

A landscape photograph at sunset. The sky is filled with vibrant orange, pink, and blue clouds. In the foreground, there are rolling hills with sparse vegetation. In the distance, three wooden crosses are silhouetted against the bright sun, which is low on the horizon. The overall mood is peaceful and spiritual.

“I AM”

A 7-DAY JOURNEY THROUGH THE 7 “I AM” STATEMENTS OF JESUS

Who is Jesus? Ever since his time on earth, people have questioned his identity. But in the Gospel of John, Jesus answers this question with seven powerful statements. In his own words, Jesus tells us what we need to know about who he is.

For the next seven days, we are going to take a look at the seven “I AM” statements of Jesus. Each day you’ll discover a character trait of Jesus that reveals who he is and the hope we have in him. We pray at the end of this journey you’ll have no doubt in your mind that Jesus is God, and that he is, always has been, and will always be everything you’ve ever needed.



DAY 1: “I AM THE BREAD OF LIFE” (JOHN 6:25-51)

Jesus has just fed a crowd of 5,000 men, plus women and children, with bread and fish. Now they have come looking for more bread. That’s when Jesus shares an astonishing revelation:

“I am the bread of life,” Jesus told them. “Those who come to me will never be hungry; those who believe in me will never be thirsty. (John 6:35 GNT)

Bread has always been a staple in the diet of the Jewish people. Manna was the miraculous bread given to the Israelites as they traveled through the desert (see Exodus 16:4, 31). Each year at the Jewish festival of Passover, unleavened bread is prepared to commemorate the Israelite’s hasty departure out of Egypt. It is no wonder Jesus uses bread to deliver a poignant message. He tells them, “I am the bread of life.” Jesus wants the people to know, not only can he sustain them physically, by providing food to satisfy their natural hunger, but he can also satisfy their spiritual hunger. He can fill their desire to know him more and have more of his presence in their lives. If they believe in him, they will never be spiritually hungry again, but they will enjoy an eternity with him.

Today, Jesus is still the true bread from heaven that “gives life to the world” (verse 33). Everything you need is in him. He is the one that can satisfy the deepest longing of your heart to know him and walk more closely with him.

Reflection

Do you remember a time when you thought something would truly satisfy you, but it left you feeling unfulfilled?

Declaration

Jesus, I declare you are my sustenance and I am fully satisfied in you.

Prayer

Lord, thank you for providing for all my needs—physical and spiritual.
Thank you for giving me identity, security, purpose, and eternal salvation.
Teach me to turn to you whenever I have needs and help me be mindful that you and you only can nourish my soul.

DAY 2: “I AM THE LIGHT OF THE WORLD” (JOHN 8:12-20)

Jesus is at the Feast of Tabernacles, a week-long festival commemorating God’s protection and provision throughout the 40-year journey of the Israelites in the wilderness. Light was an important symbol of this celebration. The Hebrew people used torches to light four candelabras that would illumine the whole temple court. This light symbolized the pillar of fire that guided Israel through the darkness during the exodus.

But on the final day of the feast, while the candelabras were still burning, Jesus, standing in the temple, spoke these remarkable words in John 8:12 (GNT):

“I am the light of the world,” he said. “Whoever follows me will have the light of life and will never walk in darkness.”

Jesus refers to himself as the light, not just of the Temple, or Jerusalem, but the whole world. He is the light that awakens us from the darkness of our sin. Some people struggle to see the sin in their life. They become stuck in the deep darkness of sin and spiritual death, separated from God. But Jesus drags our sin into the light so we can be freed from it. He is the light that illumines the way to salvation and eternal life. The world has no other light but him. It is Jesus or darkness.

Today, Jesus is calling you out of darkness and into his marvelous light. The darkness of sin, living in disobedience to God’s Word, will keep you separated from God. But choosing to follow Jesus allows you to walk in the light of his salvation and freedom from the bondage of sin. Let Jesus shine his light into your life and dispel any darkness of sin. Once you invite the true light into your life, you will never walk in spiritual darkness again.

Reflection

What things do you need to be freed from so you can enjoy fellowship with Jesus?
Have you invited Jesus to shine his light into all areas of your life?

Declaration

Jesus, I declare you are my light. Only you can deliver me from the darkness of sin.

Prayer

Lord, please shine your light in my life. Set me free from things that have held me captive. And God, use me to spread your light to others so they may experience salvation, hope, and deliverance.

DAY 3: “I AM THE GATE” (JOHN 10:1-10)

Sheep spend their entire day grazing, but at sundown shepherds bring their sheep back to the sheep pen. The sheep pen is an enclosure usually made of stone walls with one doorway. The shepherd himself would lie down at the entrance to the pen, becoming a guard that protects the sheep from intruders. He became the human “gate” into the sheep pen. One by one the shepherd lets the sheep in, not only ensuring their safety from predators and thieves but also ensuring they would not wander off and be lost.

Jesus uses the familiar understanding of the sheep, the shepherd, and the sheep pen to deliver another wonderful truth about his character. In John 10:9 (CEV) he says:

“I am the gate. All who come in through me will be saved. Through me they will come and go and find pasture.”

When Jesus proclaims that he is the gate for the sheep, he is saying he is the one and only way to God. Anyone who tries to offer salvation apart from Jesus is a thief and a robber. Jesus says in John 10:10 (GNT), “The thief comes only in order to steal, kill, and destroy. I have come in order that you may have life—life in all its fullness.” Jesus is the gate. He is the way that leads to a life filled with everything Jesus has to offer—love, joy, peace, grace, salvation, and eternal life.

Reflection

Have you asked Jesus to be the gatekeeper of your life? Are you allowing him to guide, lead, and protect your life?

Declaration

Jesus, I declare you are the gate to my life. You are my protector, defender, and salvation.

Prayer

Lord, thank you for protecting and sheltering those who depend on you. Today, I choose to submit to your leading. I will not follow any other except you.

DAY 4: “I AM THE GOOD SHEPHERD” (JOHN 10:11-21)

Sheep wander. They wander from place to place. As a result, they are susceptible to getting lost, being attacked by predators, and being malnourished because they can't find good pasture or clean water. That's why sheep need a shepherd. The shepherd is there to take care of them.

People are like sheep. We are also prone to wander. Our worries, anxieties, and fears can often lead us away from Jesus's care. The further we drift, the more we find ourselves feeling lost and hopeless.

Understanding our nature, Jesus uses this illustration about sheep to reveal yet another wonderful trait about himself. He says in John 10:11 (CEV):

“I am the good shepherd, and the good shepherd gives up his life for his sheep.”

Jesus calls himself the good shepherd. A good shepherd protects, provides, guides, guards, and loves his sheep. A good shepherd is willing to do anything for his sheep, including laying down his life for them. That's exactly what Jesus did. He laid down his life to save ours. He is the good shepherd. And today, as your shepherd, he wants to protect, guide, provide, and care for you.

Reflection

When faced with fear, pain, or heavy burdens, do you turn to Jesus your shepherd or are you prone to wander from his presence?

Declaration

Jesus, I declare you are my shepherd. You take good care of me.

Prayer

Lord, thank you that your nature is to care, lead, guide, and provide.
Please do that for me today. Lord, with you as my shepherd, I lack nothing.

DAY 5: “I AM THE RESURRECTION AND THE LIFE” (JOHN 11:1-44)

Lazarus is dead, and Martha, his sister, is overwhelmed with grief. His body has been in the tomb four days when Jesus finally arrives. He tells Martha, “Your brother will rise to life” (verse 23 GNT). Martha had full confidence in a coming resurrection, but she probably wondered why Jesus would mention this now. Perhaps Jesus was just trying to cheer her up by reminding her that one day she would see her brother again.

But Jesus wasn’t just talking about the future, he was talking about the present. He wanted Martha to see that resurrection and life is not something that will happen, but something that is available now. We read in John 11:25-26 (GNT):

Jesus said to her, “I am the resurrection and the life. Those who believe in me will live, even though they die; and those who live and believe in me will never die. Do you believe this?”

But Lazarus is dead! So what does Jesus mean by, “those who live and believe in me will never die”? Jesus helps Martha realize resurrection isn’t an event, it’s a person. And not only is there hope of a “last day” resurrection which Martha describes (verse 24), but there is also a present hope because Jesus is the resurrection and the life. Standing there, with Lazarus’s four-days-dead body decaying in a tomb, Jesus does the unthinkable; he resurrects Lazarus’s physical body, demonstrating his power over death! This is the victory that all who believe in Jesus can celebrate.

Today, Jesus wants you to know he is the source of eternal life. If you put your trust in him, nothing can separate you from Jesus, not even death.

Reflection

How does knowing not even death can separate you from God bring you comfort?
How does this truth change how you view death?

Declaration

Jesus, I declare you are my life and you are full of resurrection power.

Prayer

Lord, thank you for your resurrection power in my life. Thank you for the hope I have in knowing that I will spend eternity with you. Grant me strength and vitality to do all you’ve called me to do.

DAY 6: “I AM THE WAY, THE TRUTH, AND THE LIFE” (JOHN 14:1-11)

On the last night before Jesus’s death, he continues to prepare his disciples for the days ahead. After the Last Supper, Jesus tells them he is going to his Father’s house and he’s going to prepare a place for them. For three years the disciples had been following Jesus, learning from him, and watching his powerful ministry. Now he was about to leave them.

This leaves the disciples with questions. Thomas asks in John 14:5 (GNT), “Lord, we do not know where you are going; so how can we know the way to get there?” The thought of being separated from Jesus must’ve been difficult for them to fathom and a reality they did not want to face. But Jesus responds to Thomas’s question by revealing more about himself:

Jesus answered him, “I am the way, the truth, and the life; no one goes to the Father except by me.” (John 14:6 GNT)

Jesus answers their questions, doubts, and concerns by offering these words of hope to the disciples. He assures them that although he is leaving to be with the Father, he has made a way for them to not only be with him again but also have an on-going relationship with the Father. It is only through Christ that we are reconciled to God. He is the way that leads to eternal life. He is the truth that reveals the God they follow but cannot see. Every truth they need to know about God is found in Jesus. And he is the life, the one that gives them purpose, identity, salvation, and victory over death.

Today, you too should be encouraged by these words. Through relationship with Jesus we can experience abundant life with Jesus now and eternal life with Jesus later. He is the way, the truth, and the life. Without him we are lost, but with him we find hope.

Reflection

In what ways is your faith stretched when you read this verse?
How does this Scripture give you hope about your future in Christ?

Declaration

Jesus, I declare you are my hope because you are the way, the truth,
and the giver of life.

Prayer

Lord, you are the way to the Father, the truth we depend on, and the life that we need.
You are our home here on earth and in heaven. We long to dwell in your presence daily.
We are lost without you leading the way, guiding us in truth, and giving us life.

DAY 7: “I AM THE VINE” (JOHN 15:1-17)

Jesus’s last “I AM” statement is very timely, especially for the disciples who were likely suffering from separation anxiety knowing Jesus’s departure was imminent. They wondered, Where is Jesus going? *Will he come back? What are we going to do without him?* And Jesus offers hope for their future when he delivers these powerful words in John 15:5 (GNT):

“I am the vine, and you are the branches. Those who remain in me, and I in them, will bear much fruit; for you can do nothing without me.”

Jesus uses this beautiful metaphor of a vine and its branches to illustrate the deep unity that he desires with his followers. But in order for this type of relationship to exist, we must remain in Christ. That means abiding, delighting, and dwelling in him daily. To abide in Christ means to stay connected to him through his Word. It means we never stop depending on him. And if we remain connected to Jesus, eventually we will live fruitful lives. A branch cannot bear fruit by itself; it needs the vine. So too, Jesus is the vine and staying connected to him enables us to bear the fruit of his love, joy, peace, patience, kindness and more.

Today, Jesus invites you to enjoy friendship with him. He wants to have constant communion with you, so he can be your source of strength and hope. He wants you to look to him for everything you need. Allow yourself to be tethered to him, for it is only when we abide in him that we’ll see fruit in our lives. Apart from him we can do nothing.

Reflection

Are you leaning on Jesus to guide you in all areas of your life? Do you daily try to remain in Jesus by connecting with him through his Word and through prayer?

Declaration

Jesus, I declare I am fully dependent on you. I will do nothing apart from you.

Prayer

Lord, thank you for imparting grace, strength, and rest to those who abide in you. Help me to remain in you today and every day so that I look more and more like you.

