

The Seven “I AM” Statements of Jesus: Shares the Breadth of His Identity

The Gospel of **John** uniquely captures Jesus’ identity through His seven “I AM” statements. These declarations not only reveal His divine nature but also offer insight into the fullness of life He provides for those who believe. Each “I AM” statement ties back to God’s self-revelation to Moses in Exodus 3:14: “I AM WHO I AM.” Jesus embodies this eternal, unchanging identity.

“I am the bread of life” (John 6:35-48-51)

Jesus declared this after feeding the 5,000. While physical bread sustains temporarily, Jesus offers spiritual nourishment that satisfies eternally. “Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty” (John 6:35). In Him, we find sustenance for our souls.



Figure 1 Feeding the Five Thousand

“I am the light of the world” (John 8:12)

In a world filled with spiritual darkness, Jesus is the light that leads us out of sin and into truth. He promises, “Whoever follows me will never walk in darkness, but will have the light of life.” His light reveals God’s character and guides our steps toward righteousness.

“I am the door of the sheep” (John 10:7-9)

Jesus is the entry point to salvation and safety. “If anyone enters by me, he will be saved and will go in and out and find pasture” (John 10:9). He protects His flock and leads them to abundant life, offering security and belonging to those who enter through Him.

“I am the good shepherd” (John 10:11-14)

As the Good Shepherd, Jesus knows His sheep intimately and lays down His life for them. “I know my sheep and my sheep know me” (John 10:14). He exemplifies sacrificial love and care, guiding us with tender mercy.

“I am the resurrection and the life” (John 11:25)

At Lazarus’s tomb, Jesus proclaimed, “The one who believes in me will live, even though they die.” This statement demonstrates His power over death and His ability to grant eternal life. Through Jesus, death has no victory, and we are assured of resurrection and eternal fellowship with Him.

“I am the way and the truth and the life” (John 14:6)

Jesus is the exclusive path to God. He boldly declares, “No one comes to the Father except through me.” He is not merely a guide to truth and life—He embodies them. In Jesus, we find the ultimate reality and purpose for living.

“I am the true vine” (John 15:1-5)

Jesus invites us to abide in Him, promising fruitfulness for those who remain connected. “Apart from me you can do nothing” (John 15:5). He sustains us, enabling us to grow in faith and bear spiritual fruit that glorifies God.

Each “I AM” statement reveals a unique facet of Jesus’ character and mission, pointing us to His sufficiency for every need. As we meditate on these truths, may we be reminded that Jesus is our source, sustainer, and Savior—the great “I AM” who is with us always.

Grover Duling, CBC Executive Board

Weekly Prayer Points

Psalm 91:9-10. "Because thou hast made the Lord, which is my refuge, even the most High, thy habitation; There shall no evil befall thee, neither shall any plague come nigh they dwelling."

Please pray for these congregations and pastors:

- Rugombo Congregation in Burundi, Africa and Pastor Bukobero Pierre
- Saa Ya Ukombozi Congregation in Tanzania, Africa and Pastor Emmanuel Nyerere Sanga

CBC Prayer Committee