

FACILITATOR / TEACHER GUIDE

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

JOHN 14:1–14

PURPOSE OF THIS SESSION

This session explores Jesus' profound declaration, **"I am the way, the truth, and the life,"** spoken during His final evening with the disciples. In a moment filled with uncertainty, fear, and impending loss, Jesus does not offer a map, a system, or a set of answers—He offers **Himself**.

The goal of this session is to help participants reflect on **where they look for direction, certainty, and life**, and to encounter Jesus not merely as a guide to God, but as **the personal and living way into relationship with the Father**.

INTENDED USE

This lesson is designed for **personal preparation and group discussion**. Participants should complete the Student Guide prior to the group gathering. The facilitator's role is to **create space for honest conversation, guide reflection, and keep the focus on Jesus' words**, rather than providing a lecture or resolving every question.

LEARNING OBJECTIVES

By the end of this session, participants should be able to:

- **Understand the context and meaning of Jesus' statement in John 14**
 - **Recognize Jesus as relational, not merely instructional**
 - **Reflect on what it means to trust Christ amid uncertainty**
 - **Consider how truth and life are found in relationship with Jesus**
 - **Identify personal responses to Jesus' exclusive yet inviting claim**
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FACILITATOR PREPARATION

Before leading the session:

- **Read John 14:1–14 slowly and prayerfully**
- **Note the emotional tone of the passage—fear, confusion, comfort**
- **Reflect on how you personally seek direction or reassurance**



- Prepare to hold tension between clarity and mystery
 - Be ready to welcome questions without rushing to resolve them
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SESSION FLOW (60–75 MINUTES)

1. WELCOME AND OPENING PRAYER (5 MINUTES)

Welcome participants and remind them that this session continues the journey through Jesus' **"I AM" statements**, now moving into His final teachings before the cross.

Open with prayer, asking God to:

- Calm anxious hearts
- Deepen trust in Christ
- Open minds to receive truth relationally

Suggested prayer focus:

- Peace in uncertainty
 - Trust instead of control
 - Openness to Jesus' presence
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2. ORIENTING THE GROUP: CONTEXT IN JOHN (5 MINUTES)

Briefly set the scene:

- John 14 takes place during the Last Supper
- Jesus has spoken of betrayal, denial, and departure
- The disciples are confused and afraid

Key teaching point:

Jesus speaks these words not to explain everything, but to steady fearful hearts.

Emphasize that these words are pastoral and personal, not abstract theology.

3. DISCUSSION: "DO NOT LET YOUR HEARTS BE TROUBLED" (5–10 MINUTES)

Invite reflection on Jesus' opening words.

Discussion prompts:



- **What do you think is troubling the disciples most here?**
- **Why do you think Jesus begins with comfort rather than explanation?**
- **What troubles hearts today in similar ways?**

Facilitator insight:

Jesus acknowledges fear without condemning it. He invites trust, not denial of pain.

4. DISCUSSION: “I AM THE WAY” (10 MINUTES)

Focus on Jesus’ response to Thomas.

Key idea:

Jesus does not point to a path—**He presents Himself as the path.**

Discussion prompts:

- **Why do you think Thomas asks for directions?**
- **What does it mean that Jesus Himself is “the way”?**
- **How is this different from advice, rules, or religion?**

Encourage participants to consider where they look for direction in daily life.

5. DISCUSSION: “I AM THE TRUTH” (10 MINUTES)

Explore Jesus’ claim about truth.

Key teaching point:

Truth in John’s Gospel is not just information—it is **revealed in relationship.**

Discussion prompts:

- **How do people usually define truth today?**
- **What changes if truth is a person rather than a concept?**
- **Why can truth feel threatening as well as freeing?**

Allow space for thoughtful reflection rather than debate.

6. DISCUSSION: “I AM THE LIFE” (5–10 MINUTES)

Reflect on Jesus’ promise of life.



Key idea:

Life is not merely future or eternal—it begins in relationship with Christ now.

Discussion prompts:

- **What kinds of “life” do people chase?**
 - **How does Jesus’ definition differ?**
 - **What does it mean to experience life through connection with Him?**
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7. DISCUSSION: “NO ONE COMES TO THE FATHER EXCEPT THROUGH ME” (5–10 MINUTES)

Gently engage this challenging statement.

Facilitator guidance:

This is not presented as a threat, but as an **invitation grounded in love and intimacy**.

Discussion prompts:

- **Why might this statement feel difficult or uncomfortable?**
- **How does this claim connect to Jesus’ relationship with the Father?**
- **What is the difference between exclusion and invitation?**

Keep the tone reflective, not argumentative.

8. DISCUSSION: SEEING THE FATHER THROUGH THE SON (5–10 MINUTES)

Focus on Jesus’ response to Philip.

Key teaching point:

To know Jesus is to encounter the heart of God.

Discussion prompts:

- **Why do you think Philip still asks to see the Father?**
 - **What does Jesus reveal about God’s character here?**
 - **How does this reshape our image of God?**
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9. PERSONAL REFLECTION AND APPLICATION (5–10 MINUTES)

Invite quiet reflection or optional sharing.

Reflection questions:



- **Where are you currently seeking direction or certainty?**
- **What would it look like to trust Jesus more personally?**
- **Which part of Jesus' statement feels most challenging or comforting?**

Encourage participants to name **one small step of trust** for the coming week.

10. CLOSING PRAYER (5 MINUTES)

Close in prayer, thanking God for making Himself known through Jesus.

Optional prayer focus:

- **Peace in the midst of uncertainty**
 - **Trust in Christ's presence**
 - **Deeper relationship with God**
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KEY TAKEAWAY FOR FACILITATORS

This session invites participants to move from **seeking answers** to **trusting a Person**. Jesus does not remove all uncertainty—He enters it with us. Allow space for questions, resistance, and quiet reflection. The aim is not to resolve every tension, but to invite participants to consider what it means to follow **the Way who walks with them, the Truth who knows them, and the Life who sustains them**.

