

7 "I AM" STATEMENTS

Instructions: Take some time to read each statement of Christ (CSB) several times, think through how it applies to your life, and then pray through these truths in earnestness.

1

Meditate: *"I am the bread of life, no one who comes to me will ever be hungry, and no one who believes in me will ever be thirsty again." (John 6:35)*

Contemplate: Do I thirst for a closeness to Christ? Where do I derive my satisfaction from?

Conversate: Lord, you sustain me and only you can satisfy my needs eternally.

2

Meditate: *"I am the light of the world. Anyone who follows me will never walk in the darkness but will have the light of life." (John 8:12)*

Contemplate: Am I willing to live a life of contrast to the world and trust Jesus' guidance?

Conversate: Lord, illuminate the narrows of my heart, and thank you for your forgiveness.

3

Meditate: *"I am the gate for the sheep. All who came before me are thieves and robbers, but the sheep didn't listen to them. If anyone enters by me, he will be saved and will come in and go out and find pasture." (John 10:7-9)*

Contemplate: Do I recognize Jesus as my protector and the only one able to rescue me?

Conversate: Lord, thank you for your constant care and the flock you call your church.

7 "I AM" STATEMENTS

Instructions: Take some time to read each statement of Christ (CSB) several times, think through how it applies to your life, and then pray through these truths in earnestness.

1

Meditate: *"I am the bread of life, no one who comes to me will ever be hungry, and no one who believes in me will ever be thirsty again." (John 6:35)*

Contemplate: Do I thirst for a closeness to Christ? Where do I derive my satisfaction from?

Conversate: Lord, you sustain me and only you can satisfy my needs eternally.

2

Meditate: *"I am the light of the world. Anyone who follows me will never walk in the darkness but will have the light of life." (John 8:12)*

Contemplate: Am I willing to live a life of contrast to the world and trust Jesus' guidance?

Conversate: Lord, illuminate the narrows of my heart, and thank you for your forgiveness.

3

Meditate: *"I am the gate for the sheep. All who came before me are thieves and robbers, but the sheep didn't listen to them. If anyone enters by me, he will be saved and will come in and go out and find pasture." (John 10:7-9)*

Contemplate: Do I recognize Jesus as my protector and the only one able to rescue me?

Conversate: Lord, thank you for your constant care and the flock you call your church.

Meditate: *"I am the good shepherd. The good shepherd lays down his life for the sheep. I am the good shepherd. I know my own, and my own know me."* (John 10:11, 14)

Contemplate: Do I know the heart of Christ and his calling for me? Do I trust his leading?

Conversate: Lord, you have given everything so that I might rest in your goodness and grace.

Meditate: *"I am the resurrection and the life. The one who believes in me, even if he dies, will live."* (John 11:25)

Contemplate: Do I truly trust that Christ can change me from the inside out?

Conversate: Lord, help me to depend upon you to raise what is dead inside me.

Meditate: *"I am the way, the truth, and the life. No one comes to the Father except through me."* (John 14:6)

Contemplate: Am I willing to stand by Jesus when everyone around me belittles the cross?

Conversate: Lord, thank you for giving us Your Word and unfettered access to the Father.

Meditate: *"I am the true vine, and my Father is the gardener. I am the vine; you are the branches. The one who remains in me and I in him produces much fruit, because you can do nothing without me."* (John 15:1, 5)

Contemplate: Am I trying to fruitlessly obey God in my own strength?

Conversate: Lord, make my heart your home and I commit myself to draw near to you.

Meditate: *"I am the good shepherd. The good shepherd lays down his life for the sheep. I am the good shepherd. I know my own, and my own know me."* (John 10:11, 14)

Contemplate: Do I know the heart of Christ and his calling for me? Do I trust his leading?

Conversate: Lord, you have given everything so that I might rest in your goodness and grace.

Meditate: *"I am the resurrection and the life. The one who believes in me, even if he dies, will live."* (John 11:25)

Contemplate: Do I truly trust that Christ can change me from the inside out?

Conversate: Lord, help me to depend upon you to raise what is dead inside me.

Meditate: *"I am the way, the truth, and the life. No one comes to the Father except through me."* (John 14:6)

Contemplate: Am I willing to stand by Jesus when everyone around me belittles the cross?

Conversate: Lord, thank you for giving us Your Word and unfettered access to the Father.

Meditate: *"I am the true vine, and my Father is the gardener. I am the vine; you are the branches. The one who remains in me and I in him produces much fruit, because you can do nothing without me."* (John 15:1, 5)

Contemplate: Am I trying to fruitlessly obey God in my own strength?

Conversate: Lord, make my heart your home and I commit myself to draw near to you.