

**If Jesus asked you this question, what would you reply?**

**Would it come from your knowledge (head) or the way you live your life (heart)?**

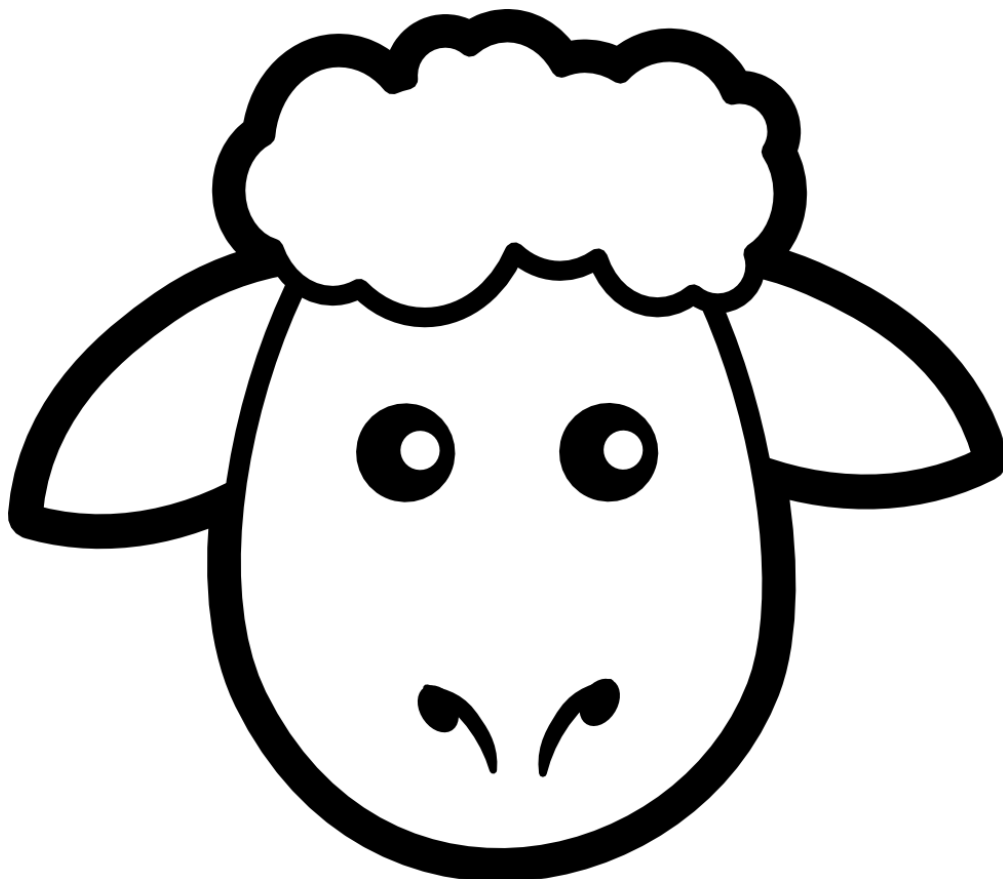
**Both are important but often we believe the facts but do not embrace them in our lives. Why is this?**

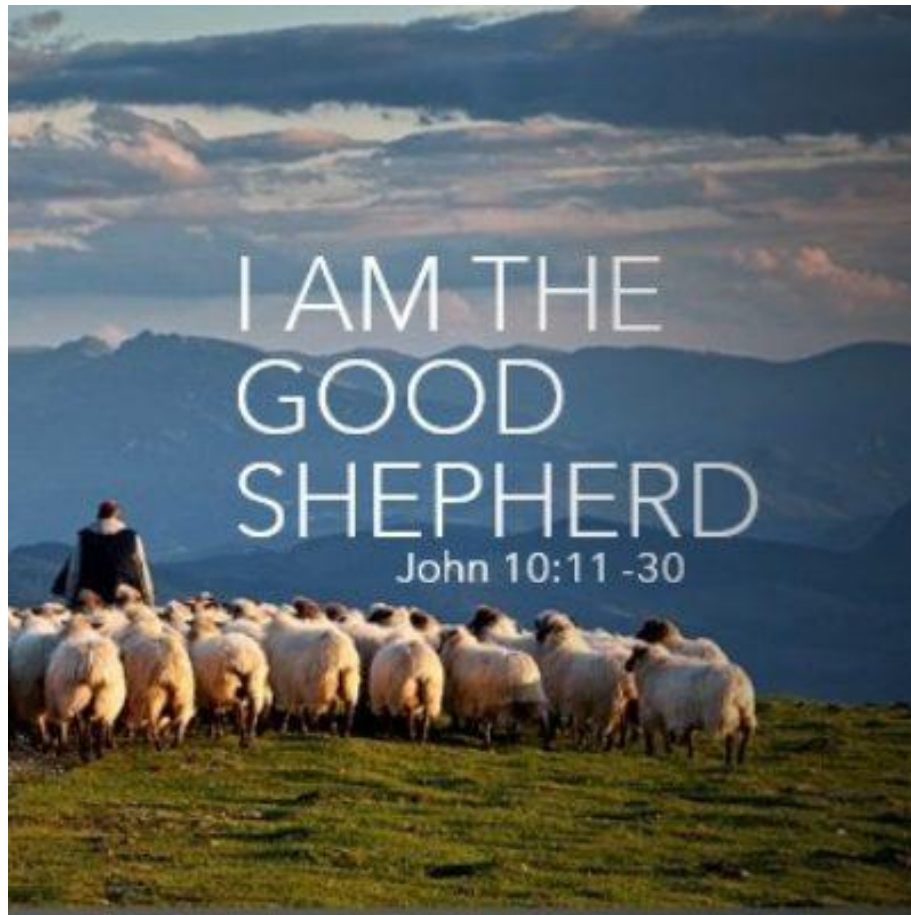
**There are seven "I Am" statements made by Jesus in the Gospel of John.**

**During 2023 we will reflect and pray about all seven.**

**Last month we did "I Am the Gate." Check out our website for further details.**

<https://godmanchesterbaptist.org/prayer/>





## **I AM THE GOOD SHEPHERD**

*Reflection: Jesus is the good shepherd and loves each one of us, knowing and calling us by name.*

### **Read John 10: 1-18**

- Make a list of all the characteristics of the Good Shepherd mentioned in this passage?
- Which characteristic is most important to you at this point in your life?
- Do you know that these are the characteristics of God?

### **Read 1 Peter 2: 25**

- The Good Shepherd has searched you out, found you and been there for you.
- How does this feel?
- God wants a forever relationship with you!

## PRAYER OF EXAMEN

This is a tool used to help you reflect upon your day to help you better partner with God and be aware of how you are or are not experiencing the reality of God in your life.

Maybe ask yourself some questions such as:

- How did I experience the vision of my Good Shepherd today?
- When did I sense Jesus leading and how did I respond?

## BREATH PRAYER

This is a style of prayer you incorporate throughout your day as you breathe.

It is typically 7 – 9 syllables.


This month's breath prayer is "Lord Jesus, you are my Good Shepherd. I feel safe when you are leading the way."

## ACTIONS

**Create your Own Psalm** – Drawing on the list of characteristics you listed about the Good Shepherd from John 10 and Psalm 23 create your own psalm. There is an outline on here that you can photograph or copy to give you a start.

**Hand massage** – A shepherd will rub oil into the wounds of his sheep to bring healing. Bring to the Lord any "wounds" you have of mind, body or spirit and pray for healing. You might have some massage oil or hand cream that you can rub into the back of one of your hands as you pray. You might also know of someone else who needs His healing. Pray for them and massage some oil or cream into the back of your other hand.

**Look at your Name from God's perspective** – Shepherds of Jesus' time were devoted to their sheep. They talked to them and even sang to them. He gave a special name to each one. Find out what your name means. Does it suit you? Write out your name in a fancy font or stencil and colour your name in keeping with your personality. Use Google Translate and see how your name looks in a different alphabet such as Hebrew. Whilst doing this thank Jesus for knowing you by Name and loving you as an individual.



For I am persuaded that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing will be able to separate us from the

# LOVE of GOD

that is in Christ Jesus our Lord  
**ROMANS 8:38-39**

[biblestudytools.com](http://biblestudytools.com)



The Lord is my shepherd; I shall not want.  
He makes me lie down in green pastures,  
He leads me beside still waters.  
He restores my soul.  
He leads me in paths of righteousness  
for his name's sake.  
Even though I walk through the valley of the shadow of death,  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.  
You prepare a table before me  
in the presence of my enemies;  
you anoint my head with oil;  
my cup overflows.  
Surely goodness and mercy shall follow me  
and I shall dwell in the house of the Lord  
forever.

Psalm 23



**All we like  
sheep have  
gone astray;  
we have turned  
every one  
to his own way;  
and the LORD  
hath laid on  
him the iniquity  
of us all.**

**Isaiah 53:6**



[KJVBibleDaily.com](http://KJVBibleDaily.com)

**WHEN HE SAW THE CROWDS, HE  
HAD COMPASSION ON THEM,  
BECAUSE THEY WERE HARASSED  
AND HELPLESS, LIKE SHEEP  
WITHOUT A SHEPHERD.**

**MATTHEW 9:36**



[THECONSECRATEDWOMAN.COM](http://THECONSECRATEDWOMAN.COM)



**"...and the sheep hear his voice; and he calls his own sheep by name and leads them out."**

**John 10:3**



 **FEAR NOT**

**I HAVE REDEEMED YOU**

**I HAVE CALLED YOU BY NAME**

**YOU ARE MINE**

**ISAIAH 43:1**

## **Your Relationship with God – looking UP**

- *Read Psalm 23 again. Thank Jesus that as your Good Shepherd: he feeds you (v1-2); restores you (v 3); guides you (v 3); reassures you that he is constantly with you (v 4); protects you (v 5); heals you (v 5); blesses you (v 6)*
- *How do you hear and recognise the Shepherds voice?*
- *How would you describe the quality, tone, and affect of the Shepherds voice that you hear?*
- *Take a few moments to listen to the Good Shepherd for a special name he might have for you. Write down what you experience. Listen with your heart as well as your ears.*

## **Your relationship with your church community – looking IN**

- *What is the responsibility of the sheep?*
- *Do you think every sheep wants a Good Shepherd?*
- *Is anyone stronger or more powerful than God? Are you more powerful than God? Can there be a time in the future when you don't belong to him?*
- *By His Holy Spirit we can live in a world of wolves and hired hands, knowing we have the Good Shepherd to protect and guide us. It is the power of the shepherd holding onto the sheep rather than the sheep clinging to the shepherd.*
- *Pray for our church leaders to be shepherds leading and protecting their flock rather than behaving like hired hands.*

## **Your relationship with those outside church – looking OUT**

- *Jesus is our model of being a shepherd. Can we shepherd others?*
- *What does it look like in our daily lives to follow the Good Shepherd in a world of wolves that attack our faith?*
- *Sheep are not very strong creatures and we do not like being compared to sheep because we see them as dimwitted, easily spooked and followers of one another to the point of their own demise. If we do not recognize this in ourselves can this description apply to others?*
- *How can we help others hear the voice of the Good Shepherd?*

# Create Your Own Psalm

I will praise You, O God, for You are \_\_\_\_\_  
and \_\_\_\_\_ and \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_ is the Lord and worthy of Praise!

The Lord my God has \_\_\_\_\_  
\_\_\_\_\_

He has shown his love to me by \_\_\_\_\_  
\_\_\_\_\_ and by \_\_\_\_\_  
\_\_\_\_\_

His works declare that he is \_\_\_\_\_

I will praise the Lord because to me He is  
\_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_\_  
and \_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_\_!