

**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 Bread of Life." Check out our website for further details.**

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

## 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.

When did I experience the life-giving light of Jesus today?  
How did I intentionally shine forth the light of Christ in my circumstances, relationships, and choices today?

## 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 "Jesus, guide me and purify me with your light."

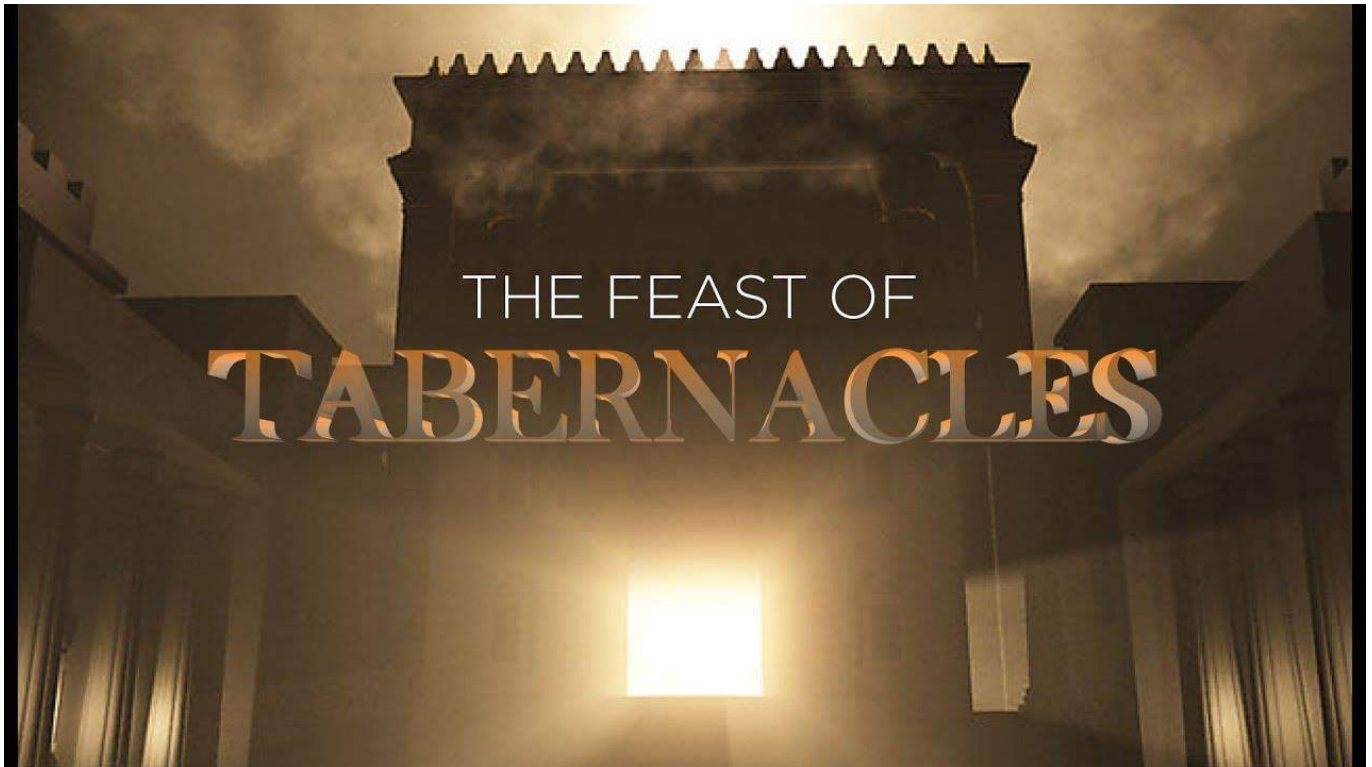
## ACTIONS

**Light a candle** - Watch the flickering light and spend a few moments thanking the Lord for the light He has brought into your life.

**Torchlight walks** - When it is dark take a torch and walk around your garden or in your locality. Please stay safe and take a friend. Note how the torch shows up the things you cannot see with your own eyes, how powerfully it overcomes the darkness and how if the battery is running down the light becomes less powerful. How strong is your light in the world? Solar lights only work if they get enough sunlight. Are you receiving that full light from Jesus so you can shine brightly in the world?

**Write a Prayer** – Is there an area of your life where you need the Lord's guidance; where you feel in the dark and need his light to show you the next step? Take a piece of black paper and write a prayer, in white pen, asking for the Lord's guidance.

**Create a collage** – Light is as essential as food to our wellbeing for things like protection, growth, and learning. Use magazines and make a collage picture of all the types of light you can remember which help us to live.



## THE FEAST OF TABERNACLES

*Take some time to imagine the scene described below.*

According to John, Jesus spoke this 'I Am' statement during the Feast of Tabernacles (Booths or Sukkot), an 8-day feast commemorating Israel's time in the wilderness and God's faithfulness.

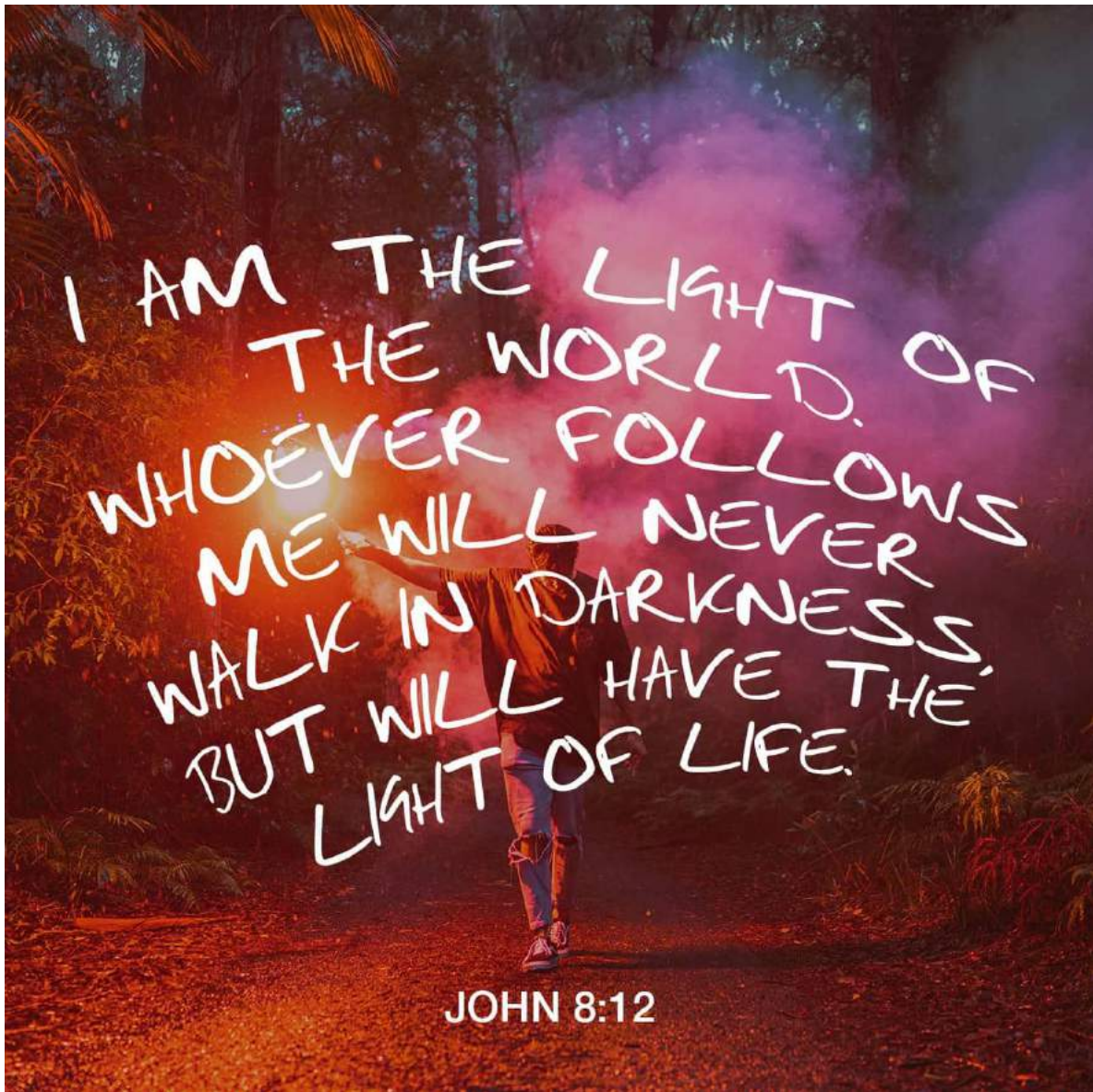
According to the Mishnah (part of the oral tradition of the Rabbis), gigantic candelabras stood within the court of the women in the temple. Each of the four golden candelabras is said to have been 50 cubits high. A cubit is somewhere between 18 and 22 inches, so we're talking about candelabras that were about 75 feet tall! Each candelabrum had four branches, and at the top of every branch there was a large bowl. Four young men bearing 10-gallon pitchers of oil would climb ladders to fill the four golden bowls on each candelabrum. The oil in those bowls was then ignited.

Picture 16 beautiful blazes leaping toward the sky from these golden lamps.

The Temple was on a hill above the rest of the city, so the glorious glow was a sight for the entire city to see. The light was to remind the people of how God's Shekinah glory had once filled His Temple.

*"These lamps were meant to recall the great pillar of cloud and the pillar of fire that had accompanied the people during their wanderings in the wilderness."*

It was during this feast that Jesus declared, "I Am the Light of the World. Whoever follows Me will never walk in darkness but will have the light of life." There are some scholars who believe that Jesus might have very well been standing by those giant candelabras when he made his proclamation.



## I AM THE LIGHT OF THE WORLD

*Reflection: In the "light of Jesus" we see reality. We feel God's presence, protection, and guidance in our lives.*

**Read through John 1 v 1-5 slowly** asking God to guide and direct you. The Light in this passage is Jesus. What do you learn regarding the qualities of Jesus' light?

**Read Psalm 27 and note in verse 1 how** the writer links the presence of God/Jesus' light and the eradication of fear. Take a moment to look at your life – does Jesus being the light of the world take away your fears? Why/Why not?

**Read: Matthew 5:14 -16** This is the only one of Jesus' 'I Am' statements that he also uses to describe his followers. How do you experience these words of Jesus: as a weight, an obligation, a duty, an honour, a challenge, an invitation, or ...?

And God saw that the light was good. And God separated

the light  
from the  
darkness

Genesis 1:4

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But you are a chosen people, a royal priesthood,  
a holy nation, God's special possession, that you  
may declare the praises of him who called you  
out of darkness into his wonderful light.

**1 Peter 2:9**

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*Arise, shine; for thy light is come,  
and the glory of the Lord is risen upon thee.*

*Isaiah 60:1*

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The unfolding of your words gives  
light; it gives understanding  
to the simple.

**Psalms 119:130**

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

### **Connect To the Source**

The light of life takes away the darkness of death and the darkness of ignorance. If you don't want to stumble in the darkness anymore connect to the true source of light. On our own we cannot produce light. We have got to spend time connecting with God.

In Jesus' day when it got dark, it was DARK. There was no flicking a switch. When Jesus calls himself the light it was a big deal. Light is always associated with God's presence in the Old Testament. He created it! God is here!

Does the presence of God/Jesus' light take away your fears?  
Spend time today connecting with God through prayer and studying his word.

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

### **Live In the Light**

It's one thing to connect to the source but another to live in the light. We need to live as Jesus says is best and not what we, or culture, says is best. It requires us to go against what many others are doing but in a place which understands – your church community.

Are you letting Jesus light guide you?  
Do you experience the freedom of Christ. Find out about the next "Freedom in Christ" course.

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

### **Shine your Light**

Jesus doesn't just call us to live in the light, but to share the light with those around us. The moon doesn't produce any light on its own, rather it reflects the light of the sun. Similarly, we cannot produce light on our own, rather we reflect Jesus to the world.

How are you reflecting Jesus in the world?  
What are the challenges? Ask God to help you with them.

