

STUDENT STUDY GUIDE

SESSION 7 – I AM THE WAY, THE TRUTH, AND THE LIFE

JOHN 14:1–14

SESSION FOCUS

In this session, Jesus speaks some of His most well-known and deeply personal words:

“I am the way, the truth, and the life.”

These words are spoken during a moment of fear, confusion, and uncertainty. Jesus knows His disciples are troubled by what lies ahead, and instead of offering explanations or timelines, He offers **Himself**.

This study invites you to explore what it means to trust Jesus not just for answers, but for **direction, truth, and life itself**, especially when the future feels unclear.

OPENING REFLECTION

Before reading, pause and reflect honestly.

- What situations in your life currently feel uncertain or unsettling?
- Where do you usually look for direction or reassurance when you feel anxious?
- What does it mean to you to “trust God”?

(You may want to write a few notes before moving on.)

SCRIPTURE READING

Read **John 14:1–14** slowly.

As you read, pay attention to:

- The emotions behind Jesus’ words
- The questions the disciples ask
- What Jesus says about Himself
- Repeated themes of trust, relationship, and knowing God

Do not rush. Notice what stands out, feels challenging, or brings comfort.

KEY IDEA



Jesus does not point to a path, a philosophy, or a formula.

He declares that the way, the truth, and the life are found in Him.

Faith is not primarily about having all the answers—it is about **trusting the Person who walks with us.**

PART 1: “DO NOT LET YOUR HEARTS BE TROUBLED”

Jesus begins by acknowledging the fear and confusion of His disciples. He does not deny their anxiety—He invites them to trust.

Reflection Questions

- What do you think is troubling the disciples most in this moment?
- Why do you think Jesus starts with comfort rather than explanation?
- What troubles your heart today?

Personal Notes:

PART 2: I AM THE WAY

Thomas wants clarity. He asks for directions. Jesus responds by saying that **He Himself is the way.**

Reflection Questions

- Why do you think Thomas wants a clear path or destination?
- What does it mean that Jesus does not give instructions, but offers Himself?
- Where do you currently want clear answers instead of trust?

Personal Notes:

PART 3: I AM THE TRUTH

Jesus claims that truth is not merely something to be learned—it is someone to be known.

Reflection Questions

- How do people usually define “truth”?
- How is truth different when it is relational rather than informational?
- Why can truth feel both freeing and uncomfortable?

Personal Notes:



PART 4: I AM THE LIFE

Jesus describes life not only as something eternal, but something that begins now through relationship with Him.

Reflection Questions

- What kinds of “life” do people often chase?
- How does Jesus’ definition of life differ?
- What might it look like to experience life through deeper connection with Christ?

Personal Notes:

PART 5: “NO ONE COMES TO THE FATHER EXCEPT THROUGH ME”

This statement can feel challenging. Jesus speaks it not as a threat, but as a declaration of intimate connection with the Father.

Reflection Questions

- What emotions or questions does this statement raise for you?
- How does this connect to Jesus’ relationship with God as Father?
- How is this an invitation rather than a barrier?

Personal Notes:

PART 6: SEEING THE FATHER THROUGH THE SON

Philip asks to see the Father, and Jesus responds that knowing Him is knowing God.

Reflection Questions

- Why do you think Philip still feels unsure?
- What does Jesus reveal about God’s character in this moment?
- How does this shape the way you imagine God?

Personal Notes:

PERSONAL REFLECTION

Take a few quiet moments.

- Where are you seeking direction, certainty, or reassurance right now?



- Which part of Jesus' statement—way, truth, or life—do you most need today?
- What would it look like to trust Jesus more fully in your current situation?

Personal Response:

CLOSING PRAYER

In your own words, or silently, pray for:

- **Peace in uncertainty**
 - **Trust in Jesus rather than control**
 - **Openness to deeper relationship with God**
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OPTIONAL TAKE-HOME PRACTICE

This week:

- Reread **John 14:6** each day
 - Notice when you feel anxious or unsure
 - Ask yourself: **What would it look like to trust Jesus as the way today?**
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FINAL THOUGHT

Jesus does not promise a life without uncertainty.
He promises **His presence within it.**

When the way feels unclear,
When truth feels hard to grasp,
When life feels fragile—

He does not point ahead.
He stands with you and says,
“I am.”

