

The Seven I am Statements in John

The Seven I am's in John

June 18	John 6:35	I am the bread of life
June 25	John 8:12	I am the light of the world
July 2	John 10:7, 9	I am the door of the sheep
July 9	John 10:11, 14	I am the good shepherd
July 16	John 11:25	I am the resurrection and the life
July 23	John 14:6	I am the way, the truth, and the life
July 30	John 15:1, 5	I am the true vine

We will be doing seven Wednesdays looking at the seven “I am” statements that Jesus makes in the book of **John**. I’m starting, then Terry Brown will be next week, then Bill Brandenburg will do two weeks, then Brian Smith will teach a few.

The Original “I AM”

To start, let us look back at the original “I AM” in the Bible.

Exodus 3

1 Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian. And he led the flock to the back of the desert, and came to Horeb, the mountain of God. 2 And the Angel of the Lord [This is Jesus in the Old Testament. And Jesus uses this same phrase again a few thousand years later to point people back to Himself.] **appeared to him in a flame of fire from the midst of a bush. So he looked, and behold, the bush was burning with fire, but the bush was not consumed. 3 Then Moses said, “I will now turn aside and see this great sight, why the bush does not burn.”**

4 So when the Lord saw that he turned aside to look, God called to him from the midst of the bush and said, “Moses, Moses!”

And he said, “Here I am.”

5 Then He said, “Do not draw near this place. Take your sandals off your feet, for the place where you stand is holy ground.” 6 Moreover He said, “I am the God of your father—the God of Abraham, the God of Isaac, and the God of Jacob.” And Moses hid his face, for he was afraid to look upon God.

7 And the Lord said: “I have surely seen the oppression of My people who are in Egypt, and have heard their cry because of their taskmasters, for I know their sorrows. 8 So I have come down to deliver them out of the hand of the Egyptians, and to bring them up from that land to a good and large land, to a land flowing with milk and honey, to the

place of the Canaanites and the Hittites and the Amorites and the Perizzites and the Hivites and the Jebusites. **9** Now therefore, behold, the cry of the children of Israel has come to Me, and I have also seen the oppression with which the Egyptians oppress them. **10** Come now, therefore, and I will send you to Pharaoh that you may bring My people, the children of Israel, out of Egypt.”

11 But Moses said to God, “Who *am* I that I should go to Pharaoh, and that I should bring the children of Israel out of Egypt?”

12 So He said, “I will certainly be with you. And this *shall be* a sign to you that I have sent you: When you have brought the people out of Egypt, you shall serve God on this mountain.”

13 Then Moses said to God, “Indeed, *when* I come to the children of Israel and say to them, ‘The God of your fathers has sent me to you,’ and they say to me, ‘What is His name?’ what shall I say to them?”

14 And God said to Moses, “I AM WHO I AM.” And He said, “Thus you shall say to the children of Israel, ‘I AM has sent me to you.’” **15** Moreover God said to Moses, “Thus you shall say to the children of Israel: ‘The Lord God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you. This *is* My name forever, and this *is* My memorial to all generations.’” **16** Go and gather the elders of Israel together, and say to them, ‘The Lord God of your fathers, the God of Abraham, of Isaac, and of Jacob, appeared to me, saying, “I have surely visited you and seen what is done to you in Egypt; **17** and I have said I will bring you up out of the affliction of Egypt to the land of the Canaanites and the Hittites and the Amorites and the Perizzites and the Hivites and the Jebusites, to a land flowing with milk and honey.”’” **18** Then they will heed your voice; and you shall come, you and the elders of Israel, to the king of Egypt; and you shall say to him, ‘The Lord God of the Hebrews has met with us; and now, please, let us go three days’ journey into the wilderness, that we may sacrifice to the Lord our God.’” **19** But I am sure that the king of Egypt will not let you go, no, not even by a mighty hand. **20** So I will stretch out My hand and strike Egypt with all My wonders which I will do in its midst; and after that he will let you go. **21** And I will give this people favor in the sight of the Egyptians; and it shall be, when you go, that you shall not go empty-handed. **22** But every woman shall ask of her neighbor, namely, of her who dwells near her house, articles of silver, articles of gold, and clothing; and you shall put *them* on your sons and on your daughters. So you shall plunder the Egyptians.”

The reality is that this text is all about God saying to the children of Israel: I **am**. I am **here**. I am here **always**. God isn't going anywhere. This truth gives us hope because hope is rooted in **truth**.

What's the big deal? Permanence

I am the bread of life . . . permanent **sustenance** (He provides food)

I am the light of the world . . . permanent sight (He provides light)

I am the door of the sheep . . . permanent start (He provides the starting point to a relationship)

I am the good shepherd . . . permanent support (He provides oversight that guides us toward health)

I am the resurrection and the life . . . permanent **salvation** (He provides Himself for our salvation)

I am the way, the truth, and the life . . . permanent safety (He provides safety during the journey—and direction while on the journey—story of directions at home)

I am the true vine . . . permanent **security** (He provides an eternal relationship)

God isn't going anywhere.

That is what makes the "I am" statements so powerful. They are a continual reminder that God is. God is here. God is here always.

Even more beautiful is that Jesus always will be these things. He will always be the bread of life. He will always be the light of the world. He will always be the door of the sheep. He will always be the good shepherd. He will always be the resurrection and the life. He will always be the way, the truth, and the life. He will always be the true vine.

"I am the bread of life"

For week one, it's "I am the bread of life." Let us read [John 6:1-40](#)

Feeding the Five Thousand

1 After these things Jesus went over the Sea of Galilee, which is the Sea of Tiberias. **2** Then a great multitude followed Him, because they saw His signs which He performed on those who were diseased. **3** And Jesus went up on the mountain, and there He sat with His disciples.

4 Now the Passover, a feast of the Jews, was near. **5** Then Jesus lifted up His eyes, and seeing a great multitude coming toward Him, He said to Philip, "Where shall we buy bread, that these may eat?" **6** But this He said to test him, for He Himself knew what He would do.

7 Philip answered Him, "Two hundred denarii worth of bread is not sufficient for them, that every one of them may have a little."

8 One of His disciples, Andrew, Simon Peter's brother, said to Him, **9** "There is a lad here who has five barley loaves and two small fish, but what are they among so many?"

10 Then Jesus said, "Make the people sit down." Now there was much grass in the place. So the men sat down, in number about five thousand. **11** And Jesus took the loaves, and when He had given thanks He distributed *them* to the disciples, and the disciples to those sitting down; and likewise of the fish, as much as they wanted. **12** So when they were filled, He said to His disciples, "Gather up the fragments that remain, so that nothing is lost." **13** Therefore they gathered *them* up, and filled twelve baskets with the fragments of the five barley loaves which were left over by those who had eaten. **14** Then those men, when they had seen the sign that Jesus did, said, "This is truly the Prophet who is to come into the world."

Jesus Walks on the Sea

15 Therefore when Jesus perceived that they were about to come and take Him by force to make Him king, He departed again to the mountain by Himself alone.

16 Now when evening came, His disciples went down to the sea, **17** got into the boat, and went over the sea toward Capernaum. And it was already dark, and Jesus had not come to them. **18** Then the sea arose because a great wind was blowing. **19** So when they had rowed about three or four miles, they saw Jesus walking on the sea and drawing near the boat; and they were afraid. **20** But He said to them, "It is I; do not be afraid." **21** Then they willingly received Him into the boat, and immediately the boat was at the land where they were going.

The Bread from Heaven

22 On the following day, when the people who were standing on the other side of the sea saw that there was no other boat there, except that one which His disciples had entered, and that Jesus had not entered the boat with His disciples, but His disciples had gone away alone—**23** however, other boats came from Tiberias, near the place where they ate bread after the Lord had given thanks— **24** when the people therefore saw that Jesus was not there, nor His disciples, they also got into boats and came to Capernaum, seeking Jesus. **25** And when they found Him on the other side of the sea, they said to Him, "Rabbi, when did You come here?"

26 Jesus answered them and said, "Most assuredly, I say to you, you seek Me, not because you saw the signs, but because you ate of the loaves and were filled. **27** Do not labor for the food which perishes, but for the food which endures to everlasting life, which the Son of Man will give you, because God the Father has set His seal on Him."

28 Then they said to Him, "What shall we do, that we may work the works of God?"

29 Jesus answered and said to them, "This is the work of God, that you believe in Him whom He sent."

30 Therefore they said to Him, "What sign will You perform then, that we may see it and believe You? What work will You do? **31** Our fathers ate the manna in the desert; as it is written, 'He gave them bread from heaven to eat.'"

32 Then Jesus said to them, “Most assuredly, I say to you, Moses did not give you the bread from heaven, but My Father gives you the true bread from heaven. 33 For the bread of God is He who comes down from heaven and gives life to the world.”

34 Then they said to Him, “Lord, give us this bread always.”

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. 36 But I said to you that you have seen Me and yet do not believe. 37 All that the Father gives Me will come to Me, and the one who comes to Me I will by no means cast out. 38 For I have come down from heaven, not to do My own will, but the will of Him who sent Me. 39 This is the will of the Father who sent Me, that of all He has given Me I should lose nothing, but should raise it up at the last day. 40 And this is the will of Him who sent Me, that everyone who sees the Son and believes in Him may have everlasting life; and I will raise him up at the last day.”

Tonight the focus is really on that one little phrase in **John 6:35: I am the bread of life. Dr. Constable: The Jews regarded the real bread from heaven as the Law. Jesus did not say He **had** the bread of life but that He **was** that bread.**

Bread is first mentioned in **Genesis 3:17-19** (it's part of the curse) and it is last mentioned in **2 Thessalonians 3:12** (as part of a command to be simple).

Over 200 times in the Bible this word shows up.

Bread is a staple food. Almost everyone has eaten it. **Did anyone eat it today?**

It can be made with water, flour, and yeast. One of the simplest foods on the planet. **Has anyone ever made bread? How long does it last?**

If you live to be 70 years old, you will eat over 75,000 meals in your life. No doubt, many of those—perhaps even most of those—will have bread.

I brought some bread with me tonight. Many varieties: white, wheat, etc. Bread for every taste.

The root word for the word for bread is the word for 'raised.' Because bread **rises** when it is finished—just like Jesus rose when He was finished.

The root word for the word for hunger is the word for poor. We will never be poor trusting in Jesus. With Him, we are spiritually rich and full. God isn't going anywhere.

“Never hunger” is actually a double negative in the Greek. And double negatives in Greek are stronger negatives than single negatives.

Jesus is the greatest teacher that ever lived—and I think it is because he used analogies that everyone could associate with. Everyone has been hungry. Everyone knows what hunger pain feels like. No matter what society or time, this analogy will resonate. That is brilliant teaching.

However, all of these will eventually just leave you hungry again.

Only Jesus will forever satisfy. God isn't going anywhere. His plan is to feed us forever on Himself.

Most of the commentators that I read had a very consistent theme on this verse: Jesus is the bread of life. Thanks for that. However, a few were helpful.

Ironside: Salvation is in a person, our Lord Jesus Himself. Remember when Simeon was worshipping in the temple and Mary and Joseph entered with the little Baby, and Simeon said, "There is the salvation of God," and He hastened to the Baby and took Him in his arms and he said, "Lord, now lettest thou thy servant depart in peace, according to thy word: for mine eyes have seen thy salvation." Yes, God's salvation is in a person, and that person His own blessed Son. To receive Him is to be saved. To receive Him is to have life eternal.

Guzik: In Jesus' answer, He tries to lift up their eyes from bread and on to spiritual realities. They need to put their confidence in Jesus instead of in bread. Jesus is worthy of their confidence, because:

- He perfectly satisfies our spiritual hunger
- He receives all who come to Him
- He isn't interested in His own agenda, but His Father's
- He will keep those who come to Him safe
- The destiny of those who believe in Him is eternal life

Application

1. God isn't going anywhere
2. Earthly bread leaves you hungry
3. Jesus **fills**

Personalization

1. Trust Him
2. Stay **hungry** (hand out the bread here—I want you to remember Jesus when you eat bread—and I want you to remember that earthly bread does not satisfy when your stomach growls)
3. Stay **full**