



I am – seven sayings of Jesus

THE SERIES AT A GLANCE

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7 days of 8 minutes

Getting to know Jesus through his “I am” sayings

Preparation: 5 min

How to use the series: One devotion a day – ideal for a camp week, a holiday club or seven meetings. At the start, briefly recall the day before.

1 Part 1: I am the bread of life

Bible: John 6:35

The day before, Jesus fed more than 5,000 people. Now he says: “I am the bread of life. Whoever comes to me will never go hungry.” We need bread every day. Jesus means: you need me every day too – not just on Sundays.

Question: What fills you up – and where is some hunger left?

Prayer: *Jesus, you are my bread for every day. Satisfy the hunger in me that nothing else can satisfy. Amen.*



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2 Part 2: I am the light of the world

Bible: John 8:12

Jesus says: "I am the light of the world. Whoever follows me will never walk in darkness." On a night hike you notice: with a torch you see the next step, not the whole way. That is how Jesus leads – step by step.

💬 **Question:** Where do you need light for the next step right now?

🙏 **Prayer:** *Jesus, you are my light. Show me the next step, even if I cannot see the whole way yet. Amen.*

3 Part 3: I am the door

Bible: John 10:9

Jesus says: "I am the door. Whoever enters through me will be saved." A door lets people in and protects them. With Jesus nobody has to pass an entrance exam – the door is open to everyone who comes.

💬 **Question:** For whom could you be an open door?

🙏 **Prayer:** *Jesus, thank you that your door is open for me. Help me to be open for others too. Amen.*

4 Part 4: I am the good shepherd

Bible: John 10:11–14

Jesus says: "I am the good shepherd. The good shepherd lays down his life for the sheep. I know my own." A shepherd knows every sheep by name. Jesus knows you – with everything that makes you who you are.

💬 **Question:** What does it mean to you that Jesus knows you?

🙏 **Prayer:** *Lord Jesus, you are my good shepherd. Thank you for knowing me and looking after me. Amen.*



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5 Part 5: I am the resurrection and the life

Bible: John 11:25–26

Lazarus has died, and his sister Martha is in despair. Jesus says to her: “I am the resurrection and the life. The one who believes in me will live, even though they die.” Then he calls Lazarus out of the tomb. With Jesus, death does not have the last word.

 **Question:** How does this hope change the way we look at grief and saying goodbye?

 **Prayer:** *Jesus, you are stronger than death. Thank you for the hope you give us. Amen.*

6 Part 6: I am the way, the truth and the life

Bible: John 14:5–6

Thomas asks: “Lord, we don’t know where you are going, so how can we know the way?” Jesus answers: “I am the way and the truth and the life.” Jesus does not give directions – he goes with us himself.

 **Question:** What question about your path in life would you like to ask Jesus?

 **Prayer:** *Jesus, you are my way. When I do not know where to go, please go with me. Amen.*

7 Part 7: I am the vine

Bible: John 15:5

Jesus says: “I am the vine; you are the branches. If you remain in me, you will bear much fruit.” A branch does not have to strain to grow grapes – it only has to stay on the vine. At the end of the week this means: stay connected to Jesus.

 **Question:** What helps you to stay connected to Jesus after this week too?

 **Prayer:** *Jesus, I want to stay connected to you. Let good things grow in my life. Amen.*



For leaders

- Never put young people on the spot: ask open questions, nobody has to answer.
- Let one of the young people read the Bible text aloud.