

BibleWise

"I Am" Statements

So often one of the hurdles young people face is removing negative labels or statements they have attached to themselves.

For example:

- "I am dumb."
- "I am ugly."
- "I am weak."
- "I am unhappy."

It is helpful to ask your pupils to make a list of their "I am" statements. Every time they say "I am," ask them to jot down what they are saying about themselves. Help them catch themselves saying the negative statements and practice reversing those statements by replacing them with positive "I am" comments.

Ask students to search for Jesus' I am statements. See the list in Swap Shop.

Discuss why it is important to make positive statements about ourselves rather than negative ones. Look at the following "I am" comments Jesus makes about himself:

John 6:35 And Jesus said unto them, I am the bread of life:

John 8:12 Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life.

John 8:16 And yet if I judge, my judgment is true: for I am not alone, but I and the Father that sent me.

John 8:18 I am one that bear witness of myself, and the Father that sent me beareth witness of me.

John 8:23 And he said unto them, Ye are from beneath; I am from above: ye are of this world; I am not of this world.

John 8:58 Jesus said unto them, Verily, verily, I say unto you, Before Abraham was, I am.

John 9:5 As long as I am in the world, I am the light of the world.

John 10:7 Then said Jesus unto them again, Verily, verily, I say unto you, I am the door of the sheep.

John 10:10 The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly.

John 10:11 I am the good shepherd: the good shepherd giveth his life for the sheep.

John 10:36 Say ye of him, whom the Father hath sanctified, and sent into the world, Thou blasphemest; because I said, I am the Son of God?

John 11:25 Jesus said unto her, I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live:

John 12:46 I am come a light into the world, that whosoever believeth on me should not abide in darkness.

John 14:6 Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

John 14:11 Believe me that I am in the Father, and the Father in me: or else believe me for the very works' sake.

John 15:1 I am the true vine, and my Father is the husbandman.

John 15:5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.