

# EMBARK ON A JOURNEY

REWIRE YOUR BRAIN

BUILD NEW HABITS

CREATE A NEW IDENTITY

*A group of people who are looking to find their true identity and by doing so finding God's true identity.*

YOU HAVE THE POWER TO CHOOSE

# THE 100FOLD JOURNEY



THE 100FOLD JOURNEY

## Memorization

## Application

## Meditation

# The 10 Truths



TODAY, RIGHT NOW, IS THE BEST MOMENT OF  
MY LIFE

ALL MY NEEDS ARE CONSTANTLY MET

I AM ALWAYS IN THE RIGHT PLACE, AT THE  
RIGHT TIME

GOD HAS GRANTED ME FAVOR, IN THE SIGHT OF  
THOSE AROUND ME

EVERYTHING MY HAND TOUCHES, PROSPERS

I HAVE AN ATTITUDE OF GRATITUDE

CIRCUMSTANCES DON'T MATTER, ONLY STATE  
OF BEING MATTERS

I HAVE UNLIMITED POSSIBILITIES & RESOURCES

I WILL BE GOD TO SOMEONE, TODAY

LIFE IS A MIRROR, WHICH REFLECTS BACK,  
WHAT I TRULY BELIEVE AND THINK

You are God's  
PERFECT REFLECTION

1 John 4:17b

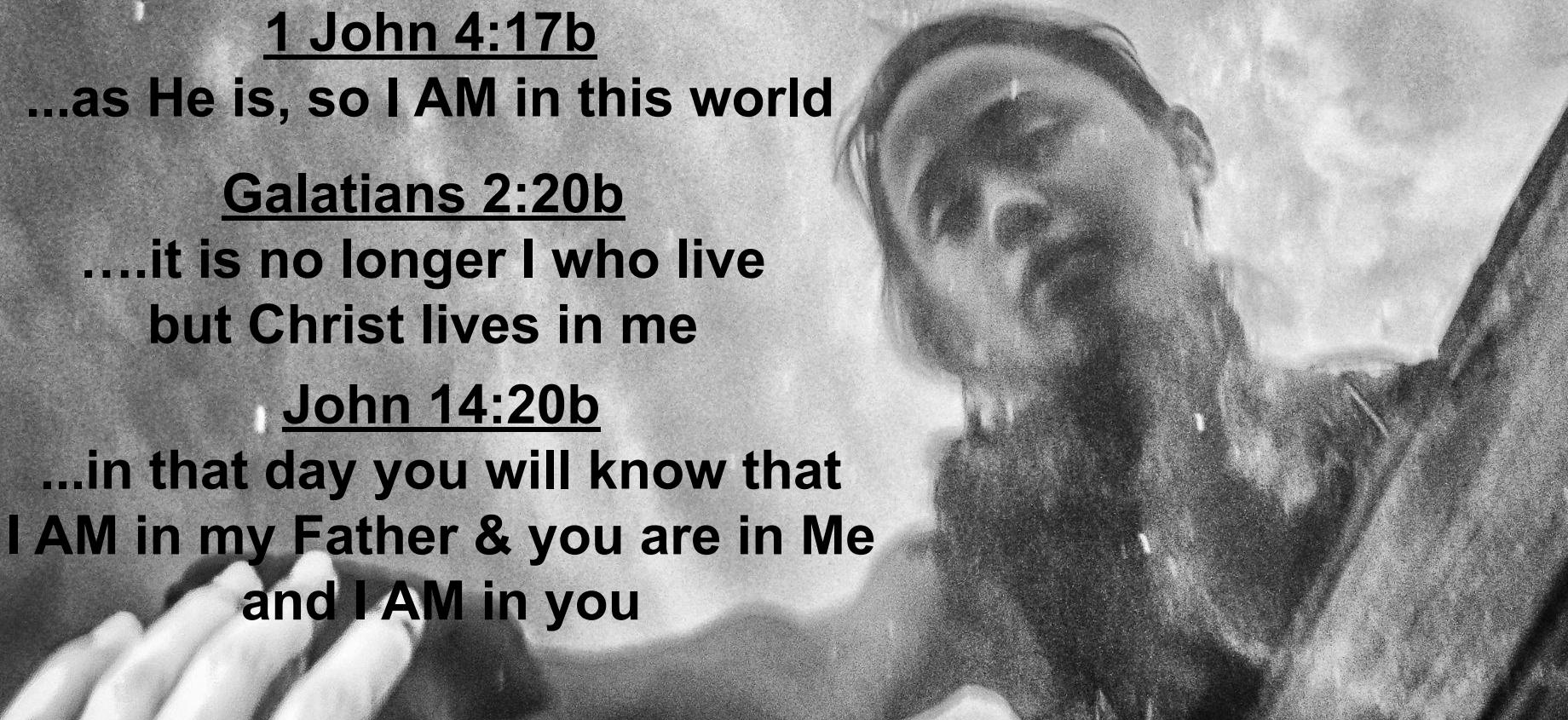
...as He is, so I AM in this world

Galatians 2:20b

....it is no longer I who live  
but Christ lives in me

John 14:20b

...in that day you will know that  
I AM in my Father & you are in Me  
and I AM in you

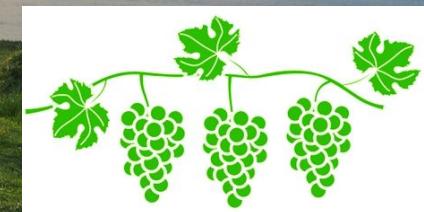


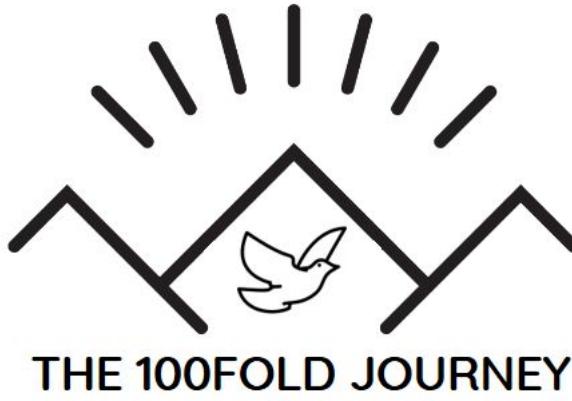
# 7 I AM Statements



1. “I am the bread of life.” ([John 6:35, 41, 48, 51](#)) As bread sustains physical life, so Christ offers and sustains spiritual life.
2. “I am the light of the world.” ([John 8:12](#)) To a world lost in darkness, Christ offers Himself as a guide
3. “I am the door of the sheep.” ([John 10:7,9](#)) Jesus protects His followers as shepherds protect their flocks from predators.
4. “I am the resurrection and the life.” ([John 11:25](#)) Death is not the final word for those in Christ.
5. “I am the good shepherd.” ([John 10:11, 14](#)) Jesus is committed to caring and watching over those who are His.
6. “I am the way, the truth, and the life.” ([John 14:6](#)) Jesus is the source of all truth and knowledge about God.
7. “I am the true vine.” ([John 15:1,5](#)) By attaching ourselves to Christ, we enable His life to flow in and through us. Then we cannot help but bear fruit that will honor the Father.

# Book of John





## 7 I AM Statements - Book of John

Part 1 & Intro: I AM the Bread of Life

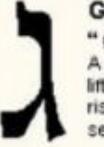
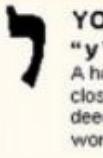
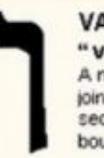
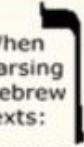
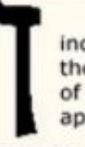
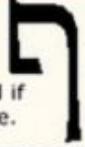
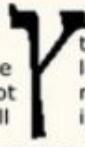
# I AM - where it all began



# I AM - where it all began

Exodus 3:13-14 13 Then Moses said to God, “Behold, I am going to the sons of Israel, and I will say to them, ‘The God of your fathers has sent me to you.’ Now they may say to me, ‘What is His name?’ What shall I say to them?” 14 God said to Moses, “I AM WHO I AM”; and He said, “Thus you shall say to the sons of Israel, ‘I AM has sent me to you.”” 15 God, furthermore, said to Moses, “Thus you shall say to the sons of Israel, ‘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, and this is My memorial-name to all generations.

# Hebrew Alphabet

 <p><b>HEH = 5</b> "h" Behold, to show, to reveal</p>	 <p><b>DALETH = 4</b> "d" A door, a path, a way of life, movement (into or out of).</p>	 <p><b>GIMEL = 3</b> "g" A camel, something lifted up (like a camel rising from its' knees), self-will or pride.</p>	 <p><b>BETH = 2</b> "b" Tent or house, the body, the household or family, inside, within, amid.</p>	 <p><b>ALEPH = 1</b> " " (silent) Ox, bull, gentle, tame, the leader, strength, what is first, Adonai, thousand, teach</p>		
 <p><b>YOD = 10</b> "y" A hand (closed or closing upon), to work, a deed done, a finished work.</p>	 <p><b>TETH = 9</b> "t" A snake, to surround, to twist, a twisting or a coiling.</p>	 <p><b>CHETH = 8</b> "ch" or "kh" A fence, inner room or chamber, to separate, to cut off from, to protect.</p>	 <p><b>ZAYIN = 7</b> "z" A sword, an axe, a weapon, to cut, to pierce.</p>	 <p><b>VAW = 6</b> "v" or "w" A nail, a peg, a hook, joining together, making secure, becoming bound (nailed to).</p>		
 <p><b>SAMEKH = 60</b> "c" or "s" sharp A prop, to support, prop, aid, assist, a slow twisting or turning aside (like a propped plant).</p>	 <p><b>NUN = 50</b> "n" A fish, to sprout, to spread, offspring, descendant, action, life, Heir to the Throne, faithfulness.</p>	 <p><b>MEM = 40</b> "m" Water, mighty, massive, many chaos (like the deep), to come from (like water down a stream).</p>	 <p><b>LAMEDH = 30</b> "l" A staff, cattle goad, rod, to control, prod, urge forward, go toward or forward, teach, learn, tongue.</p>	 <p><b>KAPH = 20</b> "k" A palm of a hand, a wing, to allow, to cover, to open the hand, the power to suppress or lift up.</p>		
 <p><b>REYSH = 200</b> "r" A head, a person, what is the highest, most important, chief.</p>	 <p><b>QOPH = 100</b> "q" or "k" The back of the head, what is behind, last, final, the least.</p>	 <p><b>TSADHE = 90</b> "ts" or "s" sharp A fish hook, to pull toward, something inescapable, desire, trouble, a harvest, righteous, to hunt.</p>	 <p><b>PHE = 80</b> "p" or "f" A mouth, opening, or entrance, to command, speak, open, a beginning, here, present.</p>	 <p><b>AYIN = 70</b> " " (Guttural) The eye, look, appearance, to see, understand, experience, to be seen, a fountain.</p>		
<p>When parsing Hebrew texts:</p>	<p>These 5 "Sopith" Forms are Suffixes to</p>	<p>indicate the end of a word if applicable.</p>	<p>They are decorative and do not alter at all</p>	<p>the letter meaning indicated.</p>		
 <p>NUN SOPITH</p>	 <p>KAPH SOPITH</p>	 <p>PHE SOPITH</p>	 <p>TSADHE SOPITH</p>	 <p>MEM SOPITH</p>	 <p>TAV = 400 "th" or "t" A mark, sign, "x" or cross, ownership, to seal, covenant, join two things together, the last.</p>	 <p>SIN/SHIN = 300 "s" or "sh" Teeth, ivory, point of a rock, a peak, to devour, consume, destroy, something sharp, El Shaddai.</p>

# I AM



The First



Reveals



a Finished Work



Revealed

Alpha = #1 - Ox, Bull, Gentle, Tame, the leader, strength, what is first

Hey = #5 - behold, to show, to reveal, window

Yod = #10 - a hand closed, to work, a done deed, a finished work

Hey = #5 - behold, to show, to reveal, window

$1+5+10+5 = 21 \dots 7 \times 3 \dots 7 = \text{perfection}$  3 = Unity

Jesus declares "It is Finished"

Revelation 13:8b The lamb slain before the foundation of the world

Ephesians 1:4 According as he has chosen us in him before the foundation of the world, that we should be holy and without blame before him in love:



## Aleph Meaning – 1st Letter of the Hebrew Alphabet

Aleph is the first letter of the Hebrew alphabet and signifies the number one. Aleph indicates the Oneness and Unity of the Creator. It hints that beyond the illusion of separation and duality is underlying Oneness – that nothing is separate and the Creator is the source of everything.

The shape of the Aleph is two Yods ', one above and one below, with a diagonal line, the Vav ו, between them, representing the higher world and the lower world, with the Vav separating and connecting the two.

Aleph represents the creation of something from nothing. It is the essential symbol of beginnings and ultimate reality that cannot be talked about, timeless, spaceless, and present everywhere. It is the One that cannot be divided, representing perfection beyond human comprehension.



## **Hei Meaning – 5th Letter of the Hebrew Alphabet**

Hei represents divine revelation, the breath of the Creator. The world was created with the utterance of the Hei. It represents the gift of life and creates the verb of being (הָיָה Haya – being). It is divinity, the spiritual life that comes about through the first four letters. It represents the life essence in all creation. It symbolizes the effortlessness of the world and is the symbol of divinity, gentility, and specificity. It contains within it the freedom of choice. Hei is one of the letters of the Holy Name, giving it a special significance within the Aleph-beith.



## **Yod Meaning – Tenth Letter of the Hebrew Alphabet**

The 10th Hebrew letter Yod is a dot or point. The Yod represents the Creator, the single point from which all of creation emerges, and the Unity within multiplicity. It is the foundation of all foundations, the hidden Divine spark which causes everything to be. It represents the power of the spirit to govern and guide the matter.

Yod is a symbol of the Holy One, the Creator, since the holy name starts with Yod. Small in form, the meaning of the Yod is great. According to kabbalistic tradition, all of creation came forth from a single point – a point which represents God's infinite presence inside of the finite world.

Yod also represents the idea of Unity within Multiplicity, of one whole that is comprised of parts. Yod as we see is a single point, but its value is 10. It shows us that many grains of sand are used to make one pot, many pages make up one book, many drops of water make up the ocean. There are many occurrences in the world, but they all stem from One God, perfect and indivisible. In Yod, the multiplicity returns to unity.

The yod is an infinite dot, the essence of all life. It is the foundation of all foundations. Everything comes from it and returns to it. It is a hidden dot beyond imagination – formless, the source of all thought, beyond all thoughts, beyond time and space. It is the secret hidden principle of the universe that we can't perceive. It is the Divine spark of life that is in every single being. It cannot be grasped, but is in every cell of your body, causing you to exist. It has no mass or density, time or space. In it is the power of the spirit to govern and guide the matter of the material world.

# I AM - Jesus declaration about Himself

John 8:54-59 54 Jesus answered, “If I honor Myself, My honor is nothing. It is My Father who honors Me, of whom you say that He is your God. 55 Yet you have not known Him, but I know Him. And if I say, ‘I do not know Him,’ I shall be a liar like you; but I do know Him and keep His word. 56 Your father Abraham rejoiced to see My day, and he saw *it* and was glad.”

57 Then the Jews said to Him, “You are not yet fifty years old, and have You seen Abraham?”

58 Jesus said to them, “Most assuredly, I say to you, before Abraham was,

**I - I AM.”**

59 Then they took up stones to throw at Him; but Jesus hid Himself and went out of the temple, going through the midst of them, and so passed by.

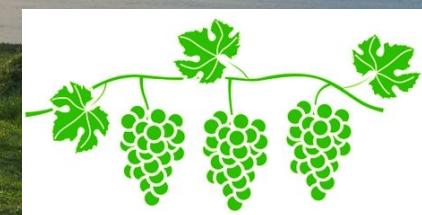
John 10:33 The Jews answered Him, saying, “For a good work we do not stone You, but for blasphemy, and because You, being a Man, make Yourself God.”

# 7 I AM Statements



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# Book of John



# Homework Assignment

John 6:32-40 **32**Then Jesus said to them, “Most assuredly, I say to you, Moses did not give you the bread from heaven, but My Father gives you the true bread from heaven. **33**For the bread of God is He who comes down from heaven and gives life to the world.”

**34**Then they said to Him, “Lord, give us this bread always.”

**35**And Jesus said to them, **I am the bread of life.** He who comes to Me shall never hunger, and he who believes in Me shall never thirst. **36**But I said to you that you have seen Me and yet do not believe. **37**All that the Father gives Me will come to Me, and the one who comes to Me I will **not** by no means cast out. **38**For I have come down from heaven, not to do My own will, but the will of Him who sent Me. **39**This is the will of the Father who sent Me, that of all He has given Me I should lose nothing, but should raise it up at the last day. **40**And this is the will of Him who sent Me, that everyone who sees the Son and believes in Him may have everlasting life; and I will raise him up at the last day.”

# Homework Assignment

John 6:41-51 **41**The Jews then [g]complained about Him, because He said, "I am the bread which came down from heaven." **42**And they said, "Is not this Jesus, the son of Joseph, whose father and mother we know? How is it then that He says, 'I have come down from heaven'?"

**43**Jesus therefore answered and said to them, [h]"Do not murmur among yourselves. **44**No one can come to Me unless the Father who sent Me draws him; and I will raise him up at the last day. **45**It is written in the prophets, 'And they shall all be taught by God.' Therefore everyone who [i]has heard and learned from the Father comes to Me. **46**Not that anyone has seen the Father, except He who is from God; He has seen the Father. **47**Most assuredly, I say to you, he who believes [j]in Me has everlasting life. **48**I am the bread of life. **49**Your fathers ate the manna in the wilderness, and are dead. **50**This is the bread which comes down from heaven, that one may eat of it and not die. **51**I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world."

# Bread (Manna) from Heaven - Exodus 16



Israel Delivered from Egypt

15 days later Israel complained

"Oh, that we had died by the hand of the Lord in the land of Egypt, when we sat by the pots of meat and when we ate bread to the full! For you have brought us out into this wilderness to kill this whole assembly with hunger."

God heard their cry and provided  
Bread from Heaven

Dew to bread each morning  
If not used turned rancid

Day 6 supplied for 2 days for no work  
on day 7

Some took extra

Some went out on 7th day

Some complained they were tired of  
eating

A white wafer like coriander seed like  
made from honey

Communion is  
making the  
inVisible  
Visible



# What is Jesus saying about Himself? What is the symbolism meaning?

Jesus said he is the bread of life.

He is the substance that is needed for life here on earth. It is a spiritual bread that we eat from the unseen.

The process of eating bread

Identify it / see it / choose to eat

Bite it, chew it, swallow it, ingest it



Table of Showbread found in the Tabernacle

Inside the ark of the covenant a container of Manna



# Who is Jesus saying this to? Why?

This was spoken 1 day after the feeding of the 5000

They were pressing Jesus to do more miracles

He knew the peoples intent to see miracles and to have their stomachs filled

He used this opportunity to tell that he is the bread of life and that if you eat of him, you will never go hungry. Basically telling the people to feed off his word.

John 4:32 But He said to them, “I have food to eat of which you do not know.”

John 4:32 quoting Deuteronomy 8:3 at the temptation of Jesus after fasting for 40 days and being tempted to change stones to bread: “But He answered and said, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’ ”

# How did Jesus demonstrate this in His life? Examples

The feeding of the 5000

In the upper room having communion with his disciples

Being the spoken word of god which brings life

Matthew 6:63 It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and *they* are life.



# Where else in the Bible is this symbolism used?

Exodus - Manna from heaven

The Lord's prayer - Give us this day our daily bread

Do you view yourself as being this? Why / Why not?

No, because I don't view my words as that important

However, I should view my words as powerful and life giving - the opposite can be true as well, that it can destroy.

Being bread means that I can encourage and teach others which brings life

# How is this demonstrated in your life? Personal Examples

Being a teacher, I can help provide bread / nourishment for others to eat which brings health to them.

100FOLD

My Family

My Kids / Grandkids

100 Fold Seen Uncreated Kingdom

Holy of Holies

Spirit

Living from the unseen  
I AM the bread  
Why are my people hungry - go feed them



Rest Based

60 Fold Unseen Created Supernatural      Holy Place

Soul

Living from the seen and unseen  
Let's pray for God's anointing  
We will fast and beg God to supply  
The needs of our people



Work Based

30 Fold Seen Created Natural      Outer Court

Body

Living from the seen  
Let's do a food drive and give people  
Bread and food and drink



Work Based

Ask yourself this question: How Good is God?  
The way you answer is what determines your yield.



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MY LIFE

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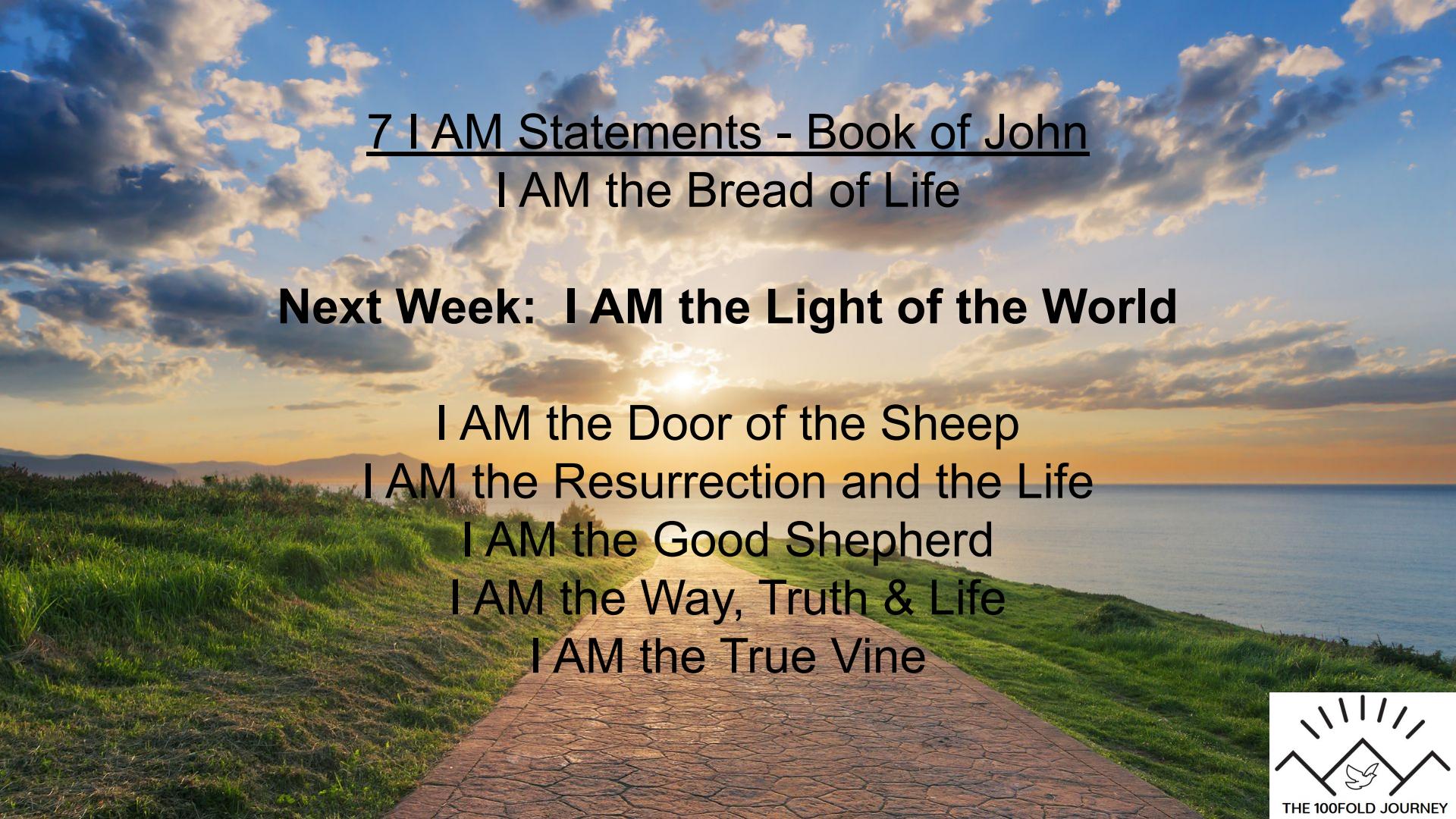
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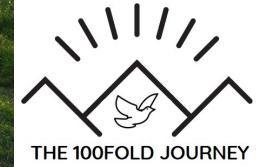


# 7 I AM Statements - Book of John

## I AM the Bread of Life

### Next Week: I AM the Light of the World

I AM the Door of the Sheep  
I AM the Resurrection and the Life  
I AM the Good Shepherd  
I AM the Way, Truth & Life  
I AM the True Vine



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