

7 "I AM" Statements in the Gospel of John

1. I am the Bread (Jn 6:33,35,41,48,51)
2. I am the Light (Jn 8:12)
3. I am the Door (Jn 10:7,9)
4. I am the Good Shepherd (Jn 10:11,14)
5. I am the Resurrection and the Life (Jn 11:25)
6. I am the Way, the Truth, and the Life (Jn 14:6)
7. I am the Vine (Jn 15:1,5)

Jesus taught:

- "The former account I made, O Theophilus, of all that Jesus began both to do and teach [didasko]" (Acts 1:1)
- "And seeing the multitudes, He went up on a mountain, and when He was seated His disciples came to Him. Then He opened His mouth and taught [didasko] them, saying" (Matt 5:1-2)
- "Now it came to pass, when Jesus finished commanding His twelve disciples, that He departed from there to teach [didasko] and to preach in their cities." (Matt 11:1)
- "And Jesus, when He came out, saw a great multitude and was moved with compassion for them, because they were like sheep not having a shepherd. So He began to teach [didasko] them many things." (Mk 6:34)
- "Now it happened on one of those days, as He taught [didasko] the people in the temple and preached the gospel" (Lk 20:1)

What does it mean that Jesus is the Bread of Life?

- "For the bread of God is He who comes down from heaven and gives life to the world." (Jn 6:33)
 - Jesus gives you spiritual life and abundant life (Jn 10:10)
- "And Jesus said to them, I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst." (Jn 6:35)
 - You will never spiritually starve or become spiritually dehydrated
 - You will be satisfied spiritually (Matt 5:8)
- "The Jews then complained about Him, because He said, I am the bread which came down from heaven." (Jn 6:41)
 - Even the enemies of Jesus acknowledged that He declared He was the bread of life.
- "I am the bread of life. Your fathers ate the manna in the wilderness, and are dead. This is the bread which comes down from heaven, that one may eat of it and not die." (Jn 6:48-50)
 - Just like manna sustained the people whom Moses led, Jesus is your spiritual food
 - Jesus came from heaven, He always existed as the Son of God, and He will give you eternal life. You will never die.
- "I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world." (Jn 6:51)
 - Jesus gave His life, His flesh was beaten and His blood was shed, for you to give you born again, spiritual life
 - "Then Jesus said to them, Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you. Whoever eats My flesh and drinks My blood has eternal life, and I will raise him up at the last day." (Jn 6:53-54)
 - Eating the flesh of Jesus
 - Drinking the blood of Jesus
 - Promised to be resurrected with an eternal body that you will have in heaven

What does it mean that Jesus is the Light of the World?

- "Then Jesus spoke to them again, saying, I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life." (Jn 8:12)
 - Following Jesus will lead you out of spiritual darkness, despair, hopeless
 - You will see where you are going and not stumble
 - You will have true spiritual life and walk in a brighter path of righteousness
 - "But the path of the just is like the shining sun, that shines ever brighter unto the perfect day." (Prov 4:18)
- "I have come as a light into the world, that whoever believes in Me should not abide in darkness." (Jn 12:46)
 - You will not remain in darkness. You will abide, stay, be secure in Jesus and in His love.
 - "As the Father loved Me, I also have loved you; abide in My love." (Jn 15:9)
 - "For He made [poieo] Him who knew no sin to be sin for us, that we might become [ginomai] the righteousness of God in Him." (2Cor 5:21)
 - You will live a purposeful life and bear fruit

- “Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me.” (Jn 15:4)
 - God will give you the desires of your heart
 - “If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.” (Jn 15:7)
- “That was the true Light which gives light to every man coming into the world.” (Jn 1:5)
 - Jesus is the pure light of God
 - “blameless until our Lord Jesus Christ’s appearing, which He will manifest in His own time, He who is the blessed and only Potentate, the King of kings and Lord of lords, who alone has immortality, dwelling in unapproachable light, whom no man has seen or can see, to whom be honor and everlasting power. Amen.” (1Tim 6:14-16)
- You, as a child of God, is the light of the world
 - “For you were once darkness, but now you are light in the Lord. Walk as children of light” (Eph 5:8)
 - “You are the light of the world.” (Matt 5:14)
- You have been taken out of darkness
 - “to open their eyes, in order to turn them from darkness to light, and from the power of Satan to God, that they may receive forgiveness [aphesis] of sins and an inheritance among those who are sanctified by faith in Me.” (Acts 26:18)
 - “He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love” (Col 1:13)
 - “But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light” (1Pet 2:9)

What does it mean that Jesus is the Door?

- “Then Jesus said to them again, Most assuredly, I say to you, I am the door of the sheep.” (Jn 10:7)
 - Jesus has sheep, and you can be safe and protected by Jesus because He is the door to the enclosure
 - Jesus will give you rest for your souls
 - “Take My yoke upon you and learn [manthano] from Me, for I am gentle and lowly in heart, and you will find rest for your souls.” (Matt 11:29)
- “I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture.” (Jn 10:9)
 - Jesus will provide places of abundance for you and will provide what you need to grow and thrive

What does it mean that Jesus is the Good Shepherd?

- “I am the good shepherd. The good shepherd gives His life for the sheep.” (Jn 10:11)
 - Jesus has given His life for you so that you can have spiritual life now and eternal life forever
 - “but godliness is profitable for all things, having promise of the life that now is and of that which is to come.” (1Tim 4:8)
 - Jesus loves you, and He proved it by dying for you
 - “By this we know love, because He laid down His life for us.” (1Jn 3:16)
 - “And walk in love, as Christ also has loved us and given Himself for us” (Eph 5:2)
 - “To Him who loved us and washed us from our sins in His own blood” (Rev 1:5)
 - “the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.” (Gal 2:20)
- “I am the good shepherd; and I know My sheep, and am known by My own.” (Jn 10:14)
 - Jesus knows His sheep, so if you are His sheep, He is calling you to follow Him from the Open Door Mission into the world in faith and in trust
 - If you are His sheep, you know Him
 - You are able to hear Jesus’ voice
 - “My sheep hear My voice, and I know them, and they follow Me.” (Jn 10:27)
 - “When You said, Seek My face, my heart said to You, Your face, LORD, I will seek.” (Ps 27:8)
 - You know God because Jesus is your Good Shepherd
 - “But if anyone loves God, this one is known by Him.” (1Cor 8:3)
 - “But You, O LORD, know me; You have seen me, and You have tested [bachan] my heart toward You.” (Jer 12:3)
 - **“Nevertheless the solid foundation of God stands, having this seal: The Lord knows those who are His” (2Tim 2:19)**

What does it mean that Jesus is the Resurrection and the Life?

- “Jesus said to her, I am the resurrection and the life. He who believes in Me, though he may die, he shall live.” (Jn 11:25)
 - You have the resurrection power of Jesus in you, when you are a child of God

- “and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power which He worked in Christ when He raised Him from the dead” (Eph 1:19,20)
- “Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness [kainotes] of life.” (Rom 6:4)
- “Finally, my brethren, be strong in the Lord and in the power of His might.” (Eph 6:10)
- “For our gospel did not come to you in word only, but also in power, and in the Holy Spirit and in much assurance” (1Thes 1:5)
- “that your faith should not be in the wisdom of men but in the power of God.” (1Cor 2:5)
- “that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man” (Eph 3:16)
- “that I may know Him and the power of His resurrection ” (Phil 3:10)
- Jesus is your life now and in heaven, in eternal glory
 - “And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand.” (Jn 10:28)
 - “But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you.” (1Pet 5:10)
 - “as You [Father] have given Him authority over all flesh, that He should give eternal life to as many as You have given Him.” (Jn 17:2)
 - “And as many as had been appointed to eternal life believed.” (Acts 13:48)
 - “but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His name.” (Jn 20:31)
 - “These things I have written to you who believe in the name of the Son of God, that you may know that you have eternal life, and that you may continue to believe in the name of the Son of God.” (1Jn 5:13)

What does it mean that Jesus is the Way, the Truth, and the Life?

- “Jesus said to him, I am the way, the truth, and the life. No one comes to the Father except through Me.” (Jn 14:6)
 - Jesus is the Way to heaven, to abundant life now, to please the Lord
 - “for it is God who works in you both to will and to do for His good pleasure.” (Phil 2:13)
 - “that you may walk worthy of the Lord, fully pleasing Him” (Col 1:10)
 - “Therefore we also pray always for you that our God would count you worthy of this calling, and fulfill all the good pleasure of His goodness and the work of faith with power” (2Thes 1:11)
 - Jesus is the truth
 - “And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.” (Jn 1:14)
 - “For the law was given through Moses, but grace and truth came through Jesus Christ.” (Jn 1:17)
 - “And you shall know the truth, and the truth shall make you free. Therefore if the Son makes you free, you shall be free indeed.” (Jn 8:32,36)
 - “For this cause I was born, and for this cause I have come into the world, that I should bear witness to the truth. Everyone who is of the truth hears My voice.” (Jn 18:37)
 - “if indeed you have heard Him and have been taught by Him, as the truth is in Jesus” (Eph 4:21)
 - “As the truth of Christ is in me” (2Cor 11:10)
 - Jesus is the Life
 - “And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.” (Jn 17:3)
 - “And if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness.” (Rom 8:10)
 - “But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.” (Rom 8:11)
 - “However, for this reason I obtained mercy, that in me first Jesus Christ might show all longsuffering, as a pattern to those who are going to believe on Him for everlasting life.” (1Tim 1:16)
 - “Paul, an apostle of Jesus Christ by the will of God, according to the promise of life which is in Christ Jesus” (2Tim 1:1)
 - “but has now been revealed by the appearing of our Savior Jesus Christ, who has abolished death and brought life and immortality to light through the gospel” (2Tim 1:10)
 - “And we know that the Son of God has come and has given us an understanding, that we may know Him who is true; and we are in Him who is true, in His Son Jesus Christ. This is the true God and eternal life.” (1Jn 5:20)

What does it mean that Jesus is the Vine?

- “I am the true vine, and My Father is the vinedresser.” (Jn 15:1)
 - You will bear spiritual fruit because Jesus is your Vine
 - “every branch that bears fruit He prunes, that it may bear more fruit.” (Jn 15:2)
 - “By this My Father is glorified, that you bear much fruit; so you will be My disciples.” (Jn 15:8)
 - “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control.” (Gal 5:22-23)
 - “for the fruit of the Spirit is in all goodness, righteousness, and truth” (Eph 5:9)
 - “being filled with the fruits of righteousness which are by Jesus Christ, to the glory and praise of God.” (Phil 1:11)
 - “Now the fruit of righteousness is sown in peace by those who make peace.” (Jm 3:18)
 - “For if these things are yours and abound, you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ.” (2Pet 1:8)
- “I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.” (Jn 15:5)
 - “You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He may give you.” (Jn 15:16)
 - “He who eats My flesh and drinks My blood abides in Me, and I in him.” (Jn 6:56)
 - “He who says he abides in Him ought himself also to walk just as He walked.” (1Jn 2:6)
 - “Therefore let that abide in you which you heard from the beginning. If what you heard from the beginning abides in you, you also will abide in the Son and in the Father.” (1Jn 2:24)
 - “But the anointing which you have received from Him abides in you, and you do not need that anyone teach you; but as the same anointing teaches you concerning all things, and is true, and is not a lie, and just as it has taught you, you will abide in Him.” (1Jn 2:27)
 - “Now he who keeps His commandments abides in Him, and He in him. And by this we know that He abides in us, by the Spirit whom He has given us.” (1Jn 3:24)
 - “If we love one another, God abides in us, and His love has been perfected in us.” (1Jn 4:12)
 - “Whoever confesses that Jesus is the Son of God, God abides in him, and he in God.” (1Jn 4:15)
 - “And we have known and believed the love that God has for us. God is love, and he who abides in love abides in God, and God in him.” (1Jn 4:16)
 - “He who abides in the doctrine of Christ has both the Father and the Son.” (2Jn 1:9)

What have we learned?

- Jesus is much more than the 7 I AM statements, and He benefits God’s children in so many ways. But the Apostle John wants you and me to have the confidence that Jesus will provide for your physical and spiritual needs and will give you abundant life now and eternal life forever.
- Jesus is the Bread of Life. He will satisfy your soul with spiritual food, new life, and eternal life
- Jesus is the Light of the World. Jesus will take you out of darkness, light your path, give you His light, and give you new life
- Jesus is the Door to the sheep. Jesus will keep you safe, lead you to places of spiritual nourishment, and care for your well-being
- Jesus is the Good Shepherd who will feed you good spiritual food, protect you, lead you, and enjoy a relationship with you
- Jesus is the Resurrection and the Life. Jesus has given you His resurrection power and spiritual life to live blessed, satisfied, content, in safety and security
- Jesus is the Way, the Truth, and the Life. There is no other way to heaven, no other spiritual truth that God agrees with, and the only source of spiritual life
- Jesus is the Vine from Whom you get spiritual life for fruitfulness and purpose