

The 'I am' sayings of Christ

Bread

I am the bread of life.

Jn 6:35

I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world.

Jn 6:51

Light

Then Jesus spoke to them again, saying, 'I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life.'

Jn 8:12

I am the light of the world.

Jn 9:5

The pre-existent Saviour

Before Abraham was, I AM.

Jn 8:58

The door

I am the door of the sheep.

Jn 10:7

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

Jn 10:9

The good shepherd

I am the good shepherd. The good shepherd gives His life for the sheep. But a hireling, he who is not the shepherd, one who does not own the sheep, sees the wolf coming and leaves the sheep and flees; and the wolf catches the sheep and scatters them. The hireling flees because he is a hireling and does not care about the sheep. I am the good shepherd; and I know My sheep, and am known by My own.

Jn 10:11-14

The Son of God'

I am the Son of God.

Jn 10:36

The resurrection and the life

Jesus said to her, 'I am the resurrection and the life. He who believes in Me, though he may die, he shall live.'

Jn 11:25

I am he (the Christ of God)

But I know Him, for I am from Him, and He sent Me.

Jn 7:29

I am with the Father who sent Me.

Jn 8:16

When you lift up the Son of Man, then you will know that I am He, and that I do nothing of Myself; but as My Father taught Me, I speak these things.

Jn 8:28

You are from beneath; I am from above. You are of this world; I am not of this world.

Jn 8:23

Now I tell you before it comes, that when it does come to pass, you may believe that I am He.

Jn 13:19

They answered Him, 'Jesus of Nazareth.' Jesus said to them, 'I am He.' And Judas, who betrayed Him, also stood with them. Now when He said to them, 'I am He,' they drew back and fell to the ground.

Jn 18:5-7

The way, the truth, and the life

Jesus said to him, 'I am the way, the truth, and the life. No one comes to the Father except through Me.'

Jn 14:6

The true vine

I am the true vine.

Jn 15:1

I am the vine, you are the branches.

Jn 15:5

Ten sayings

Ten represents divine fulness and completion. This parallels the seven signs proving that Jesus is the Christ (number 7 = divine perfection). The signs are:

- Turning water into wine (Jn 2:1-12).
- Healing the nobleman's son (Jn 4:46-54).
- Healing lame man (Jn 5:1-17).
- Feeding 5,000 (Jn 6:1-14).
- Walking on water and stilling the storm (Jn 6:15-21).
- Healing a man blind from birth (Jn 9:1-41).
- Raising Lazarus from the dead (Jn 11:17-45).

To this we can add the resurrection of Jesus, making it the eighth sign (number 8 = resurrection).

The I am sayings

The phrase 'I am' (*ego eimi*) appears 23 times in the Greek text of John's Gospel (John 4:26; 6:20, 35, 41, 48, 51; 8:12, 18, 24, 28, 58; 10:7, 9, 11, 14; 11:25; 13:19; 14:6; 15:1, 5; 18:5, 6, 8) but it is connected to divine metaphors ten times (in my opinion). Others say that there are seven metaphors (bread, light, door, Good Shepherd, resurrection, way, vine). Either way, John is at pains to show that Jesus is the Saviour of the world by these metaphors. Each one is worthy of significant meditation and study.

In addition to these metaphors, John provides us with certain important titles of Christ (Bread of life, Good Shepherd, Lamb of God, Light of the world, Only begotten of the Father, the Word).

All of this fits in with John's purpose in writing. This is summarised at the end of his Gospel, and is emphasised in the prelude, or prologue, to his Gospel. This purpose is to prove that Jesus is the Christ (Messiah) and we must believe in him as Lord and Saviour.

And truly Jesus did many other signs in the presence of His disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in His name.

Jn 20:30-31

Compare the prologue

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through Him, and without Him nothing was made that was made. In Him was life, and the life was the light of men. And the light shines in the darkness, and the darkness did not comprehend it.

Jn 1:1-5

I am He	In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God.
I am the way, the truth, and the life.	In Him was life
I am the light of the world	The life was the light of men. And the light shines in the darkness, and the darkness did not comprehend it.

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