

“I am” Statements

Complete the following list of “I am” statements. Write down whatever thoughts come to mind after repeating the statement “I am.” Be careful not to censor or suppress any thoughts. You may be surprised what arises to your awareness.

Sentence Completion Exercise

1. I am	
2. I am	
3. I am	
4. I am	
5. I am	
6. I am	
7. I am	
8. I am	
9. I am	
10. I am	

11. I am	
12. I am	
13. I am	
14. I am	
15. I am	
16. I am	
17. I am	
18. I am	
19. I am	
20. I am	

How did you do? Were you able to allow thoughts to freely come to your mind? What did you notice? Is there anything that stands out to you about the answers recorded?

Reflection Journal:

“I am” Statements

Consider the biblical passage found in Ephesians 1:3 - 14 and complete the “I am” statements again. This time, allow God’s words to trigger a sense of who you are at the heart. If you get distracted by the thinking track in your mind, just notice the distracting thoughts and allow yourself to return to the biblical passage. Be careful to be watchful of the bible passage and observe how it speaks to the way the Lord sees you.

Sentence Completion Exercise

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How did you do? Were you able to focus your observations on the biblical passage? What difference did you notice from the first list? Is there anything that stands out to you about your answers?

Reflection Journal: