



# WHO IS JESUS?

The 7 I Am Statements of Christ



01	The Bread of Life
02	The Light of The World
03	The Door and Shepherd
04	The Resurrection and the Life
05	The Way
06	The True Vine

---

# THE BREAD OF LIFE

---

*John 6: 35 - 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."*

"I am the bread of life". This is the first of Jesus' "I am" statements and occurs a day after the feeding of the five thousand in John's Gospel. After He fed the five thousand, the Jews proclaimed Jesus as a prophet and tried to establish Him as their king (John 6:14-15). They believed that the coming Messiah would be a prophet like Moses who fed the Israelites manna in the wilderness, so this had to be Him. But Jesus knew their hearts; they were far from interested in the message of the gospel but more interested in seeing signs, wonders and having bread to eat. In response, Jesus urges the people to look beyond filling their bellies and to pursue spiritual food which lasts for eternity. By declaring that He is the bread of life, Jesus is saying that He alone can completely satisfy their souls and quench the spiritual hunger that exists within every human being. This is no ordinary statement - it is an invitation to mankind to believe and trust in Jesus as the source of eternal life.

Food sustains our physical bodies, gives us energy and helps us grow. But it can only quench our hunger for a period of time, then we get hungry again. Similarly, our spiritual hunger caused by the problem of sin has left us desperately hungry. We tend to run to material things; wealth, fame, influence and even people in an attempt to satisfy that hunger, but one thing and one thing alone can fill us completely; Jesus. He is the true life-sustaining power, and things like money, wealth and family - even things that have religious significance - are all inadequate substitutes.

As Christians, this statement is a reminder to put our faith in Jesus, to have complete trust and confidence in Him and to seek Him above all things (Mathew 6:33). Just as we are dependent on food to survive physically, we are totally dependent on Jesus to grow and thrive spiritually. Jesus is not just a person who fixes our problems and provides for our needs; we must feed on his word and seek out His will and purpose for our lives. Anything short of this will never be enough. If we want to be truly satisfied, the love of God should be our main desire - not one of the many desires we chase after, or something we pursue when it is convenient for us.

John 6:53-58, Jesus says "whoever eats my flesh and drinks my blood has eternal life and I shall raise him up on the last day". This is not a literal invitation to eat and drink the body and blood of Jesus but rather a call to believers to identify with His suffering, His death and His promises. One example of how we do this is through Communion. When we partake in Communion, we not only remember the suffering and death of Jesus but we also receive strength for our souls, healing for our bodies and strengthening of our faith.

Interestingly, many disciples walked away from Jesus after this encounter because it was hard for them to accept what He was saying (John 6:60). Can you accept a life of total dependence on Jesus? As hard as it may sound, we should not be content with a partial dependence on Jesus and must always strive for full and total dependence on Him.



# THE LIGHT OF THE WORLD

---

---

*Jesus spoke to the people once more and said, "I am the light of the world. If you follow me, you won't have to walk in darkness, because you will have the light that leads to life" - John 8: 12 (NLT)*

Light is a very important aspect of life on earth. Sunlight is essential for plant growth, heat and warmth. Today we have complex navigational systems, but in the old days, boats and ships used light to find their way safely to shore. The English expression "light at the end of the tunnel" is an expression of hope that a current situation (mostly a negative one) is coming to an end. No matter how small, light has a purpose. Like the small nightlight that keeps you from stubbing your toe as you walk around in the dark, or the bright red light we see at the top of high-rise buildings which informs aircraft of its presence. All light has a purpose!

It is easy to see why Jesus would describe Himself as the light of the world. Is there anyone more important for our growth, safety, direction and vision than Him? In John 8, Jesus makes this declaration right after rescuing the adulteress from stoning and before healing the blind man (John 9: 1-6). During this period, the Pharisees questioned Him continuously about His identity and refused to believe His teachings or miracles. They went as far as to excommunicate the blind man after his healing because they did not believe he was initially blind. Jesus shone light into the lives of all these individuals illuminating sin and blindness, both physical and spiritual. To the woman and the blind man He shone forgiveness, compassion and love, but the Pharisees' hearts were hard, they refused to believe and remained spiritually blind.

John 1:4 shows that Jesus is the light and life of all men and not just a bringer of illumination. He came into the world to illuminate the sin in the heart of man and by the conviction of the Holy Spirit bring us to repentance. When we fully surrender ourselves to Him, we allow His light to pierce every corner of our lives until we are fully transformed into His very image. This is not easy because seeing our sin brought to light can stir feelings of shame and anger. We make excuses to avoid dealing with our issues. But we must remember that God does not illuminate to shame, but to redeem. The key is surrender! Our world is filled with darkness and sin and we do not belong to the dark, we are children of the light.

We are also called to be light in our world today by shining the light of God brightly for all to see. In Mathew 5:14 Jesus declares we are the light of the world and warns against hiding our light. We are not light on our own but because the light of the world is in us. Without Jesus, we do not have light but with Him we can penetrate the world around us and shine His love and compassion to everyone around us while sharing the gospel of truth.

So like plants drawn to light in a dark room, we must continually seek Jesus and allow Him to lead, direct and grow us in every way. Don't fight the light, embrace it.



# THE DOOR AND THE SHEPHERD

---

*"I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture... I am the good shepherd. The good shepherd gives His life for the sheep." - John 10: 9, 11.*

Here, we address two "I am" statements made by Jesus; "I am the door" and "I am the good shepherd". In ancient times, the sheepfold was an enclosure mostly made from rocks which protected sheep from wolves and other predators. The enclosure had an opening by which the sheep could go in and out. During the day, the sheep were led out to pasture and at night would return with the shepherd to rest in the enclosure. As the sheep walked in, the shepherd would inspect every animal, sometimes running his hands over its body to find injuries from the day's activity. Any injuries would be treated with oil to cleanse, soothe and heal. In addition, most sheepfolds did not have a door, so the shepherd would lie across the opening acting as a barrier to keep predators out. What a beautiful picture of love and protection!

A well known shepherd in the bible is King David, the writer of Psalm 23 which likens God to a shepherd. In 1 Samuel 16, the prophet came to anoint a king out of David's father's house and David was not invited to the party until the prophet asked for him. He wasn't even considered a likely candidate. In 1 Samuel 17: 34-35 David speaks of fighting and killing a bear and a lion in order to rescue one of his father's sheep. The job of the shepherd was reserved for the lowliest of people. It was a dangerous and unglamorous job, involving long days in dangerous terrain, yet Jesus calls Himself our shepherd. Why? The relationship between the sheep and the shepherd is one of total dependence and complete trust.

The shepherd has the hard task of loving, protecting and caring for the sheep, and the sheep have complete trust in the shepherd's ability. Shepherds also spend all their time with their sheep, leading to intimacy and familiarity. Each shepherd has a specific call for his flock and they recognise his voice and his call. The flock will not respond to another voice or call (John 10:4-5).

By calling Himself the door and the shepherd, Jesus invites us to enjoy the abundant life He came to give us (John 10:10). Psalm 23 outlines some of the benefits we can enjoy with Jesus as our shepherd including; divine provision, direction, correction, healing protection and peace of mind. However, life in the sheepfold is a life of total surrender. To say Jesus is our shepherd is to also claim His lordship over our lives and not just to enjoy what He gives. We must draw close to Him, learn His voice and surrender ourselves to His will for our lives. Without this we will leave ourselves open to misdirection and attacks from the enemy. Perhaps you have stepped outside the protection of Jesus the Shepherd. Just know that it is not too late to call on Him for help. He is not too busy or too far away to reach you where you are.

Read Psalm 23 today and reflect on the abundant life you have with Jesus as your shepherd.

# THE RESURRECTION AND THE LIFE

---

---

*John 11:25 - Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?"*

The next "I am" statement that we will delve into is Jesus' self-affirmation as the resurrection and the life. In John 10:10, Jesus tells the Pharisees that his purpose is to give life, and life more abundantly. These statements are profound, but what do they mean?

Within the same passage of our anchor scripture, here lies the story of Lazarus, a man who was friends with Jesus. In this account, the sisters of Lazarus - Mary and Martha - told Jesus that their brother was sick. Jesus arrived at Lazarus' gravestone four days later, where he had already been wrapped for his burial. Lazarus was dead. Now, when Jesus had arrived at Bethany, Martha said "if you had been here my brother wouldn't have died" - she believed in the healing power of Jesus, but had not yet experienced his resurrection power; little did she know that the giver of life was standing in front of her. A few verses later, we witness Jesus command Lazarus to come out of his tomb, followed by Lazarus with his hands and feet wrapped with strips of linen, and a cloth around his face. A similar story is witnessed in Mark 5, where Jesus raises Jairus's daughter. The people around at the time proclaimed her dead, Jesus said that she was sleeping. "Talitha kum!" which means "Little girl, I say to you, get up!". Once again, Jesus commands the dead to rise - our Lord resurrects the dead!

Again, Jesus' resurrecting power is displayed in his own death.

Not only does his resurrection show his power to overcome physical death, but spiritual death too that comes as a result of sin. The resurrection was the demonstration of Jesus' power and deity as God himself. The people at the time thought death was the end, but for Jesus it was just the beginning. His ability to resurrect Himself is significant. We realise that He isn't just a giver of life; He is life itself.

Death marks the end of a person or thing, without any hope of return. But Christ! Dead things cannot remain dead with Christ and this pertains to both people and situations. Whatever we may be trusting God for; the salvation of a loved one, trusting God for healing or to revive a business or career that may seem dead, be encouraged because hope comes when Christ comes. Remember, Mary and Martha thought Lazarus was dead, Jesus told his disciples that he was sleeping. This is the hope of Christ - the impossible is made possible.

Finally, when we look at physical death, losing a loved one is painful due to the absence of the person. However, in 1 Thessalonians 4:13-18, speaks of the fact that as believers in Christ, we don't mourn as those who do not have hope. This is because He is the resurrection and the life, those who have died in Christ, will also live in Him and eventually also resurrect with Him. The very essence of who we are - our spirit - is guaranteed life beyond this. We have a hope that surpasses this life into the next. Therefore we can live without fear of death because it is certainly not the end!



# THE WAY

---

*John 14:6 - Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me"*

When putting a destination in the SatNav, often there are different routes to get to a desired destination. We pick the quickest route, or sometimes the toll-free route, in order to get to where we need to get to. The idea of New Age spirituality supports the notion that there are many routes to God and therefore, we are free to choose the way that suits us best. However, the 6th "I am" statement of Christ completely opposes this. When it comes to the Father, there is only one route to him and it is Christ. Our access to God is only through Christ. The question is why?

"I am the Lord your God. Consecrate yourselves therefore, and be holy, for I am holy" - Leviticus 11:44. When the Bible speaks of God's holiness, it refers to Him being completely separate, transcendent and superior from who we are and all that has been created. In God's very essence and nature, He is different. Out of His holiness flows His perfect and sinless nature. God is totally and completely good. This is very different from when we call a person "good" because they seem to be law abiding citizens; they may tell a white lie sometimes or act out of character occasionally, however, they haven't murdered anyone or stolen anything. Therefore, they are "good" people, based on a subjective measure by which we judge others and ourselves. It's different with God - He's pure in every way. He is good.

God's holy nature also means that He is sinless and doesn't associate with it. This is displayed in scripture with Adam and Eve

being sent out of the garden of Eden for their disobedience or when Satan was thrown out of heaven because of a prideful heart. Psalm 24:3-4 reads "Who may ascend the mountain of the Lord? Who may stand in his holy place? The one who has clean hands and a pure heart". To access God, we too need to be holy - spotless and without blemish. Since we are imperfect, in and of ourselves we cannot access God. Now, the Bible states that when there is sin, there needs to be a shedding of blood through death to cover or atone for sin. In the Old Testament, the temporal solution was animal sacrifice; then, Christ was - and to this day is - the permanent solution. Being fully God and fully man, through total obedience to the Father, He overcame all temptations pertaining to life and through his resurrection, also overcame death, Hell and the grave. In His crucifixion, He exchanges our imperfections for His perfection, our impurity for His purity, our sinfulness for His sinlessness. He was the perfect human sacrifice, the one who is spotless and without blemish.

This is why Christ is the way, the truth and the life. Anything or anyone other than Christ would never be enough. He is the way to the Father, giving us access to the fullness of God, His power and His presence. He is the truth, with no other truth outside of Him. He is life, carrying life and being the life giver himself, allowing us to live as God had intended and He is the way. Jesus doesn't just point us in the right direction, it's Him. He is the way.

**Further Reading: John 1:1-4; 2 Corinthians 4:6; Ephesians 2:8-9**



# THE TRUE VINE

---

---

*John 15:5 - "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."*

In the book of Genesis, the first commandment given to mankind by God, after creating both male and female in His image, was to "be fruitful and multiply". Being made in the image of God means we have been created to bear His image - stand in it, abide in it and keep it up. An image is to show a depiction of the original subject. For every human, our fundamental and overarching purpose is to display, communicate and show who Christ is, expressed through every part of our being and who we are. This is our fruit and the fruit we bear should look like Christ.

In John 15:1-5, Jesus states that He is the true vine, God is the gardener and that you and I are the branches. God as the gardener has the role of pruning us, which is the process of cutting away dead or overgrown branches to encourage growth. Pruning is the beneficent discipline of the Father. However, if we are being honest, pruning doesn't always feel good. Pruning may be God's conviction to stop a particular sinful habit that you were once comfortable doing, or having to love someone who isn't particularly loving to you. Whatever it may be, although it may not feel good at the time, we can be certain that it is good for us because it aids growth and productivity in us. Every time the Father prunes and we submit to it, we look more like Him and glorify Him, which is our purpose. We must also be thankful for the Father's pruning as it is a display of His everlasting mercy. As His children, He doesn't allow us to get lost in our sin, but is there to convict, leading us in His righteousness. Jesus invites us to come as we are, but doesn't allow us to stay as we are. The father prunes those He loves.

Nevertheless, we must be sure to stay rooted to our source in order to be pruned and bear fruit. Just as branches are unable to produce fruit when detached from the tree, the same occurs with us when we are not connected to Christ, our source of life. We must abide. This means staying rooted in His word to guide us, communicating with Him through deliberate times of prayer in our secret place and throughout the day and submitting ourselves wholly to Him in obedience. Only then, do we begin to conform to the image of Christ and bear His fruit. Fruit bearing is intentional.

A tree is identified by its fruit. We are able to tell an apple tree from an orange tree because of what is attached to the branches. The elements and composition of the tree allow for it to bear the fruit that it bears. As created beings, we are always reliant on something to give us life and keep us going. For some, our source of reliance may be money, friends and family or our jobs. Although these things aren't innately evil, they do not have the power to give the life we require and therefore cannot be relied on. Moreover, these things aren't lasting and also have the capability to disappoint. Our lives will surely tell of the things we rely on and the Bible is clear about the fruit that reliance on Christ bears - love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control, and to all these things, there is no limit. Good fruit comes when we abide in Christ. The more you are around someone, the more you become like them.

Remember, our true purpose is to bear the image of Christ and this is shown by our fruit. What fruit are you bearing?



# WHO IS JESUS?

The 7 I Am Statements of Christ

CONTACT US

[info@alivecitychurch.org](mailto:info@alivecitychurch.org)

