



# **“I AM” STATEMENTS**

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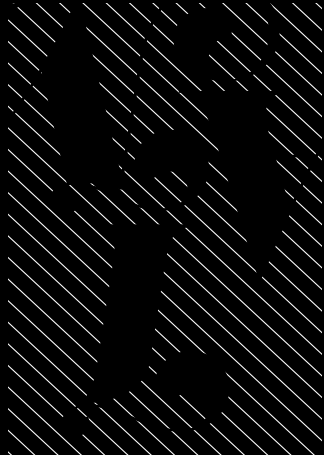
# **LIFE**







"I AM" STATEMENTS



more LIFE resources available at  
toolkit.salvos.org.au/youthandkids



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## I AM THE BREAD OF LIFE



Do you feel spiritually satisfied in Jesus?

### THIS WEEK'S READINGS

John 6:27-51

Jesus is the Bread of Life. Write down the name of someone who you would like to share this good news with.

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## I AM THE LIGHT OF THE WORLD



What effect does light have on darkness?

### THIS WEEK'S READINGS

John 8:12  
John 12:35  
John 12:46

1 John 1:5-7  
Matthew 5:14-16  
Colossians 1:13-14

Where in your life do you need the light of Jesus to shine at the moment?  
Bring this to Him in prayer.

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**NOTES**

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What things do you find it easier to rely on than Jesus? What practical thing will you do this week to rely more on Jesus?

**THIS WEEK'S READINGS**  
John 14:1-7  
Acts 4:12



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**I AM THE WAY, THE TRUTH AND THE LIFE**

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When we are connected to the Vine we bear fruit. What is the spiritual fruit you want to be bearing more of this week?  
Pray and ask Jesus to help you do this.

**THIS WEEK'S READINGS**  
John 15:1-8

Do you feel connected to the True Vine (Jesus)?



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**I AM THE TRUE VINE**

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Write down some practical ways that you can listen to God's voice more this week.  
Pick someone to keep you accountable.

**THIS WEEK'S READINGS**  
John 10:11-18

Do you know the voice of The Good Shepherd?



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**I AM THE GOOD SHEPHERD**

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## I AM THE BREAD OF LIFE

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### summary

Have you ever been really, really hungry? It's not a nice feeling! Your tummy begins to get sore, your energy wanes, you might get a headache. It is so satisfying when you finally get to eat!

Jesus declared: "I am the Bread of Life". This week, we will look at what this claim meant and how it can transform our lives.

### this week you will need

- Enough bread for each person to have a piece.

# CONNECT



Ask any or all of the following questions:

- » What's your favourite kind of bread?
- » Which spread do you hate the most? (E.g. Vegemite, Peanut Butter, Marmalade, Lemon Butter)
- » What book or movie have you read or watched recently that you would recommend?

# DISCUSS



- » Can you think of a time when you were really hungry? What happened? What were you thinking or feeling when you were finally able to eat?
- » What is the point of physical bread? (e.g. tastes nice, satisfies hunger, keeps us alive)
- » Celebrities are often quoted as saying, "I have lots of money and fame and popularity but I still don't feel like I am satisfied". Do you think it is possible to be fully content and satisfied forever without Jesus? Why/why not?

## read the bible

Ask for a volunteer to read **John 6:27-51** out loud from their Bible or phone.

- » Is Jesus offering normal bread? If not what alternative is Jesus offering?
- » What do you think Jesus means when He announces that He is the 'Bread of Life'?
- » If you were in the crowd on that day, what part of what Jesus says do you think you would have found most shocking/confusing? Why?
- » Why do you think Jesus chose to speak in such a confronting way? (e.g. "eat my flesh")? (He was highlighting that he HIMSELF was the source of life - not something he offered.

- » What do you think it means to 'feed on Jesus'? (It means to share in his life). According to verse 6:28-29 how are we to feed on Jesus? (Believe in him)
- » Jesus tells the people that they're asking Him for temporary food when He wants to offer them something that will never go stale or run out. Do you tend to ask Jesus more for temporary things or for everlasting things? Why do you think this is?
- » Why do you think some Christians still feel empty or unsatisfied?
- » Rate out of 5 how much you feel you are experiencing the fullness of life Jesus offers? Explain why you gave your rating.

## INVOLVE



Soon before Jesus died he shared a meal with his closest followers who were also his friends.

As they were eating dinner one night He took some bread, thanked God for it, broke it and said:

'This is my body broken for you. Do this in remembrance of me.'

For centuries Christians have been doing this - breaking bread together reflecting on how the Bread of Life's body was broken for us.



Check the Leader's Notes for the Salvation Army's positional statement on 'love feasts' and for bible passages relating to this topic.

Sit in a circle. Pass around the bread but instruct the group not to eat it yet.

Invite every person to pray a short prayer out loud.

(It can be a 'thank you' prayer, a 'please' prayer or any other prayer they have).

Once you've prayed, say: "let's eat the bread in silence as we reflect on what Jesus has done for us."

# APPLY



What is one thing that you are going to do differently this week based on what we've discussed?

AND/OR

Bake or buy some fresh bread and share it with someone who doesn't know Jesus. Share with them what you learnt today about Jesus being the Bread of Life and what that could mean for them if they trust in Him.

## LEADERS NOTES

- In the John 6 passage Jesus is referring to Exodus 16 when God provided a type of bread called 'manna' for His people to eat every day whilst they were in the desert. Jesus points out that those people still eventually died! He says that people who have the bread He is offering will never die.
- The Salvation Army's Positional Statement on the Sacraments (specifically the Lord's Supper/Holy Communion):  
"Throughout its history The Salvation Army has kept Christ's atoning sacrifice at the centre of its corporate worship. The Salvation Army rejoices in its freedom to celebrate Christ's real presence at all meals and in all meetings, and in its opportunity to explore in life together the significance of the simple meals shared by Jesus and his friends and by the first Christians. Salvationists are encouraged to use the love feast and develop creative means of hallowing meals in home and corps with remembrance of the Lord's sacrificial love."  
If you would like to read more go to: <http://www.salvationarmy.org.au/en/Who-We-Are/vision-and-mission/Positional-Statements/Positional-Statements/THE-SACRAMENTS/> or <https://www.salvationarmy.org.au/our-faith/worship-expressions/>
- If you would like to read about the time when Jesus shared this meal with His disciples check out: Mark 14:22-25
- About 3 days after you've had your group has met follow them up with a call, text message or facebook message asking them the following:

Ask them how they have gone at speaking to someone about Jesus being the Bread of Life



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## I AM THE LIGHT OF THE WORLD

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### summary

Light and darkness are all around us. We experience both each day, physically and spiritually.

Jesus says that He is the Light of the World. He promises that those who trust in Him - the spiritual light of the world, will never walk in darkness.

### this week you will need

- A torch

If you choose Activity 1 for "Involve":

- Pens and textas for the group to share
- 1 sheet of butcher's paper

# CONNECT



Ask any or all of the following questions:

- » If you could live in any period of history, which period would you choose and why?
- » If you had to give up one of your senses (e.g. hearing, smelling, feeling, seeing etc) which would you choose and why?
- » Who has been the biggest influence in your life so far?

# DISCUSS



- » Have you ever been afraid of the dark? What did you do?
- » Why do you think people are afraid of the dark?
- » What pictures come to mind when you think about darkness?
- » What feelings come to mind when you think about darkness?



As you work through these questions be mindful that you might have a group member who is still afraid of the dark! Be careful not to make them feel embarrassed about this.

If you have time or a location that makes this possible turn off all the lights and try to make the room as dark as possible. Turn on a torch and see what happened to the darkness.

Ask your group: What effect does light have on darkness?

# read the bible

Ask different volunteers in your group to read the following passages:

**John 8:12**

**John 12:35**

**John 12:46**

- » What do you think it means for Jesus to be the Light of the World?
- » Why do you think Jesus chose to describe himself as 'light'?
- » If Jesus is the Light of the world, what do you think the darkness is? (see Leaders Notes for further information)

Ask someone to read **1 John 1:5-7** and **Matthew 5:14-16**.

- » What do these passages say about our role in being the light?
- » What do you think the purpose is of us being 'light' in this world?

## INVOLVE



Choose ONE of the following activities for your group:

## activity I

As a group, brainstorm on butcher's paper some practical ways that we can be 'light' in our:

- » families
- » schools
- » universities
- » communities



Make sure that this activity produces some really practical ideas. We want to make sure that the Word of God is impacting us in our lives beyond the LIFE group meeting!

## activity 2

Jesus wants us to stop living in spiritual darkness and experience what it means to live in the light. Read **Colossians 1:13-14** together.

Have each person share one area of their life where they want the light of God to shine.

After each person shares, gather around them as a group & pray for them. You might like to put your hands on the head, shoulders or back of the person you are praying for. (Make sure you ask for permission first.)



Sharing personal struggles can be tough, so it's important to remind your group that this is a safe place and what is said will remain confidential. It might also be helpful to remind your group that by sharing we can offer support and accountability to each other.

## APPLY



What is one thing that you are going to do differently this week based on what we've discussed?

AND/OR

What is one practical way you will do this week to show Jesus' light to those around you?

Let them know that - next time you meet - you will ask them all to share back about how they went.

# LEADERS NOTES

- The main ways that 'light' and 'darkness' are used in the Bible are to talk about two opposing ideas. Light = all things good about God, Christians and living. God's purity, glory, wisdom and saving work in Jesus are all described as things relating to 'light' and Christians are called to walk in the 'light'. In contrast to this, things relating to 'darkness' are sin, our evil or worldly desires, depravity and the purposes and work of the devil. The 'light' of Jesus and the gospel shines into this darkness, illuminating it for what it is and showing that God's way is the good, right and true way to live.
- About 3 days after you've had your group has met follow them up with a call, text message or facebook message asking them the following:

How have you been going at shining the light  
of Jesus to people around you this week?  
Let them know you are praying for them.

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## I AM THE GOOD SHEPHERD

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### summary

Have you ever met a shepherd? A shepherd's whole life is about caring for & protecting their sheep. In the Old Testament, God refers to Himself as the Shepherd of Israel (God's people). When Jesus came to earth He used the same image. This week we will look at what He really meant when he said: "I am the Good Shepherd".

### this week you will need

If you choose Activity 1 for "Involve":

- Different items for an obstacle course
- Blindfolds. You could use tea towels or scarves

If you choose Activity 2 for "Involve":

- Pens and textas for the group to share
- Butchers paper

# CONNECT



Ask any or all of the following questions:

- » What songs or artist are you listening to most at the moment?
- » If you could start a radio station what would it be like? What sort of music would it play?
- » What's the most precious thing in the world to you?

# DISCUSS



## read the bible

As a group read **John 10:11-18**

- » If you were one of the sheep in this passage, would you rather have The Good Shepherd or the hired hand looking after you? Why?
- » Shepherds generally used to be hired to look after someone else's sheep. What do you think it is easier to look after, something you own or something someone else owns? Why?
- » Who is the Good Shepherd in this passage?
- » In Jesus' time 2 qualities were considered the most important for a shepherd to have. Can you guess what these were? (Sacrificing himself for the wellbeing of his sheep and having His sheep recognise his voice.)
- » How much was Jesus willing to put on the line for His sheep (i.e. us)?
- » Does it surprise you that Jesus cares for you that much? Why/why not?
- » Do you think God can speak to you? If so, how does He do this?
- » How do we know if what we hear is really God speaking to us?
- » Has anyone heard God speak to them before? What did you sense Him say? What was your response?

# for established Christians

In Jesus' days 3 or 4 shepherds would often water their sheep at the same river at the same time. Even though the sheep were all mixed together by the river's edge, when the shepherd called his sheep by name they would come straight to him. The sheep know the shepherds voice.

- » Out of 5, how well would you say you know Jesus' (The Good Shepherd) voice?
- » In what ways can we hear from God (e.g. Scripture, other believers, circumstances, Holy Spirit, creation etc.)? What ways are most helpful for you?
- » What gets in the way of you hearing God's voice?

## INVOLVE



Choose ONE of the following activities for your group:

### activity I

Set up an obstacle course using tables and chairs (and whatever else is around and handy). Divide into pairs.

Explain that one team member will be blindfolded, while the other will need to tell them how to get through the course using only animal noises.

Give the teams 2 minutes to work out what animal noises they will use for left, right, stop, etc.

Have all teams move through the course at the same time. The team who finishes the course first wins.



If you can't build an obstacle course big enough for all group members to participate you could just have one pair demonstrate the activity or send half the group through the course at a time.

Questions to ask after exercise:

- » How easy or hard was it to hear your teammate's voice?
- » What did you find most challenging?



## activity 2

On a piece of butcher's paper brainstorm ways that we can listen to God's voice. Underneath the different ways of listening to God, write down some practical tips or suggestions on how to do this during the week.



Try to get really practical so that your group members can walk away with some really helpful, easy-to-do action points, rather than just theory.

## APPLY



What is one thing that you are going to do differently this week based on what we've discussed?

AND/OR

This week, read at least one Psalm a day. Each day, take time to reflect and listen to what God has to say to you. Write down what He says so you can share it with the group next week.

AND/OR

If you did Activity 2, choose one practical idea from the list and commit to doing it. Choose someone in the group to keep you accountable this week.

# LEADERS NOTES

- The original sheep that Jesus speaks of refers to Israel as God's chosen people. Jesus then refers to "other" sheep which speaks of Jesus expanding beyond Israel to the rest of the world. See Ezekiel 34 about God rejecting Israel's leaders as His shepherds for Israel and taking it on himself and his Messiah (which would be Jesus).
- About 3 days after you've had your group follow them up with a call, text message or facebook message asking them the following:

How are you going at listening to God's voice this week?

OR

Have you been finding comfort in Jesus being the Good Shepherd this week? What can I be praying for you?

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## I AM THE WAY, THE TRUTH AND THE LIFE

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### summary

The “I Am” Statements in John’s gospel give us different insights into Jesus’ character and His role in our lives. This week we look at one of Jesus’ most famous statements: “I am the Way, the Truth, and the Life” and what this means for all of us.

### this week you will need

- A large piece of butchers paper
- Textas and pens for the group to share

# CONNECT



Ask any or all the following questions:

- » What one word best describes your bedroom at the moment?
- » If your life was a movie, which one would it be?
- » If you could have dinner with any person (living or dead), who would you choose?



Remember that 'connect' is just about breaking the ice. Don't worry if you don't get through all the questions.

## recap

Did you take time to listen to God this week? What happened?

(If your group were writing down reflections on the Psalms, invite them to read or share the highlights of what they wrote).

# DISCUSS



- » What are the top 3 questions you'd like answers to? (They can be about anything!)
- » Have you ever taken a trip thinking you knew the way and gotten lost? Share your story with the group.
- » What things in life make you feel like you are living life to the full?

# read the bible

Read **John 14:1-7**

- » What do you think Jesus meant when He said "I am The Way"? 'The Way' to what?

Read **Acts 4:12** as a group.

- » What does this verse combined with the verses from John say to the idea that 'all religions worship the same God, but they just call him different names?'
- » As a Christian, how do you think you could share that Jesus is the only way with a friend without sounding like you're judging them or looking down on them?
- » If you're one of the only people in your school who believes in Jesus, does that mean you're wrong? Why/why not?

A Jewish Philosopher in the middle ages said:

'Truth does not become more true by virtue of the fact that the entire world agrees with it, not less so even if the whole world disagrees with it.'  
(Maimonides)



If you think your group will understand this quote and find it helpful to discuss you might like to share it and ask for their thoughts.

- » Jesus says He is the source of all truth. Do you think you live like this is true? Why/why not? When do you struggle to believe this?
- » Jesus is claiming to be 'the Life'. What do you think this means for those who believe Him? And for those who don't believe Him?
- » Jesus told the disciples that He was the Way, the Truth and the Life because they were feeling troubled. How does it make you feel to think that Jesus can give you these three all-important things?

# INVOLVE



Choose ONE of the following activities for your group:

## activity 1

On a sheet of butcher's paper brainstorm (as a group) what things young people rely on in life for:

- » Direction
- » Truths about us, our lives and the world
- » Value and purpose in life

Ask the group: Why do you think we sometimes find it easier to rely on these things than on Jesus?

Get each individual to circle the 2 things on the butcher's paper that they find it easier to trust in before they trust in Jesus.

Have each person pray for somebody else in the group about the 2 things they shared.

## activity 2

If you group has access to the internet give them 15 minutes to research different religions and how they differ to Christianity.

You might like to give each group member a different religion to research.

Suggestions:

- » Islam
- » Buddhism
- » New Age
- » Hinduism

A good website for this is: [www.everystudent.com/features/connecting](http://www.everystudent.com/features/connecting)

Once 15 minutes have passed have them share their findings with the group.

# APPLY



What is one thing that you are going to do differently this week based on what we've discussed?

AND/OR

If you did Activity 1 have each individual share one practical thing they will do this week to rely on Jesus rather than on the 2 things they circled (If they're stuck they could write "Jesus is the Way the Truth and the Life" on their mirror so that they can read it each day!)

# LEADERS NOTES

- 3 days after your LIFE group has met send your members a message reminding them that Jesus is the Way, the Truth and the Life.

Ask them how they are going at relying on Him.

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## I AM THE TRUE VINE

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### summary

Have you ever seen a broken branch lying on the ground? You don't need to be a botanist or a psychic to predict that branch's future. No new leaves or grapes will burst forth. It will not grow bigger or greener or stronger. After all, it has been disconnected from it's life source. It will slowly rot.

When Jesus says: "I am the Vine" and "you are the branches" He is drawing on this exact image.

If we want to be fruitful we can't do it on our own. We need to stay connected to the life source - the Vine.

### this week you will need

- 1 sheet of butcher's paper
- Pens and textas for the group to share



## CONNECT



Ask any or all of the following questions:

- » If you were a character in a comic book, would you be a hero or a villain? Why?
- » Do you have a pet? Tell the group about it. If you don't have a pet – what sort of pet would you like?
- » What's the best piece of advice you have ever been given?

## recap

- » What did you do last week to show someone the light of Jesus?

Take a moment to encourage and celebrate any instances where people shared Jesus' light in the past week.

## DISCUSS



## read the bible

Ask for a volunteer to read **John 15:1-8** out loud.

- » Why do you think Jesus describes Himself as the "true Vine"?
- » What part do we play in this picture of the vine?
- » Do you find this picture a helpful way to understand our relationship with Jesus and God? Why, why not?
- » What does it mean when a gardener "prunes" their plants? Why is this important in the growth of the plant? (Gardeners prune their plants to cut away any dead parts so the plant can flourish and grow and be more healthy).

- » What do you think it means when it says that God 'prunes' us? Why is this important?
- » Have you ever experienced a time when God helped you growth by removing things in your life that weren't healthy? What happened and how did you feel afterwards?
- » The phrase "remain in me" appears a number of times in the passage. In your own words, what do you think it means?
- » Share some ways that you think that you can be intentional about "remaining" in relationship/connection with Jesus.

## INVOLVE



Choose ONE of the following activities for your group:

### activity I

Jesus says we will produce much fruit if we remain in Him.

Use the butcher's paper to brainstorm some of the possible "fruit" we will produce if we are connected to Jesus as the true Vine.



See Galatians 5:22-23, but also think wider and further than just this passage - such as Romans 7:4, Colossians 1:10-14 and anything else your group can think of.

Ask each person to choose one fruit they would like bear more of this week.

Ask each person to pray for one other person about the thing they shared.

Make sure everyone gets prayed for!

## activity 2

Using the butchers paper and pens either draw a picture of a vine or print off page 1 of the appendix. Get the group to write "Jesus" on the vine and the name of every group member on a branch.

When Jesus says 'you are the branches' it's 'you' plural. It could be translated 'you guys are the branches'.

Jesus wants us to remain connected to him but he also wants us to stay connected to each other.

Stand up, link arms & spend some time thanking God for the connections you have as a LIFE group. Pray that he would keep you all well-connected to Him.

### APPLY



What is one thing that you are going to do differently this week based on what we've discussed?

AND/OR

Share one thing you will do this week to strengthen your connection to Jesus - the Vine.



Help different people in your group set appropriate goals for where they are at.

For example you might start every day with 5 minutes prayer or read a chapter of your bible each day.

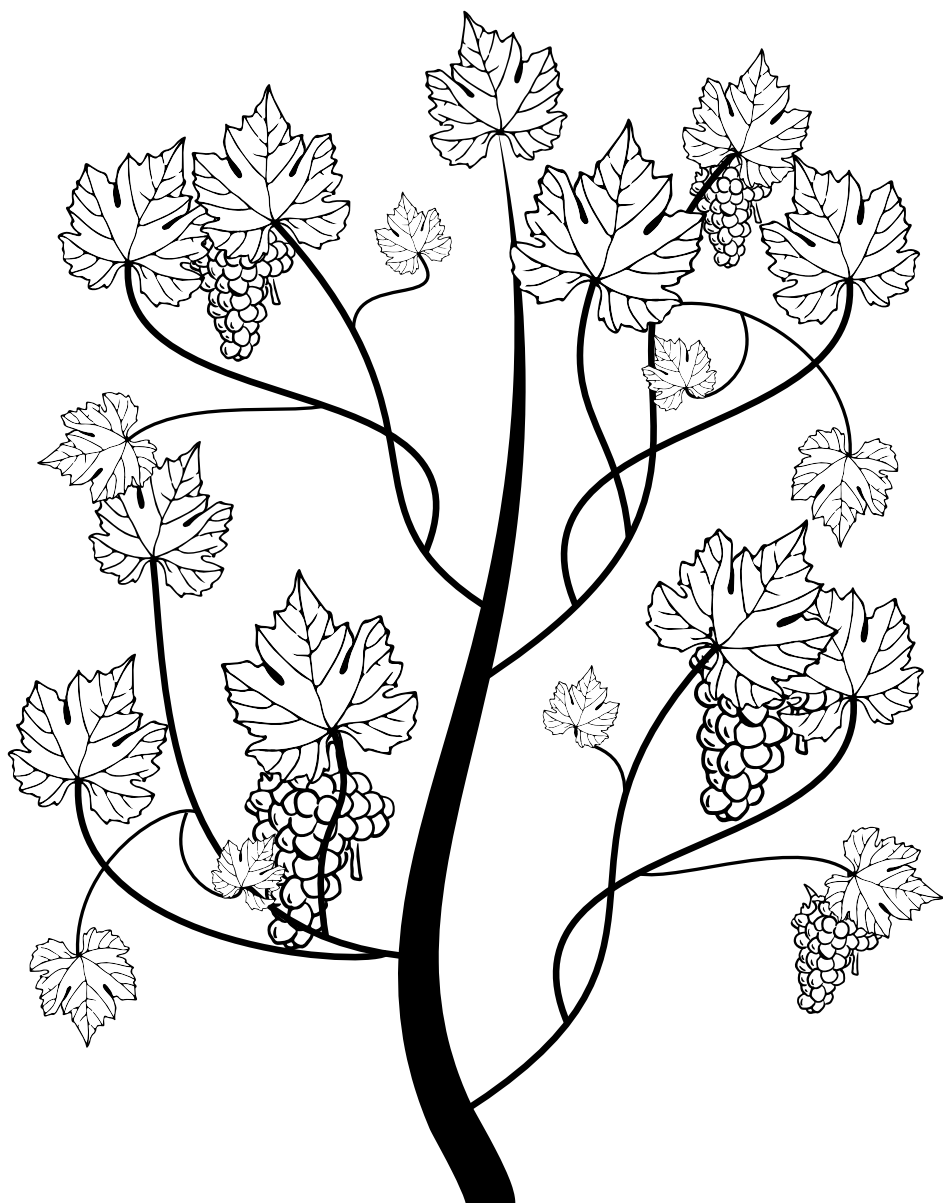
# LEADERS NOTES

- The words "remain" or "remain in me" appear 6 times in this passage – this is all about being in union with Jesus and this is vital for our Christian lives.
- Why not stick up the picture of the vine, branches and fruit somewhere visible so that you are reminded to pray that God will grow spiritual fruit in your life and in the lives of your fellow LIFE group members?
- About 3 days after you've had your group follow them up with a call, text message or facebook message asking them the following:

How are you going at remaining in Jesus?

# APPENDIX 1

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This is a free resource produced by  
The Salvation Army Australia Territory. More LIFE  
Series and other free resources available at  
[toolkit.salvos.org.au/youthandkids](http://toolkit.salvos.org.au/youthandkids)