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# *In His Own Words*

**7 BOLD CLAIMS OF JESUS CHRIST**

A Bible Study by



[www.harvestministries.org](http://www.harvestministries.org)



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# *Unconditional Love*

**DEMONSTRATED BY LIVING OUT A PURE, WILLFUL, AND SACRIFICIAL LOVE THAT'S GRACE-FILLED AND GOD-HONORING WHILE GOING OUT OF OUR WAY TO INTENTIONALLY LOVE AND SERVE OTHERS WELL.**

**(MATTHEW 22:37-39; LUKE 19:10; JOHN 3:16-17; ROMANS 5:8)**

# *Welcome to In His Own Words*

This 7-week Bible study will help you understand why Jesus is God in the flesh. Each week focuses on one “I Am” statement Jesus declared in the Gospel of John. Below you will find a breakdown of how to use this Bible study. There is also a list of special activities for Holy Week to be done between Palm Sunday and Resurrection Sunday (Easter).

## Weekly Breakdown

- **Key Scripture:** 1–3 verses from the Gospel of John.
- **Key Words:** 2–3 words from the original Greek language translated to English with definitions.
- **Cross-Reference(s):** 1–3 passages from the Old and/or New Testament to support the Scripture Reading.
- **Biblical Truth:** A principle that applies to all who claim Jesus as Lord and Savior.
- **Discussion Questions:** Thought provoking questions to discuss with family, friends, and your small group.
- **Challenge:** An easy weekly action to take to draw closer to God.
- **Activity:** A quick, interactive activity or discussion to reinforce the theme with your family or small group.
- **Teen Devotional:** A 7-week devotional for teens in grades 6th through 12th to supplement the Bible study on Jesus’ “I Am” statements. Each week includes a biblical truth based on the Key Scripture, reflection questions, and a challenge to apply the lesson in daily life.
- **Journal & Prayer Prompts:** A reflective question activity for your personal time with God to pray, journal, and take notes of your thoughts.

# 01

# Week 1

## "I AM THE BREAD OF LIFE"

**Key Scripture(s): John 6:26-51**

**Key Words (Greek): Bread / Life**

- Bread (ἄρτος, artos): A common word for physical bread, but also used metaphorically to represent nourishment, sustenance, and life itself.
- Life (ζωή, zōē): Not just biological life, but eternal and spiritual life that comes from God.

**Cross Reference(s):**

- Exodus 16:4, 15 (Manna in the wilderness)
- Deuteronomy 8:3 (Man does not live by bread alone)
- Matthew 4:4 (Jesus as the sustenance of life)
- Revelation 2:17 (Hidden manna for the faithful)

**Biblical Truth:**

- Adults – Jesus is our spiritual sustenance and eternal provider.
- Child – Jesus gives us everything we need to grow strong in Him!

**Discussion Questions:**

- What are things you “hunger” for in life that never truly satisfy?
- How can trusting Jesus relieve those “hunger” pains?

**Challenge:**

- Write down one thing you’ve been chasing for satisfaction (e.g. job promotion, spouse, influence) and pray, asking Jesus to help you trust Him to fulfill your needs.

# 01

# Week 1

## "I AM THE BREAD OF LIFE"

### Activity:

- Bread Baking & Reflection: Bake or share a basket of bread during a meal as a family or group. Reflect on how bread nourishes the body and how Jesus nourishes the soul. Discuss what it means for Jesus to be the Bread of Life.
- Kids Activity: Make a simple snack like bread and jam or crackers. Talk about how food helps our bodies grow strong, and Jesus helps our hearts grow closer to God.
- Kids Prayer: "Jesus, thank You for being the Bread of Life. Help me trust You to take care of me and make my heart strong for You."

### Teen Devotional:

- Biblical Truth: We all hunger for something—acceptance, purpose, success—but only Jesus satisfies our deepest needs. He is the Bread of Life, giving us spiritual strength and eternal life.
- Reflection Questions:
  - What are things you "hunger" for in life that never truly satisfy?
  - How can trusting Jesus fill those empty spaces?
- Challenge: Write down one thing you've been chasing for satisfaction (popularity, grades, achievements) and pray, asking Jesus to help you trust Him to fulfill your needs.
- Prayer: "Jesus, thank You for filling my life when I feel empty. I trust that You will take care of me and strengthen my heart."

# 01

# Week 1

## "I AM THE BREAD OF LIFE"

**Journal Prompt: How have I experienced Jesus' provision in my life?**

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**Prayer Prompt: Write a prayer thanking God for His provision.**

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# 02

# Week 2

## "I AM THE LIGHT OF THE WORLD"

**Key Scripture(s):** John 8:12; 9:1-7

**Key Words (Greek):** Light / World

- Light (φῶς, phōs): Symbolizes truth, knowledge, purity, and holiness.
- World (κόσμος, kosmos): Refers to the entire created order but also to humanity, which is in spiritual darkness without Christ.

**Cross Reference(s):**

- Genesis 1:3-5 (God as the Creator of light)
- Psalm 27:1 (The Lord is my light and salvation)
- Isaiah 9:2 (Light shining in darkness)
- Revelation 21:23-24 (God and the Lamb as the eternal light)

**Biblical Truth:**

- Adults – Jesus is the spiritual light we need to push back darkness.
- Child – Jesus is like a bright light that shows us the way and keeps us safe.

**Discussion Questions:**

- What areas of your life feel dark or confusing?
- How can you let Jesus' light guide your choices this week?

**Challenge:**

- Memorize John 8:12 and say it whenever you feel overwhelmed or unsure.

# 02

# Week 2

## "I AM THE LIGHT OF THE WORLD"

### Activity:

- Candlelight Devotional: Hold a candlelight devotional in the evening. Dim the lights, light candles, and read the key scriptures. Discuss how Jesus illuminates the darkness in our lives and the world.
- Kids Activity: Play "flashlight tag" in a dark room or outside in the evening. Talk about how light helps us see where to go, just like Jesus does.
- Kids Prayer: "Jesus, thank You for being the Light of the World. Help me to follow You every day!"

### Teen Devotional:

- Biblical Truth: In a dark room, even a small light can guide your way. Jesus is the Light of the World, guiding us out of spiritual darkness and showing us how to live.
- Reflection Questions:
  - What areas of your life feel dark or confusing?
  - How can you let Jesus' light help you make good choices this week?
- Challenge: Memorize John 8:12 and say it whenever you feel overwhelmed or unsure.
- Prayer: "Jesus, You are the Light of the World and the Light of my life. Help me to follow You when life feels dark!"

# 02

## *Week 2*

**"I AM THE LIGHT OF THE WORLD"**

**Journal Prompt: In what areas of my life do I need Jesus to shine His light?**

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**Prayer Prompt: Write a prayer seeking guidance on shining Jesus' light.**

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# 03

## Week 3

### "I AM THE DOOR OF THE SHEEP"

#### **Key Scripture(s): John 10:7-10**

#### **Key Words (Greek): Door / Saved**

- Door (θύρα, thyra): A gate or entrance, often symbolizing security, access, and opportunity.
- Saved (σωθήσεται, sōthēsetai): Meaning "to be rescued or delivered," pointing to salvation through Christ.

#### **Cross Reference(s):**

- Psalm 23:1-3 (The Lord as Shepherd)
- Ezekiel 34:11-16 (God seeking and protecting His sheep)
- Matthew 7:13-14 (The narrow gate)
- Hebrews 10:19-22 (Confidence to enter through Jesus)

#### **Biblical Truth:**

- Adults – Jesus is the only way to salvation and safety.
- Child – Jesus is the way to a happy and safe life with God.

#### **Discussion Questions:**

- What "doors" are you trying to walk through that aren't leading to peace or joy?
- How can you focus on Jesus as your way to true life?

#### **Challenge:**

- Share with a friend or journal about what it means for Jesus to be the door to safety and peace in your life.

# 03

## Week 3

### “I AM THE DOOR OF THE SHEEP”

#### **Activity:**

- **Door Decoration & Prayer:** Write down prayer requests or commitments to follow Jesus on small cards. Attach them to a door in your home or meeting space as a visual reminder that Jesus is the door to life. Pray over these cards throughout the week.
- **Kids Activity:** Build a “sheep pen” with pillows or blocks and pretend to be sheep. Talk about how Jesus keeps us safe and helps us stay close to Him.
- **Kids Prayer:** “Jesus, thank You for being the door to God’s love. Help me to stay close to You and trust You to protect me.”

#### **Teen Devotional:**

- **Biblical Truth:** Imagine being locked out of a safe place. Jesus is the door that leads to safety, peace, and eternal life. Through Him, we find everything we need.
- **Reflection Questions:**
  - What “doors” are you trying to walk through that aren’t leading to peace or joy? (e.g. “doors” of comparison, acceptance, or popularity)
  - How can you focus on Jesus as the door to the Fruit of the Spirit (Galatians 5:22-23)?
- **Challenge:** Share with a friend in person or through text about what it means for Jesus to give you access to safety and peace in your life.
- **Prayer:** “Jesus, thank You for giving me access to God’s love and protecting me from harm.”

# 03

## Week 3

**"I AM THE DOOR OF THE SHEEP"**

**Journal Prompt: How has Jesus opened the door to new life for me?**

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**Prayer Prompt: Write a prayer asking God to open doors to share your faith.**

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# O4

## Week 4

### "I AM THE GOOD SHEPHERD"

**Key Scripture(s): John 10:11-18**

**Key Words (Greek): Good / Shepherd**

- Good (καλός, kalos): Meaning noble, excellent, and morally beautiful.
- Shepherd (ποιμήν, poimēn): One who tends, leads, and protects sheep. It is also used metaphorically for spiritual leadership.

**Cross Reference(s):**

- Psalm 23 (The Lord as Shepherd)
- Isaiah 40:11 (God caring for His flock)
- Ezekiel 34:23-24 (Promise of one Shepherd)
- 1 Peter 2:25 (Return to the Shepherd of souls)

**Biblical Truth:**

- Adults – Jesus shows us sacrificial love and cares for His people.
- Child – Jesus loves us and takes care of us, just like a shepherd cares for sheep.

**Discussion Questions:**

- How does it feel to know that Jesus knows your name and cares about your struggles?
- What are some ways you can trust Jesus to lead you this week?

**Challenge:**

- Spend 5-10 minutes in prayer each day this week, asking Jesus to guide your decisions and protect you from distractions.

# O4

## Week 4

### "I AM THE GOOD SHEPHERD"

#### **Activity:**

- **Shepherding Exercise:** Take a walk or visit a farm in person or online to observe sheep or similar animals. Reflect on the care and guidance shepherds provide. Discuss how Jesus lovingly shepherds His people.
- **Kids Activity:** Draw or color a picture of sheep and a shepherd. Talk about how Jesus knows each of us by name and always takes care of us.
- **Kids Prayer:** "Jesus, thank You for being my Good Shepherd. Thank You for loving me and keeping me safe."

#### **Teen Devotional:**

- **Biblical Truth:** A shepherd knows each sheep by name and protects them from danger. Jesus is our Good Shepherd, who knows us personally and gave His life for us.
- **Reflection Questions:**
  - Say your name out loud. How does it feel to know Jesus knows your name and cares about your struggles?
  - What are some ways you can trust Jesus with decision-making this week?
- **Challenge:** Spend 5-10 minutes in prayer each day, asking Jesus to help you make the right decisions and protect you from distractions.
- **Prayer:** "Jesus, I accept that You are my Good Shepherd and that you love me and keep me safe."



# 04

# Week 4

## "I AM THE GOOD SHEPHERD"

**Journal Prompt: How can I trust Jesus as my Good Shepherd in difficult times?**

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**Prayer Prompt: Write a prayer confessing to God the times you have strayed away from him. Ask Him for forgiveness.**

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# 05

## Week 5

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

**Key Scripture(s):** John 14:1-7

**Key Words (Greek):** Way / Truth / Life

- Way (ὁδός, hodos): A path or road, but also used metaphorically for a way of living.
- Truth (ἀλήθεια, alētheia): Not just factual truth, but ultimate, divine reality.
- Life (ζωή, zōē): Not just biological life, but eternal and spiritual life that comes from God.

**Cross Reference(s):**

- Exodus 33:13 (God showing His ways)
- Psalm 119:160 (God’s Word as truth)
- Acts 4:12 (Salvation in no other name)
- 1 Timothy 2:5 (One mediator between God and humanity)

**Biblical Truth:**

- Adults – Jesus is the exclusive way to God and the fullness of truth.
- Child – Jesus is the only way to know God, and we can always trust Him.

**Discussion Questions:**

- Where do you go for truth—social media, friends, or Jesus?
- How can you focus on following more Jesus this week?

**Challenge:**

- Choose one decision you’re facing and ask, “What would Jesus want me to do?” Then follow His way.

# 05

## Week 5

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

#### **Activity:**

- **Path Mapping:** Create a "map" of your spiritual journey from birth to now. Draw key moments when Jesus guided you, revealed truth, or gave you life. Share these maps with others to encourage one another.
- **Kids Activity:** Make a simple map showing a path to "God" at the top. Use arrows to show how Jesus helps us find the way. Talk about how we can trust Jesus to guide us.
- **Kids Prayer:** "Jesus, thank You for being the way to God. Help me to trust You to guide me every day."

#### **Teen Devotional:**

- **Biblical Truth:** In a world full of opinions and choices, Jesus is the only way to know God, the ultimate truth, and the source of real life. Following Him leads to purpose and peace.
- **Reflection Questions:**
  - Where do you go for truth—social media, friends, or Jesus?
  - How can you focus on following Jesus this week?
- **Challenge:** Choose one decision you're facing and ask, "What would Jesus want me to do?" Then follow His way.
- **Prayer:** "Jesus, I believe that You are the only way to God and trust that You will always lead me in the right direction."



# 06

## Week 6

### "I AM THE TRUE VINE"

**Key Scripture(s): John 15:1-11**

**Key Words (Greek): Vine / Abide**

- Vine (ἄμπελος, ampelos): The source of life and growth for branches, symbolizing a connection to God.
- Abide (μένω, menō): Meaning to remain, stay, or dwell.

**Cross Reference(s):**

- Isaiah 5:1-7 (Israel as the vineyard)
- Psalm 80:8-16 (God planting His people)
- Matthew 7:16-20 (Fruit as evidence of faith)
- Galatians 5:22-23 (Fruit of the Spirit)

**Biblical Truth:**

- Adults – Abiding in Christ helps us bear fruit and experience true life in God.
- Child – Jesus helps us grow strong when we stay close to Him.

**Discussion Questions:**

- What distractions pull you away from staying connected to Jesus?
- What “fruit” (good actions, attitudes) do you want to see in your life?

**Challenge:**

- Set aside 15 minutes each day this week to read the Bible or pray. Focus on staying connected to Jesus.

# 06

## Week 6

### "I AM THE TRUE VINE"

#### **Activity:**

**Grapevine Craft:** Create a grapevine using paper, string, or real vines. Write ways you can "abide in Christ" on the grapes or leaves. Display it as a reminder of staying connected to Jesus.

**Kids Activity:** Create a "vine" craft using green construction paper, crayons, and markers. You may also use the next page. Write or draw ways to stay close to Jesus (praying, reading the Bible, being kind) along the vine.

**Kids Prayer:** "Jesus, thank You for being the True Vine. Help me to stay close to You and grow more like You."

#### **Teen Devotional:**

- **Biblical Truth:** A vine gives life to its branches, helping them grow and produce fruit. When we stay connected to Jesus, He helps us grow spiritually and live in a way that honors God.
- **Reflection Questions:**
  - What distractions pull you away from staying connected to Jesus?
  - What "fruit" (good actions, attitudes) do you want to see in your life?
- **Challenge:** Set aside 10 minutes each day this week to read the Bible or pray. Focus on staying connected to Jesus.
- **Prayer:** "Jesus, I'm glad that You are the True Vine and I pray to stay close to You so I can grow to be more like You."



# 07

## Week 7

### "I AM THE RESURRECTION AND THE LIFE"

**Key Scripture(s): John 11:17-27**

**Key Words (Greek): Resurrection / Life**

- Resurrection (ἀνάστασις, anastasis): Meaning a literal rising from the dead, both physically and spiritually.
- Life (ζωή, zōē): Not just biological life, but eternal and spiritual life that comes from God.

**Cross Reference(s):**

- Isaiah 25:8 (Victory over death)
- Hosea 13:14 (Redemption from the grave)
- 1 Corinthians 15:20-22 (Christ as the first fruits of resurrection)
- Revelation 1:17-18 (Jesus holds the keys to death and Hades)

**Biblical Truth:**

- Adults – Jesus has power over death and He promises eternal life.
- Child – Jesus gives us new life that lasts forever with Him!

**Discussion Questions:**

- Is there something in your life that feels “dead” or hopeless?
- How can you trust Jesus to bring life to that situation?

**Challenge:**

- Write down one area of your life where you need hope. Pray and ask Jesus to work in that area, trusting Him to bring new life.



# 07

## Week 7

### “I AM THE RESURRECTION AND THE LIFE”

#### **Activity:**

Planting Seeds of New Life: Plant seeds or flowers as a symbol of new life in Christ. Discuss how Jesus brings life to what seems dead. As the plants grow, reflect on how Jesus transforms lives.

Kids Activity: Plant a seed in a small pot or garden. Talk about how Jesus brings life to things that seem small or even dead, just like a seed grows into something new.

Kids Prayer: “Jesus, thank You for giving me life with You forever. Help me to trust You when I’m scared or sad.”

#### **Teen Devotional:**

- Biblical Truth: Jesus has power over death and gives us eternal life. Even when life feels overwhelming, Jesus can bring hope and new beginnings.
- Reflection Questions:
  - Is there something (e.g. grades, friendships) in your life that feels “dead” or hopeless?
  - How can you trust Jesus to bring life to that situation?
- Challenge: Write down one area of your life (e.g. mental health, friendships, graduation) where you need hope. Pray and ask Jesus to work in that area, trusting Him to bring new life.
- Prayer: “Jesus, you love me so much that you have given me life with You forever. I pray that even when it is hard, I will trust You with my life.”

# 07

# Week 7

## "I AM THE RESURRECTION AND THE LIFE"

**Journal Prompt: How has Jesus brought life and hope into situations that seemed hopeless?**

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**Prayer Prompt: If you have not accepted Christ into your heart and life, write a prayer to do so now then share it with your pastor. If you have accepted Christ, write a prayer for someone you know to accept Christ.**

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# *Holy Week Activities*

## *01*

### **PALM SUNDAY**

— Celebrate Jesus as the King with crafts, worship, and reflection. This can be done by waving homemade paper palm branches and shouting “Hosanna!” (John 12:12-19)

— Cross-Reference(s): Matthew 21:1-11; Mark 11:1-11; Luke 19:28-38

— Teens: Read John 12:12-19. Write a note or social media post about why you’re thankful Jesus is your King.

## *02*

### **MAUNDY THURSDAY**

— Reflect on the Last Supper with communion or by sharing a simple meal and talk about it then wash one another’s feet as an act of service like Jesus (John 13:1-20).

— Cross-Reference(s): Matthew 26:26-30; Mark 14:22-26; Luke 22:14-20

— Teens: Read John 13:1-17 and practice serving someone in your life (e.g., doing a chore for a sibling or helping a friend).

## *03*

### **GOOD FRIDAY**

— Meditate on the cross with prayer and symbolic activities such drawing a picture of one and saying thank you to Jesus for His love (John 19:17-30).

— Cross-Reference(s): Matthew 27:33-50; Mark 15:22-37; Luke 23:33-46

— Teens: Read John 19:17-30. Spend time reflecting on Jesus’ sacrifice and write a prayer thanking Him for His love.

## *04*

### **EASTER / RESURRECTION SUNDAY**

— Celebrate the resurrection with joyful worship and sharing personal stories of how Jesus has changed your lives (John 20:1-18).

— Cross-Reference(s): Matthew 28:1-8; Mark 16:1-8; Luke 24:1-12

— Teens: Read John 20:1-18. Celebrate by sharing with someone what Jesus’ resurrection means to you personally.



**HARVEST**  
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