

Encouragements, Reminders and Reflections from Scripture

To help you remember that Jesus is with you, take a few minutes to reflect on these words of Jesus Christ, simply known as the **"I Am Statements."**

God had revealed Himself to Moses with a resounding "I AM" (Ex. 3:14). Jesus used the same words to describe Himself. Below is a list of Jesus' seven "I Am" statements in the book of John.

- **"I am the bread of life."** (John 6:35, 41, 48, 51) As bread sustains physical life, so Christ offers and sustains spiritual life.
- **"I am the light of the world."** (John 8:12) To a world lost in darkness, Christ offers Himself as a guide.
- **"I am the gate for the sheep."** (John 10:7,9) Jesus protects His followers as shepherds protect their flocks from predators.
- **"I am the resurrection and the life."** (John 11:25) Death is not the final word for those in Christ.
- **"I am the good shepherd."** (John 10:11,14) Jesus is committed to caring and watching over those who are His.
- **"I am the way, the truth, and the life."** (John 14:6) Jesus is the source of all truth and knowledge about God.
- **"I am the true vine."** (John 15:1, 5) By attaching ourselves to Christ, we enable His life to flow in and through us. Then we cannot help but bear fruit that will honor the Father.

In addition to the descriptions of our Lord, above, use the following Scripture texts to address the desires, fears and issues of your heart. Take one or two each day, or at different times of each day, to strengthen and encourage you.

God's On Going Presence

- **Romans 8:22-39** • This text reminds us that even in a complex and sometimes dangerous world God is on our side, and nothing can separate us from His love in Christ Jesus
- **Psalms 139** • This Psalm from King David reminds us of God's presence with us in all times and places.

Anxiety & Stress

- **1 Peter 5:6-7** • Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 7 Cast all your anxiety on him because he cares for you.
- **Philippians 4:6-7** • Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
- **John 14:27** • Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.
- **Deuteronomy 31:6** • Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."

Trust

- **Psalms 20:7** • Some trust in chariots and some in horses, but we trust in the name of the Lord our God.
- **Proverbs 3:5-6** • Trust in the Lord with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight.
- **1 Thessalonians 5:23-24 (MSG)** • May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ. The One who called you is completely dependable. If he said it, he'll do it!

Morning Prayer

Loving God, you want us to give thanks for all things, to fear nothing except losing you, and to lay all our cares on you, knowing that you care for us. Protect us from faithless fears and worldly anxieties, and grant that no clouds in this mortal life may hide from us the light of your unfailing love shown to us in your Son, Jesus Christ our Lord. Amen.

Midday Prayer

Eternal God, your hand shaped our lives by grace and your hand rescued us from sin by love. May your hand guide us through this day, shielding us from all evil, strengthening us to live faithfully. Enable us, O God, to do all things as unto you; that small things may be filled with greatness, and great things may be crowned with humility; we pray this through Jesus Christ our Lord. Amen.

Evening Prayer

O God our Creator, by whose mercy and might the world turns safely into darkness and returns again to light: We give into your hands our unfinished tasks, our unsolved problems, and our unfulfilled hopes, knowing that only those things which you bless will prosper. To your great love and protection we commit each other and all for whom we have prayed, knowing that you alone are our sure defender, through Jesus Christ our Lord. Amen.