

God said to Moses, **"I AM WHO I AM."**
"This is my name forever, the name you shall call me from
generation to generation."

EXODUS 3:14-15



A 7-DAY DEVOTIONAL FOR HILLSONG UK



PLAN OVERVIEW

In John's Gospel, Jesus makes seven bold claims beginning with the words "I am." Each one draws on God's divine name revealed in the Old Testament and uses a vivid image — bread, light, shepherd, vine — to invite us into a relationship with Him. In this 7-day devotional, we'll explore the seven "I Am" sayings of Jesus and discover how He nourishes, guides, protects, raises, and sustains us. Together, they reveal Jesus not only as our Saviour but as the eternal I AM — God with us, life for us, hope in us.

I AM JESUS

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INTRODUCTION: THE GOD WHO SAYS "I AM"

EXODUS 3:14

NIV

"I AM WHO I AM. This is what you are to say to the Israelites: 'I AM has sent me to you.'"

When Moses asked God for His name at the burning bush, God replied with breathtaking simplicity: I AM. He is the God who always is, eternal, self-existent, unchanging, and present. Israel held this name in awe, because "I AM" belonged to God alone.

But in John's Gospel, Jesus of Nazareth dares to speak these same words. Over and over He declares, "I AM" ... and then adds an image: bread, light, a door, a shepherd, a vine. With each saying, He is not only identifying Himself with the God of Moses, He is inviting us to experience His saving presence.

Metaphors are powerful because they spark imagination. Bread must be eaten. Light must be seen. A shepherd's voice must be heard. A door must be walked through. Each image draws us into a relationship with Jesus. He is not a distant theory but a living reality. The eternal "I AM" has taken on flesh, and His words invite us to taste and see, to follow and abide.

These seven sayings form a mosaic of salvation: Jesus is the one who nourishes, guides, protects, raises, and sustains His people. They are not abstract slogans to memorise but living pictures to inhabit. Each one is an invitation to participate in the abundant life He offers.

REFLECTION QUESTIONS:

- How does the unchanging nature of "I AM" give you stability in a world that constantly shifts?
- Which "I AM" statement of Jesus most encourages you in your current season of life?

PRAYER:

Lord Jesus, You are the great "I AM." Help me not just to understand Your words but to live in them. Amen.



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DAY 1 — I AM THE BREAD OF LIFE

EXODUS 3:14

NIV

“Then Jesus declared, ‘I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.’”

The day before Jesus made this claim, He fed five thousand people with five loaves and two fish. Their stomachs were full, but the next morning they were hungry again. So they asked Him for more bread. That’s when Jesus said, “I am the bread of life.”

In the wilderness, Israel’s ancestors survived on manna, bread from heaven. But even that bread could not keep them from dying. Jesus points to Himself as the true bread: the One who not only satisfies physical hunger but offers eternal life. To believe in Him is to feed on Him, to take Him in as the one who truly sustains.

Bread is made to be broken, chewed, and digested. In the same way, Jesus’ body was broken on the cross so we might have life. Believing in Him is not just agreeing with facts; it is trusting Him like you trust the bread on your table, taking Him in, depending on Him, finding daily nourishment in His presence.

Other kinds of “bread” leave us hungry again: career success, possessions, even relationships. But Jesus gives food that endures to eternal life. When you eat this bread, your soul is satisfied forever.

REFLECTION QUESTIONS:

- What false “breads” do you keep running back to, even though they never satisfy?
- Where do you usually turn first when your soul feels empty?

PRAYER:

Bread of Life, break the power of false hungers and teach me to be satisfied in You alone. Amen.



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DAY 2 — I AM THE LIGHT OF THE WORLD

JOHN 8:12

NIV

“When Jesus spoke again to the people, he said, ‘I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.’”

Jesus made this declaration during the Festival of Tabernacles, when giant lamps lit up Jerusalem to celebrate God’s guidance through the wilderness. Against that glowing backdrop, He stood and said, “I am the light of the world.” Not just for Israel. Not just for that festival moment. For the world.

Light reveals what darkness hides. Light gives direction to the wandering and safety to the fearful. But Jesus’ light doesn’t only expose; it heals. The very next story in John shows Him giving sight to a man born blind. His words and His actions together declare: “Where I shine, darkness flees.”

This image is participatory. Light must be seen and followed. To believe in Jesus is to walk in His light, to let His presence guide your steps, to trust that His cross has shattered the power of darkness. In Him, the long night is over, and the dawn of a new creation has begun.

When you walk with Jesus, you do not stumble aimlessly. His light is not only above you but within you, shaping your path. To follow Him is to have “the light of life” a life that no shadow can overcome.

REFLECTION QUESTIONS:

- What kinds of “darkness” do you most often face, fear, doubt, temptation, or something else?
- If Jesus is the light of the world, what does it mean for you to bring His light into your daily life?

PRAYER:

Light of the World, scatter my darkness and lead me in Your ways. Shine through me so others may see Your truth. Amen.



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DAY 3 — I AM THE DOOR

JOHN 10:9

ESV

"I am the door. If anyone enters by Me, he will be saved, and will go in and out and find pasture."

We all long for a place of safety and belonging. But how do we get there?

In the sheepfolds of the ancient Near East, there was usually only one entrance. At night, the shepherd himself would lie across the opening, becoming the door/gate with his own body. No sheep could wander out, and no predator could come in unless it passed through him. With this image, Jesus says, "I am the door."

There is no back entrance into God's Kingdom. Not moral effort. Not religious heritage. Not achievements or comparison. Only through Jesus, the crucified and risen Son of God, can we enter the Father's presence. His body on the cross became the door that swung open for us, the one way into salvation.

This picture is both exclusive and inviting. Exclusive, because there is only one way in. Inviting, because that one way is open to all who believe. Once inside, Jesus promises safety, nourishment, and freedom: "They will come in and go out, and find pasture."

REFLECTION QUESTIONS:

- What "doors" are you tempted to walk through for security or identity instead of Jesus?
- Who in your life still needs to know that this "door" is open to them? How could you help point them to Him this week?

PRAYER:

Lord Jesus, thank You for being the open door into the Father's presence. Keep me safe in Your care and lead me into abundant life. Amen.



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DAY 4 – I AM THE GOOD SHEPHERD

JOHN 10:11

NIV

"I am the good shepherd. The good shepherd lays down his life for the sheep."

Whose voice do you trust to guide your life?

Throughout Scripture, God is called a shepherd: "The Lord is my shepherd; I shall not want." (Psalm 23:1). Now Jesus takes that divine title on His lips. But He goes even further: "I am the good shepherd." Unlike hired hands who run away at danger, He knows His sheep by name, leads them, and protects them, even at the cost of His own life.

Shepherding was dirty, dangerous work. Wolves were real, cliffs were steep, storms were harsh. The good shepherd's job was to stand between the flock and death. Jesus fulfilled this when He laid down His life at the cross. He faced the wrath of sin and death head-on and gave Himself so His people could live.

Here, sheep hear the shepherd's voice and follow. Believing in Jesus is not just about knowing doctrines; it is learning His voice and walking in His steps. Other voices promise safety, freedom, or success, but only the Shepherd who gave His life for you can truly lead you to life.

To be His sheep is not to be naïve or weak. It is to be known, loved, and secure in the arms of the Shepherd-King.

REFLECTION QUESTIONS:

- What competing voices in your life threaten to drown out the voice of the Good Shepherd?
- What helps you recognise and follow the Shepherd's voice in daily life?

PRAYER:

Good Shepherd, thank You for knowing me, loving me, and laying down Your life for me. Teach me to recognise Your voice and follow You in trust and joy. Amen.



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DAY 5 — I AM THE RESURRECTION AND THE LIFE

JOHN 11:25-26

NIV

“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?’”

Jesus spoke these words to Martha at her brother Lazarus’s tomb. Everyone assumed that death had the final word. Then Jesus declared: “I am the resurrection and the life.” Moments later, He said, “Lazarus, come out!” and the dead man walked, proving His claim.

The One who spoke light into darkness now speaks life into death. The God of Isaiah’s promise “Your dead shall live; their bodies shall rise” (Isaiah 26:19) was standing in front of Martha in flesh and blood.

Here, the dead man hears the Shepherd’s voice and lives. To believe in Jesus is to respond, even in the valley of death. Eternal life begins not someday in heaven but here and now. For those in Christ, death is no longer the end but the doorway into unending life with Him.

This promise reframes every funeral, every goodbye, every loss we face. The grave does not get the last word. Jesus does and His word is life.

REFLECTION QUESTIONS:

- How does believing in Jesus as “the resurrection and the life” reshape the way you think about death?
- Where do you need His resurrection hope to breathe new life into a situation that feels hopeless?

PRAYER:

Risen Lord, thank You that death is defeated and life is found in You. Help me to live today in the confidence of resurrection hope and to trust that You hold the final word. Amen.



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DAY 6 — I AM THE WAY, THE TRUTH, AND THE LIFE

JOHN 14:6

NIV

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

In an age of pluralism, Jesus’ words cut against the grain: “I am the way and the truth and the life. No one comes to the Father except through me.” He is not suggesting one option among many spiritual paths. He is saying He is the path. He does not just speak truth; He embodies it. He doesn’t just offer life; He is life itself.

The Old Testament often pictured God’s people walking on His path (Isaiah 35:8). Now Jesus says He Himself is that way. To believe in Him is to set your feet on a living road that leads to the Father’s presence.

The invitation here is movement: to follow. To trust Jesus is to walk in Him as the Way, rest on Him as the Truth, and receive Him as the Life.

REFLECTION QUESTIONS:

- Where are you tempted to take your own path instead of trusting His?
- What practical choice this week could demonstrate that you are actively following Jesus, not just admiring Him from a distance?

PRAYER:

Lord Jesus, You are the Way that leads me home, the Truth that anchors my heart, and the Life that sustains me. Keep me walking closely with You, steady in Your truth and sustained by Your life. Amen.



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DAY 7 — I AM THE TRUE VINE

JOHN 15:5

NIV

"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 Israel's Scriptures, the nation was often pictured as God's vine, planted to bear fruit for Him. But Israel failed. Now Jesus declares: "I am the true vine." He is the faithful and fruitful One, the life-source of God's people. We are not the vine but the branches, utterly dependent on Him for vitality.

The image is both comforting and confronting. Comforting, because connection to Jesus is as close as a branch fused to a vine. His life flows into us. His strength sustains us. But it is confronting, because apart from Him, we can do nothing.

The invitation here is to remain, to abide. Just as a branch draws nourishment from the vine day by day, so believers draw their strength from Christ. This is not a momentary connection but an ongoing union. To abide is to anchor yourself in Him, held in His love, drawing from His life.

And the promise? "You will bear much fruit." Not by striving harder, but by staying close. His life in us produces what ours never could.

REFLECTION QUESTIONS:

- What practices help you stay connected to Jesus day by day?
- What's an area where you're trying to 'make it happen' without really depending on Him?

PRAYER:

True Vine, thank You that my life is joined to Yours. Keep me abiding in Your love, drawing from Your strength, and bearing fruit that lasts for Your glory. Amen.