



THE GOSPEL OF JOHN

The Seven

"I AM"

Statements of Jesus

Seven declarations revealing the person and nature of Christ

Seven Declarations of Christ

The seven times Jesus used the phrase "I AM" (ἐγώ εἰμι) in John's Gospel

I The Bread of Life

John 6:35

II The Light of the World

John 8:12

III The Gate

John 10:9

IV The Good Shepherd

John 10:11

V The Resurrection and the Life

John 11:25

VI The Way, the Truth, and the Life

John 14:6

VII The True Vine

John 15:5



I A M STATEMENT

No. 1 of 7

John 6:35, 48

I A M

the Bread of Life

"I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty." — John 6:35

MEANING

Jesus declares Himself the true nourishment that satisfies the deepest hunger of the human soul — spiritual hunger.

CONTEXT

Spoken after feeding the 5,000, Jesus contrasted the temporary bread Moses gave in the wilderness with Himself as the eternal, life-giving bread from heaven.

APPLICATION

Just as bread sustains physical life daily, Jesus sustains spiritual life. We are called to continually come to Him — not just once, but every day.



I A M STATEMENT

No. 2 of 7

John 8:12; 9:5

I A M

the Light of the World

"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." — John 8:12

MEANING

Jesus presents Himself as the source of divine illumination — dispelling moral, spiritual, and eternal darkness.

CONTEXT

Spoken during the Feast of Tabernacles in Jerusalem, where great menorahs lit the temple courts. Jesus declared He was the true Light the festival symbolized.

APPLICATION

To follow Jesus is to walk in truth, purpose, and God's presence. He guides, reveals truth, and protects from the deception of spiritual darkness.



I A M STATEMENT

No. 3 of 7

John 10:7, 9

I A M

the Gate

*"I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture."
— John 10:9*

MEANING

Jesus is the exclusive and sufficient entrance into salvation, security, and the fullness of God's provision.

CONTEXT

In ancient Palestine, a shepherd would lie across the opening of the sheepfold at night — literally becoming the gate. No sheep could enter or leave without passing over the shepherd.

APPLICATION

There is no other path to the Father (John 14:6). Through Christ alone we find safety, freedom, and abundant spiritual provision.



I A M STATEMENT

No. 4 of 7

John 10:11, 14

I A M

the Good Shepherd

"I am the good shepherd. The good shepherd lays down his life for the sheep." — John 10:11

MEANING

Jesus reveals His sacrificial love, intimate knowledge, and protective care for all who belong to Him.

CONTEXT

Contrasted with hirelings who flee at danger, the Good Shepherd stays, fights, and gives His very life. Jesus fulfilled Psalm 23's promise of the LORD as shepherd.

APPLICATION

We can rest in His knowledge of us by name, trust His guidance, and find comfort in knowing He already laid down His life to bring us safely home.



I A M STATEMENT

No. 5 of 7

John 11:25–26

I A M

the Resurrection and the Life

"I am the resurrection and the life. The one who believes in me will live, even though they die." — John 11:25

MEANING

Jesus is not merely the agent of resurrection — He IS resurrection itself. Life flows from His very person.

CONTEXT

Spoken at the tomb of Lazarus before raising him from the dead. Jesus grieved with Mary and Martha, then demonstrated His lordship over death itself.

APPLICATION

Physical death is not the final word for believers. Because Jesus lives, we live also. Our ultimate hope is not in circumstances but in the risen Christ.



I A M S T A T E M E N T

No. 6 of 7

John 14:6

I A M

the Way, the Truth, and the Life

"I am the way and the truth and the life. No one comes to the Father except through me." — John 14:6

MEANING

Jesus is simultaneously the path to God, the full embodiment of truth, and the very source of eternal life.

CONTEXT

Spoken in the Upper Room on the night of His betrayal. The disciples were troubled; Jesus comforted them by revealing that He Himself is the complete and sufficient path to the Father.

APPLICATION

Three exclusive claims in one: He is the only Way (there is no other path), the only Truth (He defines reality), and the only Life (outside of Him is only death).



I A M S T A T E M E N T

No. 7 of 7

John 15:1, 5

I A M

the True Vine

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit." — John 15:5

MEANING

Jesus is the source of all spiritual fruitfulness. Believers find their vitality, purpose, and productivity only through abiding union with Him.

CONTEXT

Spoken on the way to Gethsemane, likely near the golden vine over the Temple gate. Israel had been called God's vine but failed. Jesus is the True Vine Israel was meant to be.

APPLICATION

Fruitfulness is not achieved through effort alone, but through abiding — staying connected to Christ through prayer, His Word, and obedience. Cut off from Him, we can do nothing.

One Name. Seven Declarations.

In the Gospel of John, seven times Jesus opens His teaching with the bold declaration "I AM" (ἐγώ εἰμι) — the same name God used at the burning bush (Exodus 3:14). Each statement is a window into His eternal nature, His sufficiency, and His intimate care for those who follow Him.

I Bread of Life	II Light of the World	III The Gate	IV Good Shepherd	V Resurrection & Life	VI Way, Truth & Life	VII True Vine
---------------------------	------------------------------------	------------------------	-------------------------------	------------------------------------	-----------------------------------	-------------------------

"Jesus answered: "I told you that I am he." — John 18:8

He is everything we need. Come to Him.

Based on the Gospel of John • New International Version (NIV)