



I AM THE WAY,  
THE TRUTH,  
AND THE LIFE

*John 14:1-14*

## Week 6

*Proverbs 14:12, Acts 4:12, Hebrews 10:19-20*



# Day 1 - Monday

John 14:1-14, Psalm 119:30

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## The Way for our Troubled Hearts

Before we jump into this week's study, it is important to place these words of Jesus in context. In John 13, Jesus is in the Upper Room, sharing the Last Supper with his disciples. The room was likely filled with confusion, anger, and desperation when Jesus spoke the words we read in John 14. In these words, we hear the compassion of Jesus. Because Jesus is the way, the truth, and the life, he is able to minister to our troubled hearts.

*The words troubled (14:1, 27) and grieved (16:6) indicate that the atmosphere in the upper room was serious and sober. While the disciples didn't fully understand all that was transpiring that night, they knew enough to be concerned; and they were troubled for several reasons. To begin with, they were grieved because their Master was going to leave them and they didn't feel adequate for the work that lay ahead. Even more, Jesus had announced that a traitor sat at their table, and they wondered who he was. But they were all shocked when Jesus said Peter would deny Him three times! They saw Peter as their leader, and if a bold and important man like Peter failed his Lord, what might the rest of them do? We have these same sources of sorrow in our lives today...These experiences hurt, and they hurt us the most when we are the ones who have failed. Our Lord assured the hearts of His disciples by speaking to them about the Father. Jesus had told them that He had come to glorify the Father (Jn 8:49), and that night He told them that the Holy Spirit would glorify the Son as they served Him (16:14). Children know that father and mother are there to encourage and assist them, and they call for their parents whenever trouble arises. In a similar way, our heavenly Father cares for us. When Philip asked Jesus to show them the Father, the Lord replied, "Anyone who has seen me has seen the Father" (14:9). This helps us better understand the familiar statement in John 14:6. Jesus is the way and takes believers to the Father's house. Jesus is the truth and reveals the Father's heart. Jesus is the life and brings the Father to us so we can have His help...The key truth is incarnation—"Christ lives in me" (Gal. 2:20). God's Son, God's Word, God's grace, and God's Spirit don't simply encourage us; they enable us!...Some people call this "the deeper life," others "the higher life," "the victorious Christian life," or "the exchanged life." Whatever name you give it, it is simply the life of God at work in and through us as we follow Jesus the way, believe in Jesus the truth, and surrender to Jesus the life.*

Warren W. Wiersbe, *Jesus in the Present Tense: The I AM Statements of Christ*



### Reflection

When your heart is troubled, how does it help to know that Jesus is at work within you?

# Day 2 - Tuesday

John 14:6-14, Matthew 7:13-14, Acts 4:11-12, 9:2; 19:9, 23

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## Following The Way

The Greek word for “way” used in John 14 is *hodos* and means the road, path, or journey. This word doesn’t often appear in the New Testament, but it does appear in Matthew 7 when Jesus says, “Enter through the narrow gate, for the gate is wide and the road broad that leads to destruction, and there are many who go through it. How narrow is the gate and difficult the road that leads to life, and few find it.” When Jesus says, “I am THE way,” he indicates that we can take other roads, paths, or journeys. The early church considered themselves as followers of The Way.

*“The way” describes the very heart of early Christian consciousness, as in the core Isaiah 40:3 passage that opens Mark 1:2-3 and parallels: “Prepare the way for the Lord, make straight paths for him.” The first title the Christian movement used for itself was “the Way,” as seen in Acts 9:2; 19:9, 23. They viewed themselves early on as a messianic sect of the Jews, joining the Pharisees, Sadducees, and Essenes as another philosophy in first-century Judaism. This self-understanding lends support to Jesus’ identification of himself as the way to the Father and to salvation.*

Grant R. Osborne - *John: Verse by Verse*

Life is full of paths. Some lead to success, some to disappointment. Some promise fulfillment and some leave us feeling empty. We spend so much time searching for meaning, purpose, and assurance that we are on the right path. Jesus doesn’t say, “I will show you the way” or “I’ll give you a roadmap.” He says, “I AM the way.” In other words, the way to God is not found in a moral checklist or a self-improvement plan. The way is found in a personal relationship with Jesus. Like Thomas in this passage, we can doubt that Jesus is the only way, but he brings those doubts to Jesus. This is what a personal relationship looks like.

How often do we strive to find our own way—to fix ourselves, earn our worth, and secure our future? And yet, Jesus invites us to stop striving and start trusting him. He is the way. We don’t have to figure it all out. We just have to follow Him. Jesus boldly claims, “No one comes to the Father except through me.” Many people want to believe there are many paths to God, but Jesus isn’t a way among many. The truth is Jesus is the only way to the Father. Here’s the beautiful part: though the way is narrow, it is open to everyone—to the broken, the lost, the sinner, the weary. No matter where you’ve been or what you’ve done, Jesus is inviting you to come. Following Jesus as the way isn’t just about where we’ll end up one day—it’s about how we walk with Him right now in our everyday decisions. He is the way through our doubts, struggles, failures, and fears. Jesus is the way to peace, joy, purpose, and the Father’s love. The question isn’t whether we know about Jesus as the way. It’s whether we’re following Him as the way.



## Reflection

Reflect on what your personal relationship with Jesus looks like.

Have you surrendered your own plans and paths to trust Him and His way completely? Today, Jesus is still speaking those same words: “I am the way.” What does it look like for you to follow “the way”?

# Day 3 - Wednesday

*John 1:14, 8:31-32, 14:6-7, 16:13, 17:3, 1 Timothy 2:3-6*

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## The Truth that Sets Us Free

Truth is more than a concept—it's a person. In a world where truth often feels subjective, Jesus is the unchanging, absolute Truth. He doesn't just point us to the truth; He is the truth. Everything He says does and calls us to aligns perfectly with the heart of God. But truth can be uncomfortable. It confronts our sins, exposes our weaknesses, and calls us to surrender. The religious leaders of Jesus' day rejected Him because His truth disrupted their traditions and self-righteousness. Many today resist Jesus for similar reasons—His truth demands a response. Yet, Jesus' truth isn't just about correction; it's about freedom. He says in John 8:31-32, "If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free." The enemy, Satan, is called the "father of lies" (Jn 8:44), always seeking to distort truth and keep us in bondage. But Jesus, the Truth, breaks those chains and leads us into abundant life. When we accept Jesus as the Truth, it changes everything: Truth replaces lies - The enemy tells us we are unworthy, unloved, and too broken. Jesus tells us we are chosen, redeemed, and made new. Truth brings clarity - In a culture of confusion, the truth of God's Word brings clarity. Truth strengthens us - Life's trials can shake us, but the truth of Christ anchors our souls.

**Freedom isn't just knowing the truth—it's living in it. That means:**

- Reading and believing God's Word
- Surrendering areas where we've believed lies
- Trusting Jesus' truth even when it challenges us
- Sharing His truth with others in love

The more we walk in truth, the more we experience the deep, unshakable freedom Jesus offers. Accepting Jesus as Truth means more than believing in Him—it means living in His truth. That requires daily surrender, a heart that listens, and a willingness to trust even when His truth challenges us.



### Reflection

Are there areas in your life where you are resisting God's truth? Are you in His Word and allowing His truth to shape you?

**Pray:** Jesus, You are the Truth. In a world of uncertainty, I choose to trust You. Replace the lies I have believed with the truth of Your love and grace. Help me to walk in Your light and share Your truth with others. Amen.

# Day 4 - Thursday

*Mark 10:45, John 11:33-36, 13:14-15, 34-35, Philippians 2:5-8, Ephesians 4:14-32*

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## Sharing the Truth of Jesus with the World

There is something deeply unsettling about Jesus' words in John 14:6: "I am the way and the truth and the life. No one comes to the Father except through me." In a world that celebrates options, personal truths, and self-made paths, Jesus' statement is a direct challenge. It's not an opinion or a suggestion—it's a claim of exclusivity. And that can feel offensive. But before we dismiss it as arrogance, let's look at the Jesus who spoke these words. Jesus is the One who bent down to wash his disciples' feet, the lowest of tasks. He is the One who knelt beside the broken, healed the sick, and welcomed sinners to his table. He is the One who wept at the grave of his friend and walked willingly to the cross. There is no arrogance in his love, only humility. There is no self-serving agenda in his claim, only an invitation.

The truth Jesus proclaims is not meant to puff up his followers or create a sense of superiority. Instead, it should drive us to our knees in awe and gratitude. If Jesus is the way, as Jesus' followers, our lives should be marked by following him—by serving, loving, and laying ourselves down for others. If he is the truth, we should walk in honesty and grace. If he is the life, then we should be people who bring life into the world around us. The beauty of Jesus' claim is that it is both exclusive and radically inclusive. He is the way, but his arms are open wide. He is the truth, but his truth is an invitation, not a weapon. He is the life and calls us to experience it fully in him.

So the question to ask ourselves is, are we walking in the way of Jesus? Are we living the truth with humility? Are we bringing his life into the places he has called us? The world will believe that Jesus is the way when they see us living the way of love. Let's follow him with hearts full of grace, walking in the humility he modeled beautifully. Be ready to speak the truth in love and to "let all bitterness, anger, and wrath, shouting and slander be removed from you, along with all malice. And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ." Living out this truth that Jesus modeled for us will compel others to want to know more about Jesus.



### Reflection

Are there people in your life who need to hear the truth of Jesus? How can you begin to share the truth of Jesus with others in love with humility and grace?

# Day 5 - Friday

*John 14, John 6:63, John 10:10, Deuteronomy 30:19-20*

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## The Abundant Life

The Greek word for “life” is used in John 14, and John uses it 36 times in his gospel. This word encompasses both our present life and our future eternity. Jesus is the source and power of abundant life here and for eternity.

Life. It’s what we’re all looking for. We want more than just existence—we long for a life that has meaning and satisfies. We chase after things that promise fulfillment: success, relationships, comfort, and adventure. Yet, no matter how much we achieve, acquire, or experience, something always seems to be missing. Jesus understood this about us. He spoke these words in John 14 on the night before He would go to the cross. His disciples were anxious and uncertain about the future. They had left everything to follow Him, and He told them He was going away. Fear must have crept into their hearts. They didn’t understand what was coming next. Jesus gave them one of the most powerful and comforting truths in all of Scripture: “I am the way, the truth, and the life.” Jesus wasn’t just giving directions or offering wisdom—He was making a bold claim about His very identity. This means that real life—eternal life, abundant life—can only be found in Him. Not in our accomplishments. Not in our relationships. Not in the fleeting comforts of this world. But in Jesus alone. If we’re honest, we often look for life in other places. We think, “If I could get that promotion, I’d feel complete.” Or, “If my circumstances were different, then I’d have joy.” But Jesus gently reminds us: “Come to me. Let me be your life.”

Everything else in this world fades. Careers end, money runs out, and health declines. Even the best relationships, as beautiful as they are, can never fully satisfy the deep longing in our souls. But Jesus offers something different. He promises to leave us with the gift of the Holy Spirit to lead and guide us in truth and an abundant life. The Spirit lives in us, and Jesus says it “will teach you all things and remind you of everything I have told you.” This gift is better than anything the world can offer. In John 10:10, He says, “I have come that they may have life, and have it to the full.” This is the kind of life we were created for. A life rich with purpose, peace, and joy—not because of our circumstances, but because of His presence.

When Jesus says He is the life, He invites us into a relationship with Him, a life rooted in His love, sustained by His grace, and filled with His peace. This life is not just about the future in heaven, but about walking with Him right now—in the ordinary, the struggles, the joys, the unknown. Jesus invites you to stop striving and searching and simply rest in Him. He is enough. He is the life your soul has been longing for.



### Reflection

**Reflect on these questions:** Where are you seeking life apart from Jesus? How could leaning into your relationship open you up to find a more abundant life filled with His joy, His love, His peace and His strength?

# Day 6 - Saturday

*Reflection Day*

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## Reflection Notes and Questions

As we wrap up this week's study, reread John 14:1-14.

Reflect on these words that Jesus spoke, "I am the way, the truth and the life." and what they mean about His character, His work on the cross, and how it should change how we see Him and how we live.

Reflect/journal your thoughts on this or these following prompts:

- Write down what you learned about who God is this week.
- What is something you learned this week that you want to remember? Why?
- How can you begin to posture your life to receive more from the Lord?

# Day 7 - Sunday

*Rest Day*

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## Reflection Notes and Questions

Join us for worship today and prepare your heart to engage with next week's study of God and His word. Use your time today to rest, pray, and reflect on this week's readings.