**Meditating the Names of Jesus**

**And My Identity in Christ**

Slow deep relaxed breathing. Close eyes.

Step 1: Open eyes and see one of the names of Christ. Close eyes.

Continue deep breathing.

Occasionally whisper that name as you inhale. Picture in your mind.

Step 2: Use the picture in your mind to praise him for who he is what he has done.

Continue deep breathing.

Occasionally whisper “I praise you for...” as you exhale.

Step 3: Open eyes and find the corresponding “I am…”

Continue deep breathing.

Occasionally whisper “Eucharisteo.” (I give you thanks) as you inhale.

Occasionally whisper “For I am…” as you exhale.

**Jesus Is… I am…**

The Advocate I Jn 2:1 I am the defended one

The Lamb of God Jn 1:29 I am covered by the blood

The Resurrection & the Life Jn 11:25 I am one living forever

The Shepherd & Bishop of Our Souls I Pr 2:25 I am one secured

Man of Sorrows Is 53:3 I am not alone in sorrow

Head of the Church Ep 5:23 I am a member of His body

Master Mt 8:19 I am the secure servant

Faithful and True Witness Rv 3:14 I am a witness

The Rock 1 Co 10:4 I am on solid ground

High Priest Hb 6:20 I am brought near

The Door Jn 10:9 I am an insider

Living Water I am quenched

Bread of Life I am spiritually satisfied

Rose of Sharon SoS 2:1 I am a garden dweller

Judge Ac 10:42 I am declared righteous

Lord of Lords I Tim 6:15 I am a royal heir

Alpha & Omega Rev 22:13 I am destined for eternity

True Vine Jn 15:1 I am a branch abiding

Messiah Jn 9:25 I am delivered at last

The Teacher Jn 3:22 I am a learner enlightened

Holy One Mk 1:24 I am a worshipper

The Beloved Ep 1:6 I am the delight his affection

Branch Is 11:1 I am the fruit of the harvest

The Carpenter Mk 6:3 I am a fellow worker

Good Shepherd Jn 10 I am a sheep cared for

Light of the World Jn 8:12 I am a light on a hill

Image of the Invisible God Co 1:15 I am a reflection-His image

The Word Jn 1:1 I am one listening to God

Chief Cornerstone Ep 2:20 I am a stone in God’s bldg.

Savior Jn 4:2 I am the rescued one

Servant Mt 12:18 I am a fellow servant

Author & Finisher of Faith Hb 12:2 I am a victor in the end

The Almighty Rv 1:8 I am the humbled one

Everlasting Father Is 9;6 I am His child forever

Shiloh Gn 49:50 I am a peace dweller

Lion of the tribe of Judah I am a warrior clansman

I Am Jn 8:58 I am the sent one

King of Kings I Tm 6:15 I am a prince in his kingdom

Prince of Peace Is 9:6 I am a citizen of peace

Bridegroom Mt 9:15 I am his beloved

Only Begotten Son Jn 3:16 I am adopted

Wonderful Counselor Is 9:6 I am one comforted

Immanuel Mt 1:23 I am one visited by God

Son Man Mt 20:28 I am an heir on last day

Dayspring Lk 1:78 I am the satisfied one

The Amen Rv 3:14 I am character n His story

King of the Jew Mk 15:26 I am a heir of their promise

Prophet Mt 21:11 I am one redirected

Redeemer Jb 19:25 I am priceless

Anchor Hb 6:19 I am safe in storms

Bright Morning Star Rv. 22:16 I am hope-filled

The Way, The Truth, The Life Jn 14:6 I am homeward bound

Jesus Christ 2 Co 5:17 I am a new creation in Christ!

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