



“I AM”

# “I AM”

The “I am” resource looks at 14 different biblical statements which tell us who God is, through looking at the words of Jesus, and the truth of who we are in Christ. This resource is for all young people who are seeking to grow and will be adapted based on your group.

## “I am \_ in Christ”

1. Complete in Christ
2. Rescued
3. Chosen
4. Loved
5. Not guilty
6. Future hope
7. Forgiven

## Jesus says: “I am”

1. I am the bread of life
2. I am the light of the world
3. I am the door of the sheep
4. I am the good shepherd
5. I am the resurrection and the life
6. I am the way, the truth, and the life
7. I am the true vine

# “I AM”

The priority of the I am resource is to share the truth of who God is and who God sees them to be with our young people. We want to ensure they remember these truths and start to consider what difference this could make to their lives.

To ensure this is effective, we know the resource also needs to grow young people’s knowledge and understanding of Scripture.

How to use the resource?

There are 14 sessions and these can be used in whatever order works best for you. Depending on the time of year you start the resource, you may be able to tie this into a certain seasonal focus! You may want to alternate between the “I am \_ in Christ” & Jesus says: “I am” statements, or go through one and then the other.

# “I AM”

We have focused on three aspects to consider in each session:

- To help them grow in knowledge & understanding
- To remember the truth
- To consider the difference this could make

## Mix and Match Resource Format

We'd love you to include something for each of these three aspects but the practical outworkings are up to you! There is a list of options and you can match these to specific sessions or use one or two things consistently if they suit your group.

# “I AM”

I. To help them grow in knowledge & understanding:

Explain the Bible passage: Below we have listed the sessions with the Bible passage and resources for explaining this specific passage in each session.

Discussion questions: Write a few questions to help explore the passage with your group. This is an opportunity to explore the Bible passage so they can be questions which help young people focus on what is there and reflect it back to you. For example, What do you think the main focus of this passage is? Who are the people present at this moment?

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2. To remember the truth:

The Holy Spirit: Our helper who assists us to remember God's truth. We want to be aware of God's power working in us and our young people to convict them of the truth. Our part in this can be to pray as leaders for God's Holy Spirit to be working in the lives of the young people. You also may wish to get others in the Parish praying.

Memory verses: Doing a memory verse can be a way to have a lot of fun together and get bible verses stuck in our heads.

Put Scripture into their own words: Ask the young people to rephrase the bible passage and put it into their own words.

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2. To remember the truth:

Reminders throughout the week: Have something with the bible passage on it for the young people to take home. This could be a simple note or a specially printed card. Another way to remind them is through putting posts on social media or sharing a text midway through the week.

All the elements: Create a physical sign which has space for all 14 statements on it. You can fill these into the gaps session by session. You might want to create a banner, patchwork quilt, bricks cemented together or a wooden hanging sign.

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2. To remember the truth:

**Songs:** Make up your own song to be able to sing the bible passage.

Some groups might enjoy putting the words against a pop song or you can create your own jingle. Alternatively, find a song which follows the theme of the verses and sing it or listen to it together.

**Teaching Others:** One of the best ways to remember things is by teaching others. You could include an opportunity to teach the younger children in your Parish or to share as part of a Sunday Service. Have the young people prepare together and take different responsibilities.



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2. To remember the truth:

**Act it Out:** Several of the passages lend to reenacting these even as short 30 second plays! Break the young people into teams and get them to act out what they understand from the verses.

**Props:** Especially for the Jesus says “I am” statements, you can bring some props to illustrate what this looks like - freshly baked bread, a light in the darkness, vines or maybe go and find some sheep!

**Quiz:** Do a weekly quiz to check and see what they remember from previous sessions.

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3. To consider the difference this could make:

Alternative future: This is to help the young people imagine what things would be like if they believed these as truths. Invite them to consider someone who accepted this is completely true & how might they live. You could name this ‘person’ and fill out what they would look like if they believed truth, after truth, after truth. You could use pictures for this to invite them to identify what it would look like.

Share the impact these truths have on their leaders: One of the best ways to see the impact that truth has is by hearing this from another Christian. Invite your leaders to consider what difference these truths genuinely make in their lives and let this inspire your young people. You may want to invite others from the Parish to contribute to this.

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3. To consider the difference this could make:

Scenarios: Make up some scenarios to help the young people apply the truths to things they might be facing. Seek to make them as real to their lives as possible - this can often mean looking at the simple and often boring rhythms of life!

Discussion questions: Some groups or young people will enjoy pushing further into what difference these truths can make. Have some deeper questions at hand for how you can highlight what might change. For example, Why would God treat us this way when we don't always love Him? What does this add to your picture of God?

# “I AM” - “I am \_ in Christ”

## I. Complete

Colossians 2:10 ERV

“And because you belong to Christ you are complete, having everything you need. Christ is ruler over every other power and authority.”

To be ‘In Christ’, we need to believe in God and decide to follow Him. Colossians 2:10 says ‘In Christ’ we have all we need. Therefore we don’t need to search for anything else.

If we are ‘In Christ’, we belong to Him. He is the most powerful being, over everything else. Therefore we don't have to worry, we can trust Him.

# “I AM” - “I am \_ in Christ”

## 2. Rescued

Isaiah 44:24 ERV

“The one who rescued you is the Lord,  
the one who formed you in your mother’s womb.

He says, “I, the Lord, made everything.

I put the skies there myself.

I spread out the earth before me.”

God has rescued us. He saves us. He gives our life purpose.

God has saved us from the darkness of sin and hopelessness. He rescues us into His family.

Our God knows us. He formed us.

He is the Creator God who is powerful and delights in us.

# “I AM” - “I am \_ in Christ”

## 3. Chosen

1 Peter 2:9 ERV

“But you are his chosen people, the King’s priests. You are a holy nation, people who belong to God. He chose you to tell about the wonderful things he has done. He brought you out of the darkness of sin into his wonderful light.”

God has chosen you. God chooses people and groups. He has done this throughout the Bible where He chooses people and draws them near. He calls groups of people and calls them to follow Him.

# “I AM” - “I am \_ in Christ”

## 4. Loved

1 John 3:1a NCV

“The Father has loved us so much! This shows how much he loved us: We are called children of God. And we really are his children.”

God loves you. He loves you so much that he brings us into His family. He treats us like His own.

(Paraphrased from 1 Corinthians 13:4-8)

God’s love is patient, kind. It does not envy, it does not boast, it is not proud. God’s love does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. God in His love does not delight in evil but rejoices with the truth. He always protects, always trusts, always hopes, always perseveres. God’s love never fails.

# “I AM” - “I am \_ in Christ”

## 5. Forgiven

Colossians 1:14 ERV

“The Son paid the price to make us free. In him we have forgiveness of our sins.”

Our bad deeds and turning against God have a cost. They put space between us and God, they hurt Him yet Jesus pays that cost and God restores us. He forgives us. He takes on the cost through His death as in those moments He is separated from God and dies.

We are forgiven and free.



# “I AM” - “I am \_ in Christ”

## 6. Not guilty

Romans 8:1 ERV

“So now anyone who is in Christ Jesus is not judged guilty”

We don't follow God as we want to and we sin against Him and others. Yet Jesus pays the cost. We have heard we are forgiven and this means we are called not guilty. We do not need to live in shame or hold onto those times we've turned against God. Instead we look to living and following Him.

# “I AM” - “I am \_ in Christ”

## 7. Promised future hope

Colossians 1:5-6 ERV

“Your faith and love continue because you know what is waiting for you in heaven—the hope you have had since you first heard the true message, the Good News that was told to you. Throughout the world, this Good News is bringing blessings and is spreading. And that’s what has been happening among you since the first time you heard it and understood the truth about God’s grace.”

Being ‘In Christ’ gives us hope for our day to day lives. But it also gives us promised future hope. When ‘In Christ’, we are promised everlasting life with God after we die. This life will allow us to be with God, experience life without pain or difficulty, a pure and joyful life. God plans for us to be with Him and enjoy many blessings.

# “I AM” - Jesus says: “I am”

I. I am the bread of life

John 6:35 ERV

“Then Jesus said, “I am the bread that gives life. No one who comes to me will ever be hungry. No one who believes in me will ever be thirsty.””

(We can see the connection here to being Complete In Christ).

Jesus says that He is all that we need. Jesus provides for us in every way. Our needs are satisfied in Jesus. We only need to go to Him and believe in Him.

# “I AM” - Jesus says: “I am”

2. I am the light of the world

John 8:12 ERV

“Later, Jesus talked to the people again. He said, “I am the light of the world. Whoever follows me will never live in darkness. They will have the light that gives life.””

(We can see the connection here to being Rescued In Christ).

Darkness is how our life and our world can feel. It can feel difficult to focus on the positive and good. Light is the beauty, the joy, the kindness. Jesus is the light in the darkness. He rescues us from the darkness and its power. We can enjoy living life in the light.

# “I AM” - Jesus says: “I am”

3. I am the door of the sheep

John 10:7-10 ERV

“So Jesus said again, “I assure you, I am the gate for the sheep. All those who came before me were thieves and robbers. The sheep did not listen to them. I am the gate. Whoever enters through me will be saved. They will be able to come in and go out. They will find everything they need. A thief comes to steal, kill, and destroy. But I came to give life—life that is full and good.””

We are the sheep. We don't want to listen to thieves or robbers, they only come to steal, kill & destroy - instead we want to listen to Jesus who is the gate. We are called to enter through Jesus to be saved. Jesus saves us and provides everything we need. He comes to give us life - life to the full.

# “I AM” - Jesus says: “I am”

4. I am the good shepherd

John 10:11 ERV

“I am the good shepherd, and the good shepherd gives his life for the sheep.”

(We can see the connection here to being Loved In Christ).

Jesus is our good shepherd, and we are His sheep. Jesus loves us. He cares for us. He protects us. He will provide for us. The shepherd gives up His life for the sheep. Jesus gives up His life for us. Jesus' sacrifice is the ultimate example of His love for us. He did everything to demonstrate His love, even when it cost Him his life.

# “I AM” - Jesus says: “I am”

5. I am the way, the truth, and the life

John 14:6 ERV

“Jesus answered, “I am the way, the truth, and the life. The only way to the Father is through me.””

Jesus is what we should pursue above everything else in our lives.

Jesus shows us what God looks like through his life and is our example for what our lives should look like.

We want to follow Jesus’ way. We want to know that He speaks the truth. We know that Jesus brings life. Jesus provides us a way for us to connect with the mighty, holy God even though we don’t deserve it.

We are Christians by approaching God through Jesus and his sacrifice.

# “I AM” - Jesus says: “I am”

6. I am the true vine.

John 15:1 ERV

“Jesus said, “I am the true vine, and my Father is the gardener.””

Jesus is the vine, a plant which grows and is rooted to the ground even though they grow over many different places. Jesus is the true source of life and we are to be rooted and connected to Him. We stay connected to Jesus to have life to the full. God the Father is a gardener. Gardeners prune and cut plants to help them grow. We know that God loves us and so he wants to act in our lives to grow us and help us follow Him.



# “I AM” - Jesus says: “I am”

7. I am the resurrection and the life

John 11:25-26 ERV

“Jesus said to her, “I am the resurrection. I am life. Everyone who believes in me will have life, even if they die. And everyone who lives and believes in me will never really die.””

(We can see the connection here to being Promised Future Hope In Christ).

Jesus died for us - we have seen how this is an example of His love and care for us, that as the Good Shepherd He laid down His life. Jesus also tells us that He is the resurrection. Resurrection means beating the power of death and coming back to life. Jesus did that! He showed how he is more powerful than any other force on earth. Jesus says that if we believe in Him, if we live following Him, we won't die permanently but will receive life with Him. We are promised future hope in Christ - living eternally with God.

An aerial photograph of a coastline. The left side shows a sandy beach with waves breaking onto it, creating white foam. The right side shows a dark blue sea with white-capped waves breaking. The text "I AM" is overlaid in the center in a large, white, serif font, enclosed in quotation marks.

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**Thank you for using this resource developed by Connor Youth.  
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