

## MEDITATIONS – “I AM SAYINGS”

### **Meditation 1:**

(running time: 12 mins 20 secs)

**I AM** – The I am sayings appear in the Gospel of John. These can be thought of as signposts, pointing to God. When Jesus uses the phrase “I am” he links himself to God as we are reminded of the time when Moses encountered God at the burning bush and asked whom shall I say has sent me. God replies “I AM who I AM...this is my name for ever” As a prelude to the following meditations from John’s Gospel, this initial meditation is based on that occasion when Moses encountered God at the burning bush.

### **Meditation 2:**

(running time: 13 mins 40 secs)

**I am the bread of life** - This is the first one of the "I am" sayings that appears in John's Gospel. It follows the feeding of the 5000, where the people have been physically satisfied, and journeys with them as they come searching for Jesus. So as before, make sure you are sitting comfortably, that you are warm. Turn off any distractions and be still so that God can speak to your heart.

### **Meditation 3:**

(running time: 10 mins 53 secs)

**I am the Light of the World** - This is the second “I am” saying to appear in John’s Gospel and comes at the time of the Feast of the Tabernacles. During this feast there would have been a ceremony called the ‘Illumination of the Temple’ where the courtyard would have been lit up with the brilliance of the four great candelabras. It was a time of great celebration because the people were reminded that God had promised to send them a light - a light that will save them and take them out of darkness. Jesus links himself to this light, but will they believe him?

### **Meditation 4:**

(running time: 9 mins 53 secs)

**I am the Good Shepherd and the Gate** - This is the third "I am" saying in John's Gospel and follows on from the account of Jesus healing the blind man and the hypocrisy of the Pharisees. Jesus likens himself to the Good Shepherd who cares, protects and is willing to lay down his life, unlike the Pharisees who are self-appointed and self-seeking. Jesus hears the cry of those who are lost and brings them back into the flock where there is security and safety. Sit back and relax and see what God is saying to you as you listen to this meditation.

**Meditation 5:**

(running time: 13 mins 40 secs)

**I am the Resurrection and the Life** - The fourth "I am" saying that appears in John's Gospel is connected to the story about the raising of Lazarus. Unlike other resurrection accounts that appear in the Synoptic Gospels, this account happens four days after Lazarus has died. Jesus comes to Martha and Mary in his own time and tells them that he is the resurrection and the life and whoever believes in him will live, even though they die. What does that mean to us as we journey our way to the Cross and the Risen Christ this Easter? What does life mean to you?

**Meditation 6:**

(running time: 14 mins 7 secs)

**I am the Way, the Truth and the Life** – The fifth "I am" saying appears as Jesus shares a meal with his disciples in the upper room on the eve of Passover. Judas has left and the wheels have been set in motion - Calvary is inevitable. Jesus tells his disciples that he must go away, but they do not understand. He also gives them another commandment - to love one another. Like most people who are faced with circumstances that are difficult to understand they thought with their heads rather than their hearts. To know Jesus, and therefore God, is to know in our hearts that Jesus is the Way, the Truth and the Life, so turn off distractions, sit back and relax into God's presence.

**Meditation 7:**

(running time: 12 mins 11 secs)

**I am the True Vine** - The final "I am" saying occurs after Jesus has left the upper room and makes his way towards the garden of Gethsemane before he is arrested. Jesus uses the imagery of a branch from a vine and its fruit to explain his connection with us and God. Jesus draws comparison with the branch that is joined to the whole vine and receives its nourishment through it and us who are connected to Jesus and have his life flowing through us. So as you listen to this last meditation, think about how you are connected to God through Jesus. Sit back, relax and listen.

Revd Jo Smart

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