



# **The Disciple's Saviour**

Jesus said to them,  
"Truly, truly, I say to you,  
before Abraham was born, I am."  
John 8:58

**The "I Am's" of Jesus**

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# **The Disciple's Saviour**

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**TITLE: The Disciple's Saviour**

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## Preface

Making disciples is the call and mandate of our Lord Jesus Christ. Jesus urges the disciples to follow Him. He has laid down the teaching and the walk before us that we need to follow in His steps as our supreme example.

It is key for every believer and the church to know that disciples are not born but they are made. For the church to be strong in the last days, we must be about the business of equipping the saints (disciples) for the work of service.

It is our belief here at Project L.A.M.B.S. that it is important and key for the disciples to know and understand clearly what and who they are in Christ before they will be able to pass it on to someone else. Our hope is that you will want to commit yourselves and take seriously this pilgrimage journey that you are about to take.

It will not be easy and for many it will be like looking in a mirror and seeing things you really do not want to know or see. But before something can become mature it has to start as a seed then be nurtured by its environment before it can become mature enough to produce more fruit. This takes time, dedication and training in the disciplines of Christ.

James 4:10 tells us that this discipleship journey starts by “humbling thyself in the sight of the Lord and He will lift you up.”

Secondly, we learn through Paul and James that it is important to draw closer to Christ, to who He is, so that we could begin to make the next step of making a lifelong commitment to Him as a disciple.

James 4:8a points out that as you draw closer to Christ; He will draw closer to you. This training is to help the disciple to understand who they are, so that they can give it away to someone else and to keep spreading the good news to as many as would receive it.

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This booklet is for you to learn from so that you could take two or three other people and teach and equip them in their faith so that they could in turn teach, equip and train also two or three more people (multiplication factor).

This is a pilgrimage that I believe that Jesus is taking us on so that we will be able to fulfill the great commission of making disciples so that they could become laborers who will bring in the last day harvest that is ready (Matthew 9:37-38).

Our call is not to be so much a Nehemiah, who built physical walls, but to be an Ezra, who built a spiritual relationship in people with God. Ezra means “the one who helps.” The role of the teacher is to help guide and equip others in their discipleship walk with Jesus Christ.

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## Introduction:

At the beginning of each discipleship step you will find a key verse that sets the foundation for the entire book. The booklet is also set up in the “**A. B. C. Method**” of outlining. “**A**” representing the word **approach** (as known as introduction) which helps to introduce the section that will be discussed. “**B**” is the **body** of teaching that helps to better explain the topic and “**C**” represents the **conclusion**. This is where the teaching is summed up, plus it gives to the reader ideas on how to apply this truth to one life.

Each booklet also has as a memory verse, plus a little prayer to help the disciple to focus his prayer life on. Each section point contains one to three questions to help the disciple to think about that point in their own personal lives. There is also study question and extra Scriptures that could be used in a group setting. Example: cell groups, Sunday school etc. Pastors could also use these materials as a foundation for a sermon.

The best way for people to learn, is for the reader to clearly study and understand each step themselves personally and then for them to go out and teach someone else. This will bring greater discipline and understanding into one's own personal lives.

We pray that as you freely receive you will freely give to others around. The Holy Spirit is our great teacher and we need to call upon him as we study these lessons individually or as a group. God wants to use **YOU** as a channel of His love and grace, to be a vessel of faith and hope to people who you will come into contact with each day. I encourage you to “Keep on keeping on for Jesus Christ”.

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*Jesus said to them,  
“Truly, truly, I say to you, before Abraham was born, I am.”  
John 8:58*

## **APPROACH:**

God has always been the Saviour of His people; delivering from slavery, giving them victory over enemies, providing forgiveness for sin. As evidence of this love, He sent Jesus to pay for all sins for all time for those who believe and follow Him. Various aspects of His character and nature are taught to us through the titles of the “I AM” names that Jesus used of Himself. Hopefully we will see Christ in a much newer and fuller way than before.

### **FOCUS AND TARGET FOR TEACHER & STUDENT**

**TEACHER:** In this unit you will teach the disciples the names Jesus used of Himself in the New Testament to show His work and ministry on behalf of all believers. By helping them grasp these names and what they mean, you will strengthen their faith in and with their walk with Jesus.

**STUDENT:** The student will learn the “I am” names which Jesus called himself. They give us word pictures of who Christ is and how He ministers to people. As you come to understand them you will become more effective in ministry, following in Jesus’ footsteps.

### **DEFINITIONS AND SYNONYMS**

Understanding the meaning of words is the heart to understanding Scripture. Words are the bridge that can help us to understand more about ourselves and about God and His word the Bible. Please take time to meditate and reflect on the broad and narrow view of each word as defined, along with its synonyms.

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**I Am:** The name “I AM”, like Yahweh (Jehovah), is the first person form of the Hebrew verb “to be”. The name “I Am” often means “I AM (who I am).” One who is present.

**Jesus:** “Yahweh saves”

**Christ:** “Anointed One” or Messiah

## **SCRIPTURE**

*For this chapter, study this portion of Scripture. It is the key to a good biblical foundation and it is the next step to help you as a disciple to mature in Christ. Please look up and read it in its entirety. Take into account the author who wrote it, who it was written to and the context in which it relates to the other verses and chapters around it.*

### **Exodus 3:6 & 14**

He said also, I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob. ... God said to Moses, “I AM WHO I AM”; and He said, “Thus you shall say to the sons of Israel, “I AM sent you.”

### **John 8:58**

Jesus said to them, “Truly, truly, I say to you, before Abraham was, I Am.”

## **STUDY**

These two verses unite the Old and New Testaments together. Just as in Moses’ time God told him to tell the people that the great “I Am” had sent him, were in the New Testament Jesus proclaims to all that would hear that He was this Great I Am, the Jehovah God of the Old Testament.



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Christ tells us that before Abraham was, He existed. Christ is the God of all creation. He has come to reveal the fullness of God to mankind. The names of Christ picture for us the greatness of who He is as God and how He desires to have a personal relationship with us.

## **BODY:**

### **POINT ONE: I AM THE BREAD**

**LEAD-IN:** There are two basic staples that one needs to survive physically on earth. One is water and the other is bread. Jesus wanted the disciples to see that He has come to a lost world as bread for all mankind, and that we need to see Him and understand Him as the true “bread of life”.

#### **DEFINITION AND SYNONYMS:**

**Bread:** a food made of flour or meal from grain with added liquid, shortening and a leavening agent. *Synonyms:* loaf, biscuit, cake, roll, bun.

#### **KEY SCRIPTURES:**

Jesus said to them, “I am the **bread** of life; he who comes to Me will not hunger, and he who believes in Me will never thirst”. ... “I am the bread of life”. **John 6:35 & 48**

#### **CONTEXT: John 6:1-58**

- Feeding of the five thousand just before Passover.
- The challenge to the disciples’ faith.
- The boy with five loaves and two fish.
- The twelve baskets full of leftover food.
- People followed Jesus and desired to make Him king

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because He fed them.

- The people wanted to see more signs from Jesus.
- Manna in Moses' time came from the Father in heaven.
- Will of the Father and the will of the Son.
- Now Jesus was being sent by the Father in heaven as spiritual food.

## INSIGHTS:

Man has always known from day one the importance of having daily bread. Without it life cannot be sustained. But the Scripture adds another dimension to the importance of bread. We see it used by God to feed His people. Each day except for the Sabbath, God rained down manna from the heaven while the Israelites were in the wilderness. Then when the tabernacle was built, they had the “table of showbread”, and in later years the bread became part of the sacred worship in the temple.

As we move into the New Testament Christ also taught about bread to the disciples when it came to their prayer life. He taught them to say, “give us this day our daily bread”. Jesus was also the one that took the picture of bread and elevated it into a spiritual realm. Each day mankind also needs to have spiritual bread if he hopes to survive spiritually.

After Jesus did the miracle of feeding the five thousand, the next day He taught the disciples the importance of not looking to Him only for physical bread but also for the spiritual bread, which is of greater importance for life. He clearly stated that He was the “bread of heaven”. The religious leaders got very angry when Jesus declared; “I am the Bread of Life”.

Finally at the end of His earthly ministry, in the upper room Jesus spoke to the twelve of how His life was now going to be broken for them. He was now going to be the showbread. The bread that the Father in heaven sent was going to be physically broken for them. This would be the ultimate price of love that He could give to them, and because of this one

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act they could have eternal life. He also commanded them to continue on with this fellowship time of communion until He returned for them. He is to be our spiritual bread and sustain us in our everyday walk and life.

## RELEVANCE:

Our physical body requires bread and we often desire it with great joy and pleasure. But one needs to see that God the Father has created within us a spiritual hunger also, that can only be met by Christ. He has come as the bread of life from heaven for our spiritual need. Just as if we do not eat regularly we will die, the same is true with our spiritual man. We must partake of the bread of heaven daily if we hope to have the strength to overcome the things of this world. We need to receive this wonderful bread from heaven but we also must give it out to others. People are hungry and thirsty worldwide, and this need requires us to do something about it through the strength and power of Christ.

## REFLECTION:

What kind of bread am I using or not using to feed my mind and heart? Is it the Bread of Heaven? Most of the world seeks after bread that is temporal but Christ offers bread that is eternal.

## RELATED SCRIPTURES FOR THE LESSON:

**Exodus 12:20** eat unleavened **bread**.

**Exodus 25:30** you shall set the **bread** of the Presence on the table before Me at all times.

**Deuteronomy 8:3** man does not live by **bread** alone, but man lives by everything that proceeds out of the mouth of the Lord.

**Psalms 105:40** ... and satisfied them with the **bread** of heaven

**Matthew 4:4** ... people need more than **bread** ... they must feed on

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every word of God

**Matthew 6:11** ... give us this day our daily **bread**.

**John 6:32-33** Moses who has given you **bread** out of heaven ... My Father gives you true **bread** out of heaven ... **bread** of God ... gives life to the world.

**I Corinthians 11:23-24** ... took **bread** ... broke it and said “this is my body which is for you; do this in remembrance of me”.

## RELATED RESEARCH FOR THE LESSON:

1. **Passover:** Exodus 12:1-28
2. **Manna from Heaven:** Exodus 16:1-7
3. **Table of Showbread:** Exodus 25:23-30
4. **Communion:** I Corinthians 11:23-24

## POINT TWO: I AM THE LIGHT

**LEAD-IN:** Jesus came to a dark world to shed light so that we could see the way clearly for our lives. Jesus is the light that reveals all things for us. As He proclaimed, He truly is the Light of the world.

## DEFINITION AND SYNONYMS:

**Light:** something that makes vision possible; a heavenly body; candle; electric lamp. ***Synonyms:*** brightness, shining, gleam, brilliance, radiance, enlightenment, understanding, comprehension, insight, awareness, knowledge.