

JESUS' I AM STATEMENTS

Gospel of John

Meditation Playlist: 22 minutes
Upbeat Playlist: 18 minutes
Contemporary Playlist: 31 minutes

I AM the Bread of Life

INVITATION

Meditation
Evening Sky

Upbeat

She Is Everywhere

<u>Contemporary</u>
Just As I Am (Oh Come)

And everyone who calls on the name of the Lord will be saved. - Acts 2:21

Anyone who chooses to do the will of God will find out whether my teaching comes from God or whether I speak on my own. - John 7:17

The next day Jesus decided to leave for Galilee. Finding Philip, he said to him, "Follow me." - John 1:43

Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me. - Rev. 3:20

The words I have spoken to you—they are full of the Spirit and life. Yet there are some of you who do not believe." - John 6:63-64

On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink. Whoever believes in me, as Scripture has said, rivers of living water will flow from within them." By this he meant the Spirit, whom those who believed in him were later to receive. - John 7:37-39

...he said to them, "Come with me by yourselves to a quiet place and get some rest." - Mark 6:31

"Bring them here to me," he said. And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. - Matt. 14:18-20

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." - Matt. 11:28-30

I AM the Light of the World

INTRODUCTION

Meditation
Walden Pond

Upbeat
Today is My Day

Contemporary
Into My Heart/Fairest Lord Jesus

Simon Peter answered him, "Lord, to whom shall we go? You have the words of eternal life. We have come to believe and to know that you are the Holy One of God." - John 6:68-69

The next day John saw Jesus coming toward him and said, "Look, the Lamb of God, who takes away the sin of the world! - John 1:29

And a voice from heaven said, "This is my Son, whom I love; with him I am well pleased." - Matt. 3:17

"Very truly I tell you," Jesus answered, "before Abraham was born, I am!" - John 8:58

Philip found Nathanael and told him, "We have found the one Moses wrote about in the Law, and about whom the prophets also wrote—Jesus of Nazareth, the son of Joseph." - John 1:45

For with you is the fountain of life; in your light we see light. - Psa. 36:9

Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. - Matt. 28:18

The stone the builders rejected has become the cornerstone; - Psa. 118:22

They will wage war against the Lamb, but the Lamb will triumph over them because he is Lord of lords and King of kings—and with him will be his called, chosen and faithful followers." - Rev. 17:14

I saw heaven standing open and there before me was a white horse, whose rider is called Faithful and True. - Rev. 19:11

I AM the Door

THE ONLY WAY

PLAYLISTS

Meditation A New Day <u>Upbeat</u> Bubbly

Contemporary
A Better Way

We know also that the Son of God has come and has given us understanding, so that we may know him who is true. And we are in him who is true by being in his Son Jesus Christ. He is the true God and eternal life. - 1 John 5:20

For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. - 15. 9:6

For there is one God and one mediator between God and mankind, the man Christ Jesus, who gave himself as a ransom for all people. This has now been witnessed to at the proper time. - 1 Tim. 2:5-6

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. - Rom. 6:23

Jesus replied, "Very truly I tell you, no one can see the kingdom of God unless they are born again. - John 3:3

...yet for us there is but one God, the Father, from whom all things came and for whom we live; and there is but one Lord, Jesus Christ, through whom all things came and through whom we live. - 1 cor. 8:6

The one who comes from above is above all; the one who is from the earth belongs to the earth and speaks as one from the earth. The one who comes from heaven is above all. He testifies to what he has seen and heard, but no one accepts his testimony. Whoever has accepted it has certified that God is truthful. For the one whom God has sent speaks the words of God, for God gives the Spirit without limit. The Father loves the Son and has placed everything in his hands. - John 3:31-35

And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life. - 1 John 5:11-12

I AM the Good Shepherd VERIFIED

PLAYLISTS

Meditation
He Calls Them Each By Name

<u>Upbeat</u> Spruce and Pine

Contemporary
My Jesus I Love

Greater love has no one than this: to lay down one's life for one's friends.
John 15:13

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. - Rom 5:8

So Pilate then took Jesus and had Him flogged. And the soldiers twisted together a crown of thorns and placed it on His head, and put a purple cloak on Him; and they repeatedly came up to Him and said, "Hail, King of the Jews!" and slapped Him in the face again and again — John 19:1-3

With a loud cry, Jesus breathed his last. The curtain of the temple was torn in two from top to bottom. And when the centurion, who stood there in front of Jesus, saw how he died, he said, "Surely this man was the Son of God!" — Mark 15:37-39

There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. His appearance was like lightning, and his clothes were white as snow. The guards were so afraid of him that they shook and became like dead men.

The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay. Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you." - Matt. 28:2-7

A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, "Peace be with you!" Then he said to Thomas, "Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe." - John 20:26-27

I AM the Resurrection and Life REQUIREMENTS

PLAYLISTS

Meditation
Eternal Light

<u>Upbeat</u> Cheap Thrills Contemporary
Jesus I Believe

He is not here; he has risen! Remember how he told you, while he was still with you in Galilee: 'The Son of Man must be delivered over to the hands of sinners, be crucified and on the third day be raised again.' - Luke 24:6-7

"Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life. - John 5:24

Then he called the crowd to him along with his disciples and said: "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it. - Mark 8:34-35

Jesus answered, "Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. - John 3:5

He said to them, "Why are you troubled, and why do doubts rise in your minds? Look at my hands and my feet. It is I myself! Touch me and see; a ghost does not have flesh and bones, as you see I have." - Luke 24:38-39

The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this? - John 11:25-26

Then Jesus said, "Did I not tell you that if you believe, you will see the glory of God?" - John 11:40

Jesus answered, "The work of God is this: to believe in the one he has sent." - John 6:29

Jesus said to them, "Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. - John 6:53-54

I AM the Way, the Truth and the Life

Meditation Serenity <u>Upbeat</u> Friendships

PLAYLISTS

Contemporary
The Jesus Way

And a highway will be there; it will be called the Way of Holiness; it will be for those who walk on that Way. The unclean will not journey on it; wicked fools will not go about on it. - IS. 35:8

Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my life. — Psalm 143:8

And your ears shall hear a word behind you, saying, "This is the way, walk in it," when you turn to the right or when you turn to the left. — Isaiah 30:21

He calls his own sheep by name and leads them out. When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice. - John 10:3-4

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. - Proverbs 3:5-

Have no fear of sudden disaster or of the ruin that overtakes the wicked, for the Lord will be at your side and will keep your foot from being snared. - Prov. 3:25-26

And I will ask the Father, and he will give you another advocate to help you and be with you forever - John 14:16

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. - James 1:5-6

I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you. - Psa. 32:8

I AM the True Vine

LIFE SUSTAINING

PLAYLISTS

Meditation
Ever I Love You

<u>Upbeat</u> Uplifting

<u>Contemporary</u> Breathe

Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being. - Gen. 2:7

And he is not served by human hands, as if he needed anything. Rather, he himself gives everyone life and breath and everything else. - Acts 17:25

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. — IS. 41:10

Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind, for he satisfies the thirsty and fills the hungry with good things. - Psa. 107:8-9

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. - Rom. 15:13

Even to your old age and gray hairs I am here, I am he who will sustain you. I have made you and I will carry you; I will sustain you and I will rescue you. - Is. 46:4

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken. - Psa. 55:22

For the Lord God is a sun and shield; the Lord bestows favor and honor; no good thing does he withhold from those whose walk is blameless. - Psa. 84:11

For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you. - IS. 41:13

The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. - Psalm 23:1-3