave, raising him from the dead. It is often believed that the resurrection will be an event. Jesus shows us that it is a Person. Jesus not only gives resurrection and life, he is resurrection and life.

## ● **READ: JOHN 11:25**

*“Jesus said to her, ‘I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live,’”*

## ● **DISCUSS:**

### **Why did Jesus raise Lazarus from the dead?**

Raising Lazarus from the dead glorified God and pointed back to Jesus as the One with power over death and the grave.

### **Why is believing Jesus is the resurrection and the life important?**

Because of Christ and his resurrection power, we are promised resurrection from the dead and given eternal life through faith in him. John 11:26, *“and everyone who lives and believes in me shall never die. Do you believe this?”*

## **Resurrection and life go hand-in-hand.**

Without Jesus Christ, there is neither resurrection nor eternal life. John 20:31, *“but these are written so that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name.”*

## ● **PRAY:**

*Father,*

*Our grateful hearts lift praise to you, our Father and Creator. As believers in Christ, we rejoice in the gift of eternal life and resurrection that can only come from Jesus Christ. What beautiful words to hear from our Savior, “I am the resurrection and the life.” LORD, you take away the sin of the world and give us new life. Set our hearts to beat in rhythm with the truth of your Word.*

*In Jesus' name,*

*Amen*



# JESUS IS THE LIGHT OF THE WORLD

There are three types of light in our world: natural light; artificial light; and spiritual light. Natural light is found in the sun, moon, and stars and is necessary for physical life, such as in the growth of plants. Artificial light is used to physically see in the dark. Spiritual light is found in Jesus Christ.

The prophet Isaiah speaks of a messianic light, who will shed his light on the nations of the world (Isaiah 7-11). This Old Testament prophecy was fulfilled by God's Son, Jesus Christ. The apostle John tells us that Jesus is the only spiritual light in a world of darkness, and only through him will we find eternal life. Walking in Christ's spiritual light gives us the assurance of never walking in spiritual darkness or living in spiritual death.

## ● **READ: JOHN 8:12**

*"Again Jesus spoke to them, saying, 'I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.'"*

## ● **DISCUSS:**

### **What is meant by Jesus is the Light of Life?**

In scripture, light is defined as life, a symbol of holiness, and can only be found in Jesus Christ. John 1:4-5, *"In Him was life; and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it."*

## **Why is spiritual light necessary for spiritual life?**

Spiritual light ensures we don't live in darkness apart from Jesus.

## **What is spiritual darkness?**

Spiritual darkness is living apart from God and not having a relationship with him through Jesus Christ.

## **PRAY:**

Psalm 18:28, *"For it is you who light my lamp; the Lord my God lightens my darkness."*

*Abba Father,*

*You are the true light and the source of all light that is pure and good. With you there is no darkness. In the world full of sin and brokenness, you have freed us. Bring your light to restore the dark places in our lives, hope to hearts when we feel defeated, and love to us when in pain. Shine in the broken places of our homes, community, nation, and our world so we may be healed. Through your grace may we walk in the Light of Jesus Christ and serve him faithfully.*

*In the Name of Jesus,*

*Amen.*

# JESUS IS THE GATE

Shepherds in the 1st century would keep their sheep in pens at night to rest securely. The sheep pen was a rough circle of piled rocks with a small open space to enter. Since there was just an opening, with no gate to close, the shepherd would keep the sheep in and wild animals out by lying across the opening. Because sheep are easily susceptible to injuries and are helpless against predators, their safety was totally dependent on the shepherd who tended them. When Jesus says, *"I am the gate for the sheep,"* (John 10:7, NIV) he is declaring that we are his sheep and always under his protection. There is no greater security than having Christ guard the gate between us and the dangers of the world.

## ● **READ: JOHN 10:7 (NIV)**

*"Therefore Jesus said again, 'Very truly I tell you, I am the gate for the sheep.'"*

## ● **DISCUSS:**

### **Why does Jesus refer to himself as the gate?**

As the gate, Jesus stands guard over all who are entrusted to him. John 10:9, *"I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture."* (NIV)

### **How can we enter through the gate?**

Anyone who believes in Jesus Christ, by faith, as their savior and repents of sin is assured of having entered through the gate.

## **What happens when we enter through the gate?**

We gain entrance into the loving security of God and the protection of the good shepherd, Jesus Christ.

### ● **PRAY:**

*Father in Heaven,*

*Thank you for your Son, who is the gate and defender from all forms of harm. We give praise that Jesus is the gate, the door, the opening, and the passageway to an eternal life with you. Through him we have peace in knowing he is always guarding us from the dangers of this world. Lord, when we forget and try to protect ourselves, help us to remember that it is through Christ where we will find safety and security under his gracious protection.*

*In Jesus' precious name,  
Amen.*

# JESUS IS THE GOOD SHEPHERD

Ezekiel 34 is a prophecy pertaining to shepherds and sheep. This prophecy is regarding the shepherds that were overseers for the people of God, and another shepherd that was to come later. Ezekiel foretold of the Messiah who would, like a true shepherd, come to keep God's people safe. Jesus says in John 10:11, *"I am the good shepherd. The good shepherd lays down his life for the sheep."* By referring to himself as the good shepherd, Jesus was claiming to be the Messiah the scriptures foretold. Sheep during the time of Jesus were defenseless and totally dependent upon the shepherd to keep a watchful eye and protect them from danger. The sheep knew their shepherd's voice and would follow him when called. As shepherd of his sheep, Jesus is the one who protects, guides, and nurtures his flock. He knows every one of his sheep by name, calls them to follow him, and they know his voice.

## ● **READ: JOHN 10:14-15**

*"I am the good shepherd. I know my own and my own know me, just as the Father knows me and I know the Father; and I lay down my life for the sheep."*

## ● **DISCUSS:**

### **Who are Jesus' sheep?**

Jesus is the Good Shepherd to all who believe upon him. John 3:16, *"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life."*

### **Are there other shepherds besides Jesus?**

Jesus is “the” good shepherd, not “a” good shepherd, as others may be. John 10:4, *“When he has brought out all his own, he goes before them, and the sheep follow him, for they know his voice.”*

### **How do we respond to other voices to try to lead us astray?**

Run away from those who try to lure us away from God and, instead, stay close to the Good Shepherd.

### **What did Jesus mean when he said, “I lay down my life for the sheep?”**

Jesus laid down his life for us, his sheep, as a sacrifice for our sins so we could have abundant and eternal life with God.

## **PRAY:**

*Heavenly Father,*

*Thank you for the Good Shepherd who guides and leads me to the eternal life that you have prepared for me. I give praise that he knows me by name and that I am his. I'm grateful for the sacrifice that Jesus made on the cross that made me one of his sheep. Lord, I pray that whenever I wander or go astray that I hear my shepherd's voice calling me back to his flock. I am at peace knowing that Jesus, my shepherd, is always watching over me and protecting me from dangers of the world.*

*In Jesus' Holy name,  
Amen.*

# JESUS IS THE WAY, THE TRUTH, AND THE LIFE

All roads do **not** lead to heaven. The Bible teaches that there is no way to salvation except through Jesus Christ. Jesus himself tells us this in John 14:6. Christ is the only path to heaven, the only true measure of righteousness, and the source of both physical and spiritual life. This is significant to us because we are surrounded by many beliefs and religions claiming access to God and a way to **earn** God's favor and eternal life, apart from Jesus. To receive God's gift of salvation we must look to Jesus and trust his death on the cross as our payment for sin and in his resurrection. When Jesus refers to himself as the way, the truth, and the life, he is giving us a better, more meaningful life through him than we could ever find on our own.

## ● **READ: JOHN 14:6**

*"Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me."*

## ● **DISCUSS:**

### **How is Jesus the way?**

Jesus is our only way of salvation by his obedience and sacrifice, and it is by grace we are saved, through faith. Acts 4:12, *"And there is salvation in no one else, for there is no other name under heaven given among men by which we must be saved."*

### **How is Jesus the truth?**

Jesus is not only true but is truth itself, in both his person and his character. He is the true God, and he taught the way of God in truth. 1 John 5:20, *“And we know that the Son of God has come and has given us understanding, so that we may know him who is true; and we are in him who is true, in his Son Jesus Christ. He is the true God and eternal life.”*

### **How is Jesus the life?**

Jesus is the only way to eternal life. John 3:16, *“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.”*

### **PRAY:**

John 14:3, *“And if I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also.”*

*Heavenly Father,*

*Thank you for your Son, Jesus Christ, who is the way, the truth, and the life. Through him we have been given a better way to live our life and a more meaningful life by following him in faith. As we abide in him, we can rest in the comfort that he will lead us where we need to go. Praise you, Lord, for the comfort it gives us knowing Christ has prepared in advance our eternal home in heaven with you.*

*In Jesus' name,*

*Amen*



# JESUS IS THE TRUE VINE

Jesus tells us in John 15:5 that he is the true vine, the One who will bear good fruit to his Father's glory and the true source of life for believers. He likens us to the branches that are attached to the vine. A branch must stay firmly attached to the vine drawing strength, nourishment, protection, and energy to stay alive. If it is broken off, it dies and becomes unfruitful. We must stay firmly connected to Christ to remain spiritually productive. When we neglect our spiritual life, ignore the Word of God, and neglect prayer, we are like a branch broken off the vine. Our lives become fruitless. We must be closely connected to Christ, as the branches are connected to the vine, to bear the fruit that glorifies the Lord. Our desire to know and serve him will remain strong and steady if we keep close constant communication with him.

## ● **READ: JOHN 15:5**

*"I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing."*

## ● **DISCUSS:**

### **How is Jesus the Vine?**

Every life in the created world came through Jesus and the life of God's kingdom flows out of him as well. John 1:3, *"All things were made through him, and without him was not any thing made that was made."*

## **How can we stay connected to the vine, and maintain a relationship with Jesus Christ?**

By reading the Bible and obeying his Word. We must also spend time in prayer with our Father in heaven. Colossians 4:2, *“Continue steadfastly in prayer, being watchful in it with thanksgiving.”*

## **How do we bear fruit for God?**

By abiding in, dwelling with, and attaching ourselves to Christ, we enable his life to flow in and through us. Then we bear fruit by our godly deeds and actions that will honor the Father. John 15:16, *“I chose you and appointed you so that you might go and bear fruit—fruit that will last.”*

## **What does abide mean in reference to Jesus?**

It is an intimate, personal relationship which Jesus desires between himself and us. John 15:9. *“As the Father has loved me, so have I loved you. Abide in my love.”*

## ● **PRAY:**

*Father,*

*Help me have the actions, words, and wisdom to bear good fruit. I cannot create good fruit on my own. I pray you guide and teach me to abide in Christ enabling me to produce lasting fruit that glorifies you.*

*In Jesus' name,*

*Amen*

# PRAYER RESOURCES

AVAILABLE AT [CHRISTIANGRANDPARENTING.COM](http://CHRISTIANGRANDPARENTING.COM)

## GRANDPARENTS AT PRAYER (G@P) GROUPS

Two or more grandparents meeting together regularly to pray for their grandchildren. Learn more at [christiangrandparenting.com](http://christiangrandparenting.com).

## 10 FOR 10: STANDING TOGETHER IN PRAYER

A [resource](#) providing grandparents with ten weeks of daily Scripture-based prayer prompts to help them pray with intention.

## 30-DAY PRAYER CHALLENGE FOR GRANDPARENTS

This [guide](#) contains all the materials you need to enter into 30 days of intentional and specific prayer for your grandchildren.

## SCRIPTURE PRAYER CARDS

An [assortment of cards](#) designed for daily use is available including Scripture to pray for your grandchildren, their parents, yourself, and your teen grandchildren.

## FAMILY MONTH OF PRAYER

This prayer journey provides a powerful opportunity for families – from grandparents to parents to children – to develop a regular prayer practice thereby building a strong and stable faith foundation. [The guidebook](#) offers a key Scripture passage, daily focus, short devotion, and prayer structured around four major themes.

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A six-session [devotional](#) created for G@P groups but helpful to all who may need a stirring toward the wonder and awe of God.

# Christian Grandparenting Network



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