

## Bringing our whole self to the Bible

So far all our tools have been fairly academic – even when using colour we have been looking at words and repetitions. God did not make us simply as ‘brains on sticks’, though, so it is good to find other ways of engaging with a text that involve other aspects of our personalities.

### Seven ‘I am’ sayings

In the Gospel of John we are given seven examples of Jesus declaring who he is:

John 6:35	"I AM the bread of life"
John 8:12	"I AM the light of the world"
John 10:7	"I AM the gate for the sheep"
John 10:11	"I AM the good shepherd"
John 11:25	"I AM the resurrection and the life"
John 14:6	"I AM the way and the truth and the life"
John 15:1	"I AM the true vine"

Pick one of the statements above and respond to it in some active or creative way.

### Suggestions:

- Draw a picture or create a collage of what this attribute of Christ means to you.
- Write a poem, psalm or worship song about this attribute of Jesus.
- Go into the garden and look at a plant – pay attention to the ways it is and is not like a grapevine (assuming you don’t have your own grapevine!).
- Go for a walk and ask God to reveal to you what it means that he is ‘the way’.
- Do some experiments with light, reflections and refractions.
- Bake some bread, and as you knead it, shape it, smell it, taste it and share it, think about what it represents, where it appears in the Bible, and how it reveals truths about Jesus to us that other images don’t.

These are just a few ideas – use your imagination and see where God leads you.

### Respond in worship

All Bible study ought to lead us to worship, and this should, too. Don’t forget to turn what you feel, experience or discover into worship, praising God as you meditate on him in different ways.

I’d love to see pictures of anything you create, or hear how God spoke to you through this exercise. Share them on social media, or send them to me at [jennie@jennipollock.com](mailto:jennie@jennipollock.com)