

# ***"Knowing Jesus More Intimately Through His Names"***

## **Week 2: Session Guide**

***"Be still, and know that I am God."  
Psalm 46:10 (ESV)***

**2024 Morning Women's Bible Study at The Cove**



# Knowing Jesus More Intimately Through His Names

## Week 2: Session Guide

**Exodus 3:14-15:** *“God said to Moses, ‘**I AM WHO I AM**. This is what you are to say to the Israelites: “**I AM** has sent me to you.”’ God also said to Moses, ‘Say to the Israelites, “**The LORD**, the God of your fathers—the God of Abraham, the God of Isaac and the God of Jacob—has sent me to you.” This is my name forever, the name you shall call me from generation to generation.”*

God identifies Himself as “**I AM**.” In Hebrew: Ehyeh asher Ehyeh ~ “**I AM WHO I AM**” (the self-existent One, eternal, the beginning and the end, uncreated). In Exodus 3:15, God further states that he is **The LORD** (all small capitals/divine self-identification) which translates: YHWH (Tetragrammaton: 4 Hebrew consonants); and is transliterated **Yahweh**; God’s personal, intimate name most closely linked to His redeeming acts and saving power in the lives of His people.

The seven “**I Am**” statements of Jesus are found in the New Testament book of John. Each statement has significant meaning, both to listeners 2,000 years ago and today, as each statement identifies an aspect of Jesus as well as the spiritual needs of mankind.

### The first two **I Am** statements made by Jesus

- John 6:35: “**I am the bread of life**. Whoever \_\_\_\_\_ will never go hungry, and whoever \_\_\_\_\_ will never be thirsty.”
- John 8:12: “**I am the light of the world**. Whoever \_\_\_\_\_ will never walk in darkness, but will have the light of life.”

***Come ~ Believe ~ Follow***

(\*There is an additional “**I Am**” statement found in John 8:58; Jesus states, “Before Abraham was, I am!” This has been referred to as the “hidden **I Am**” statement).

*“**LORD**, the God of Israel, there is no God like you in heaven or on earth—you who keep your covenant of love with your servants who continue wholeheartedly in your way.” 2 Chronicles 6:14 (NIV)*

# Knowing Jesus More Intimately Through His Names

## Week 2: Growth Opportunity

**Day 1:** This week we have begun to look at Jesus' "I Am" statements found in John's Gospel. There is an underlying question Jesus asks each of us.

**Luke 9:20** \_\_\_\_\_

PLEASE don't rush past this foundationally significant question. It warrants prayerful pause and personal consideration.

**What does John 1:1 say:** \_\_\_\_\_

Key points: \_\_\_\_\_

**Psalm 90:2** \_\_\_\_\_

Key points: \_\_\_\_\_

**Exodus 3:14** \_\_\_\_\_ (Or: I WILL BE WHAT I WILL BE)

**Last verse for today; Isaiah 44:6** \_\_\_\_\_

Key point: \_\_\_\_\_ (LORD Almighty: El Shaddai).

*God is who He declares Himself to be*; and this incredible God desires to have a *personal relationship* with you—a reality that should stir our hearts with humility and gratitude. Yet Revelation 2:4 addresses the reality common to mankind: "You have forsaken the love you had at first." We can be inclined to lose our "first love" for God; putting other "gods" on the throne of our heart. Consider: Are there "gods" in your life that you have placed in positions of greater significance than the Most High God (El Elyon): money, image, possessions, status, grief, a relationship, other: \_\_\_\_\_? Take to heart

God's instruction in 1 John 1:9: \_\_\_\_\_; repent and return. With gratitude, we can rejoice in God's heartfelt character described in Lamentations 3:22-23:

\_\_\_\_\_  
\_\_\_\_\_

**Day 2:** Today we'll explore the first "I Am" statement of Jesus: John 6:35 (write it below).

\_\_\_\_\_  
\_\_\_\_\_

What are some characteristics of bread? \_\_\_\_\_

In John 6:35, what two "choices" can a person make: \_\_\_\_\_ & \_\_\_\_\_.

What does it mean to "Come to Jesus?" (initially): \_\_\_\_\_

\_\_\_\_\_ (Romans 10:9)

What does it look like to "come to Jesus" as a "spiritual lifestyle"? \_\_\_\_\_

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What are “hungers” we may experience in life? (i.e.: significance, security, status, possessions)

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Our “fallen appetites” can lead us astray; enticing us to seek worldly satisfaction, artificial fillers. In turn, spiritual pursuits become “lesser” pursuits. Jesus promises that those who come to him will “never go hungry.” In what ways does Jesus satisfy our “hunger” as we come to him? \_\_\_\_\_

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*“This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever.” John 6:58 (NIV)*

The second portion of John 6:35 brings with it a promise Jesus makes to those who believe:

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What do you think it means spiritually to never be thirsty? \_\_\_\_\_

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Jeremiah 2:13 offers a sobering inclination regarding humanity; what does it indicate? \_\_\_\_\_

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John 7:38 states: \_\_\_\_\_

One last time; what are the two “active (daily) choices” we can make in relationship to “I Am?:”

\_\_\_\_\_ and \_\_\_\_\_

This first **I Am** statement offers divine declarations: promises Jesus makes to those who “come to” and “believe in” Him. Psalm 107, noted below, is a wonderful passage to close today:

*“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.” Psalm 107:8,9 (NIV)*

**Day 3:** Today we’ll look at Jesus’ second **I Am** statement found in John 8:12. Write it out: \_\_\_\_\_

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What is the “action” word (choice)? \_\_\_\_\_. Let’s consider what “following Jesus” entails:

**Psalm 81:13a** \_\_\_\_\_

**Psalm 119:33** \_\_\_\_\_

**Mark 8:34** \_\_\_\_\_

**James 4:7-8** \_\_\_\_\_

In John 8:12, what is the promise made for those who choose to follow Him? \_\_\_\_\_

What does Isaiah 59:2 say about spiritual “darkness”? \_\_\_\_\_

and Ephesians 4:18? \_\_\_\_\_

**But God!!** Ezekiel 36:26 \_\_\_\_\_

*“Above all else, guard your heart, for everything you do flows from it.” Proverbs 4:23 (NIV)*

**Conclude your time today in prayer and praise. The verses below will indeed bring rejoicing!**

*“You, LORD, are my lamp; the LORD turns my darkness into light” 2 Samuel 22:29*

*“You, LORD, keep my lamp burning; my God turns my darkness into light.” Psalm 18:28*

*“He brought them out of darkness, the utter darkness, and broke away their chains.” Psalm 107:14*

*“Your word is a lamp for my feet, a light on my path.” Psalm 119:105*

*“The light shines in the darkness, and the darkness has not overcome it.” John 1:5*

*“Blessed are those whose ways are blameless, who walk according to the law of the LORD.”*

*Psalm 119:1*

(Scripture quotations from New International Version)

**Day 4:** As we consider the **I Am** statements of Jesus, turn to Isaiah 55. This is a wonderful portion of Scripture in which God declares: “My word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it” (v. 11). Today, read through Isaiah 55 and consider the following:

**Note verses that have something to say about “coming” to God, seeking Him:**

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**Note verses that have something to say about “believing” God, seeing Him for who He is:**

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**Note verses that have something to say about “following” God, walking in His ways:**

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**Day 5:** Today take note of Psalm 46:10: “Be still, and know that I am God.” As you consider this passage and reflect on the two I Am statements from your Growth Opportunities this week, what has God impressed upon your heart? Remember from Day 4; His Word will accomplish that for which He sent it forth (Isaiah 55). Enjoy reflecting on the realities He has brought to light in your times with Him.

*“I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.” John 6:35 (NIV)*

*“I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.” John 8:12 (NIV)*

*“LORD, the God of Israel, there is no God like you in heaven or on earth—you who keep your covenant of love with your servants who continue wholeheartedly in your way.” 2 Chronicles 6:14 (NIV)*