
“I AM” – Seven Times

The Bible calls us to truly know the Son of God, JESUS CHRIST. To know Him deeply is to experience transformation in our walk, worship, and relationship with God.

> *Ephesians 4:13says*
>
> “Until we all attain to the unity of the faith and of the knowledge of the Son of God, to mature manhood, to the measure of the stature of the fullness of Christ.”

This verse highlights the ultimate goal of the Christian life: growing in knowledge of Christ, not merely in intellectual understanding, but in experiential relationship, which leads to spiritual maturity and Christlikeness.

Today, we explore how JESUS introduced Himself seven times in the Gospel of John as “I AM” – a title with profound theological meaning, echoing God’s self-identification in Exodus 3:14 (*“I AM WHO I AM”*). Each “I AM” reveals an essential aspect of His divine nature and mission.

1. I AM THE BREAD OF LIFE

> *John 6:35 (ESV): “*
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> Jesus said to them, ‘I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.’”

Theological insight: Physical bread sustains temporal life, but JESUS sustains eternal life. By calling Himself the Bread of Life, He signals that true satisfaction for the soul comes only through union with Him. Participation in this Bread is a call to faith, dependence, and communion with Christ. Eucharistic theology later builds on this imagery, understanding Christ as the spiritual sustenance for believers.

2. I AM THE LIGHT OF THE WORLD

John 8:12 (ESV):

> “Again Jesus spoke to them, saying, ‘I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.’”

Theological insight: Light represents truth, purity, guidance, and God’s presence. To follow Jesus is to live under divine illumination, seeing the world from God’s perspective rather than the darkness of sin and ignorance. Theologically, this also prefigures the new creation and sanctification, where believers are called to reflect God’s light (Matthew 5:14–16).

3. I AM THE GATE FOR THE SHEEP

John 10:7 (ESV):

> “So Jesus again said to them, ‘Truly, truly, I say to you, I am the gate for the sheep.’”

Theological insight: In ancient Israel, sheep were vulnerable and required protection. The gate metaphor emphasizes access and security. JESUS is the exclusive way to salvation (cf. John 10:9), providing entrance into God’s kingdom and protection from spiritual danger. Only through Him do we experience true security in God’s care.

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4. I AM THE GOOD SHEPHERD

John 10:11 (ESV):

> “I am the good shepherd. The good shepherd lays down his life for the sheep.”

Theological insight: This highlights Christ’s sacrificial love and divine providence. Shepherd imagery was central to Israelite understanding of God (Psalm 23). Jesus identifies Himself as the

Good Shepherd who lays down His life, prefiguring the atoning work of the cross and showing the personal care of God for each believer.

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5. I AM THE RESURRECTION AND THE LIFE

John 11:25 (ESV): “

> Jesus said to her, ‘I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live.’”

Theological insight: Jesus does not merely give life; He is life itself. His resurrection power transforms death into eternal life for believers. This statement anticipates His own resurrection (John 20) and assures all who trust Him of the hope of eternal life, a foundational tenet of Christian eschatology.

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6. I AM THE WAY, THE TRUTH, AND THE LIFE

John 14:6 (ESV):

> “Jesus said to him, ‘I am the way, and the truth, and the life. No one comes to the Father except through me.’”

Theological insight: Salvation is not found in philosophy, religion, or works, but in a person: Jesus Christ. The “way” affirms access to God, the “truth” affirms God’s revealed reality in Christ, and the “life” affirms eternal communion with God. This verse is central to Christology, emphasizing the uniqueness of Christ as the exclusive mediator between God and humanity (1 Timothy 2:5).

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7. I AM THE TRUE VINE

John 15:1 (ESV):

> “I am the true vine, and my Father is the vinedresser.”

Theological insight: Spiritual vitality comes from abiding in Christ.

The vine imagery stresses dependence, fruitfulness, and unity with Christ. Without Him, we can do nothing (John 15:5). This teaches both sanctification and discipleship: as believers remain in Christ, their lives bear eternal fruit for God’s glory.

Reflection:

Have you welcomed JESUS, the Source of eternal life, into your heart? Or are you still wandering after the ways of the world? Today is the day to change direction. Walk with JESUS, the Good Shepherd, the Bread of Life, and the Light of the World, and experience the fullness of life He offers.

The Lord bless you.

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