

Jesus said “I am...”

When Jesus was on the earth, he wanted to help people understand who he was and what he was like. So he talked about things from everyday life and said “I am these things.”

Here are seven things that Jesus said.



I am the light of the world. (John chapter 8 verse 12)

I am the bread that gives life. (John chapter 6 verse 35)

I am the resurrection and the life. (John chapter 11 verse 25)

I am the gate for the sheep. (John chapter 10 verse 9)

I am the good shepherd. (John chapter 10 verse 11)

I am the vine. (John chapter 15 verse 5)

I am the way, the truth and the life. (John chapter 14 verse 6)

When Jesus said he was all these different things, the people might have been confused. They had to think about what these things were like. And this would tell them something about what Jesus was like.

But there was another thing that the people noticed. They noticed that Jesus kept saying “I am”. This doesn’t mean much to us. But it made them remember a story from their past.

God tells Moses his name

A long time before Jesus was born, the people of Israel were slaves in Egypt. God told a man called Moses that he was going to set the



people free. And he wanted Moses to be their leader. But Moses was afraid. He did not think he could lead the people. He thought the people would not listen to him.

We can read about what happened next in **Exodus chapter 3**.

Moses said to God, “I am not a great man! How can I be the one to go to Pharaoh and lead the Israelites out of Egypt?”

God said, “You can do it because I will be with you. This will be the proof that I am sending you: After you lead the people out of Egypt, you will come and worship me on this mountain.

Then Moses said to God, “But if I go to the Israelites and say to them, ‘The God of your ancestors sent me,’ then the people will ask, ‘What is his name?’ What should I tell them?”

Then God said to Moses, “Tell them, ‘I AM WHO I AM.’ When you go to the Israelites, tell them, ‘I AM’ sent me to you.”

(Exodus chapter 3 verses 13-14, ERV)

God had told Moses that his name was “I AM”. This might sound like a strange name to us! It means that God has always been alive and will be alive forever. He is always here and he knows everything.

So when Jesus kept saying “I am”, the people knew what he meant. He was telling them that he wasn’t just a normal man. He was God!

Jesus lived with God before he came to earth as a baby. He has always been alive. Now he is with God again. He will be alive forever.



“I am the light of the world.”



Read John chapter 8 verses 12-16.

“I am the light of the world. Whoever follows me will never live in darkness. They will have the light that gives life.”

(John chapter 8 verse 12, ERV)

Here are pictures of some different kinds of lights. Let’s think about what light is like. This will tell us something about what Jesus is like.



What does light do? How does light help people?



What do you think this tells us about Jesus? How is he like light?





Light helps us see things clearly.

Light helps us see what is the safest way to go.

Light shows us things that were hidden.

Jesus helps us to find things we are looking for.



Jesus helps us see the world clearly.

Jesus helps us see what is the best thing to do.

Jesus shows us who God really is.

Jesus helps us to find God and become friends with him.



Sometimes we don't know what to do. We might feel like we are walking around in the dark. But when we follow Jesus, he will be our light.

The Old Testament says that God is light. Jesus is light because he is God.

LORD, you are my Light and my Saviour, so why should I be afraid of anyone?

(Psalms chapter 27 verse 1, ERV)

Thank you Jesus that you are my light.

Thank you that you show me who God is.

Please show me what to do when I am confused.

Amen.



“I am the bread of life.”



Read John chapter 6 verses 30-35.

“Then Jesus said, “I am the bread that gives life. No one who comes to me will ever be hungry. No one who believes in me will ever be thirsty.”

(John chapter 6 verse 35, ERV)

When Jesus lived on the earth, bread was an important food. It was cheap and easy to make, and people ate it every day. We still eat a lot of bread now. What is your favourite way to eat bread?



Jesus used bread as a picture of all the different food we eat. So let’s think about food. That will tell us something about Jesus.



What do we need food for? How does it help us? What happens if we don’t have enough food?



What do you think this tells us about Jesus? How is he like food?



Food keeps us alive.

Food gives our bodies what they need to stay strong and healthy.

Food is good and tasty to eat.

We need to eat food every day.

When we are hungry, food fills us up and takes away our hunger.



Jesus keeps us spiritually alive.

Jesus gives us what we need to stay spiritually strong and healthy.

Knowing Jesus is good and wonderful.

We need Jesus's help every day.

When we are hungry for God, Jesus brings us close to God and takes away our hunger.



The Old Testament says that God set the people of Israel free from slavery in Egypt. After that they lived in the desert for 40 years. The people were very hungry. So God made bread (called manna) fall from the sky each day. They always had enough food to eat.

Then God opened the clouds above, and manna rained down on them for food. It was as if doors in the sky opened, and grain poured down from a storehouse in the sky. These people ate the food of angels. God sent plenty of food to satisfy them.

(Psalms chapter 78 verses 23-25, ERV)

So bread is also a picture to remind us that God is always with us. He gives us everything we need. And later, he sent Jesus to be an even better kind of bread for us. Jesus doesn't just keep our bodies alive, he keeps us spiritually alive. He gives us the kind of life that comes from being close to God. This kind of life lasts forever!

Thank you Jesus that you keep me spiritually alive.

Thank you that you bring me close to God.

I need your help every day. Please keep helping me.

Amen.



“I am the resurrection. I am life.”



Read John chapter 11 verses 21-27.

Jesus said to her, “I am the resurrection. I am life. Everyone who believes in me will have life, even if they die. And everyone who lives and believes in me will never really die.”

(John chapter 11 verses 25-26, ERV)

Jesus was friends with a man called Lazarus and his two sisters, Mary and Martha. Lazarus died, so Jesus went to see Mary and Martha. Jesus told Martha that Lazarus would come back to life. Martha knew that Lazarus would be resurrected (made alive again) one day.



He would live with God in heaven. But Jesus told her, “I am the resurrection. I am life.” He meant that life comes from him. He is the one who gives life to all the plants, animals and people on earth.

In Genesis, the first book of the Bible, we can read about how God made the world. Here is what it says about how God made people.

Then the LORD God took dust from the ground and made a man. He breathed the breath of life into the man’s nose, and the man became a living thing.

(Genesis chapter 2 verse 7, ERV)

What would happen if you breathed on some dust from the ground? Nothing! God is the only one who can make something come to life. Jesus is God. That is why he said, “I am the resurrection. I am life.”



After he talked to Martha, Jesus proved that what he said was true. He brought Lazarus back to life, right there and then!



What are the best things about being alive? All of these things come from God! He gives us life.

On Good Friday, Jesus died on the cross. But Jesus came back to life on Easter Sunday because he is life! The Bible says that there was no way for death to hold him (**Acts chapter 2 verse 24**). This is how Jesus won the war against death. And it is how we know that one day God will bring us back to life too. If we follow Jesus, it will not be the end when we die. It will just be a door into an even better kind of life. In that life we will be with God forever.



What do you think life with God will be like?

Thank you Jesus that you give me life.
Thank you that you have won the war against death.
Thank you that I will live with you forever.
Amen.



“I am the true vine.”



Read John chapter 15 verses 1-8.

“I am the vine, and you are the branches. If you stay joined to me, and I to you, you will produce plenty of fruit. But separated from me you won’t be able to do anything.”

(John chapter 15 verse 5, ERV)

Have you ever been to a vineyard? If you have, you might have seen lots of tall plants called vines growing up poles. In the summer, a vine grows fruit. Some vines grow grapes. You can eat grapes and you can use them to make wine. So how is Jesus like a vine?



And how are we like branches? Let’s think about how a vine grows.

A vine has deep roots that get food from the ground. It has big leaves that get goodness from sunshine and rain.

A vine has branches that grow fruit.

If a branch is cut off, it cannot get the food and goodness from the vine.



If a branch is cut off, it cannot grow fruit.

Jesus connects us to God’s power and strength. When we are close to Jesus we get all God’s goodness and blessings through him.

The fruit of the Spirit grows in us when we stay close to Jesus.

If we go away from Jesus, we lose all the goodness that comes from God.



If we go away from Jesus, the fruit of the Spirit cannot grow in us.

In the Old Testament, God said his people were like a group of vines in a vineyard he had planted. He wanted them to live the way he

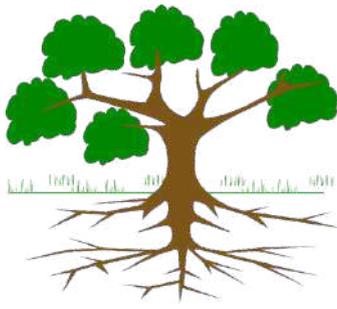


knew was best. But they turned away from him and did the wrong things. He said they were like a vineyard that only grows bad fruit.

The vineyard that belong to the Lord All-Powerful is the house of Israel. The grapevine, the plant he loves, is the man of Judah.

The Lord hoped for justice, but there was only killing. He hoped for fairness, but there were only cries from people being treated badly.

(Isaiah chapter 5 verse 7, ERV)



But God did not give up on his vineyard. He sent Jesus to be the true vine. Jesus lived the way God wanted. And if we stay close to him we are like branches that get God's goodness through him. Then he will grow the fruit of the Spirit in us.



Look up **Galatians chapter 5 verses 22-23** in your Bible. What is the fruit of the Spirit? How can you see God growing this fruit in you?



Thank you Jesus that I can get all God's goodness through you.
Please help me to stay close to you.
Please grow the fruit of the Spirit in me.
Amen.



“I am the good shepherd and the gate for the sheep.”



Read John chapter 10 verses 7-16.

I am the gate. Whoever enters through me will be saved. They will be able to come in and go out. They will find everything they need. A thief comes to steal, kill and destroy. But I came to give life – life that is full and good. I am the good shepherd, and the good shepherd gives his life for the sheep.

(John chapter 10 verses 9-11 verse 5, ERV)

This picture shows a group of sheep who have been out eating grass in a field. Now they want to get back into the pen where they live. There is a gate, and the shepherd is there to open it. In this passage, Jesus tells us two things that he is like. He is the gate for the sheep. And he is like the shepherd. Let's think about these two things.



What does a gate do? Why might we need a gate or a door?



Read John chapter 10 verses 7-10 again. How do you think Jesus is like a gate?





The gate is the way into the sheep pen.

The gate keeps the sheep safe. It stops robbers and wild animals from taking the sheep away.



Jesus is the way we can come to God.

Jesus keeps us safe. Bad things might still happen to us, but nothing can take us away from God.



What is a shepherd's job? Why do sheep need a shepherd?



Read **John chapter 10 verses 11-16** again. How do you think Jesus is like a good shepherd?



The shepherd looks after his sheep and keeps them safe.

The shepherd leads his sheep and shows them where to go.

Jesus looks after us and keeps us safe in God's care.

Jesus leads us and shows us how to live.



The sheep know the shepherd and they listen to him and follow him.



We can get to know Jesus and listen to him and follow him.



In the Old Testament people said that God's people were like sheep. The leaders who led them away from God were like bad shepherds. But God was like a good shepherd. So when Jesus said "I am the good shepherd", people knew that he meant he was God. Here are a few verses about God being our good shepherd.

The Lord is my shepherd. I will always have everything I need.
(Psalms chapter 23 verse 1, ERV)

Know that the Lord is God. He made us, and we belong to him. We are his people, the sheep he takes care of.

(Psalms chapter 100 verse 3, ERV)

The Lord God says, "I myself will be their Shepherd. I will search for my sheep and take care of them. Yes, I will feed my flock, and I will lead them to a place of rest.

(Ezekiel chapter 34 verses 11 & 15, ERV)

Jesus saw the many people and felt sorry for them because they were worried and helpless – like sheep without a shepherd to lead them.

(Matthew chapter 9 verse 36, ERV)

Thank you Jesus that you are the good shepherd who cares for me.
Thank you that you lead me and show me how to live.
Thank you that you are the way I can come to God.
Amen.



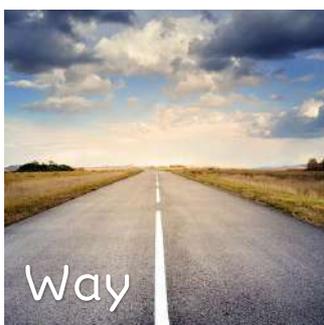
“I am the way, the truth, and the life.”



Read John chapter 14 verses 1-11.

Jesus answered, “I am the way, the truth, and the life. The only way to the Father is through me. If you really knew me, you would know my Father too. But now you know the Father. You have seen him.”

(John chapter 14 verses 6-7, ERV)



Here are some big questions. **What choices should I make? Who should I listen to? What is the best way to live?** Jesus answered these questions. He said, “I am the way, the truth and the life.” If we are ever confused about what to do, who to believe or how to live our lives, he can help us.

The Old Testament says that God is the way, the truth and the life.

Trust the Lord completely, and don't depend on your own knowledge. With every step you take, think about what he wants, and he will help you go the right way.

(Proverbs chapter 5 verses 6-7, ERV)

You can trust this: Every word that God speaks is true.

(Proverbs chapter 30 verse 5, ERV)

Lord, only you are God. You made the skies and the highest heavens and everything in them. You made the earth and everything on it. You



made the seas and everything in them. You give life to everything.
(Nehemiah chapter 9 verse 6, ERV)

Jesus is God. So if we want to know what God is like, we can look at Jesus. Colossians chapter 1 verse 15 says “We cannot see God. But Jesus Christ shows us completely who God is.” (EasyEnglish Bible)

Let’s look at what we have learned about Jesus in this series.



Jesus is the **way** to get to God. We can follow him like we would follow a road.



He is the **light of the world** who shows us where to go.



He is the **gate** we can go through to get to God.



Jesus is the **truth** about God. We can trust him and believe what he says.



He is the **good shepherd** who looks after us like sheep and keeps us safe in God’s care.



He is the **vine** that keeps us connected to all God’s goodness.



Jesus is the **life** that comes from God. We can come alive in a new way when we stay close to him.



He is the **bread of life** that keeps us spiritually strong.



He is the **resurrection and the life**. After we die, we will live with God forever.



Which of these things do you need Jesus to be for you today?
Write a prayer to thank him and ask him for help.



