

Finding I AM Through Spiritual Growth

Bible teacher and author, Lysa TerKeurst, guides group members through a 6-week study of Jesus' seven "I AM" statements in the Gospel of John.

This study is good for any Women's Group that wants to study Scripture and understand how Jesus came to fulfill our every need.

Audience

Women's Groups

Format

Finding I AM Bible Study Book, by Lysa TerKeurst
(Lifeway or Amazon)

Length

8 weeks total: 6-week study & 2 socials

Homework

Moderate



Questions You'll Explore

How did Jesus demonstrate his desire to care for humankind?

What barriers keep us from experiencing Jesus' love?

When we're worried and overwhelmed by the world, how does following Jesus impact our life?





Weeks 1–3

Begin study (workbook, weeks 1–3)

Week 4

Social or optional night off

Weeks 5–7

Finish study (workbook, weeks 4–6)

Week 8

Social: Celebrate, reflect, discuss next study

Weeks 1–3, Study Guide: Getting Into a Rhythm

At the start of any study, a leader should establish expectations. This study likely has more homework than previous ones. Remind members that “quality” reading is better than “quantity.” It is better to attend group and benefit from discussion, even if only part of the homework is complete.

The leader guide provides specific questions to facilitate discussion. You’ll cover a lot of info that is challenging to include each week, but feel free to use these to generate even more discussion:

- What stood out to you this week: a passage of Scripture, question, or comment by the author?
- Was there anything that you found yourself questioning or not fully understanding?
- How were you challenged to think about yourself, God, or others differently?

After you find an initial rhythm, ask for volunteers to lead discussions. This gives the leader a break, allowing members take ownership of their group.

Week 4: Optional Week Off or Social

Some group schedules are 3 weeks on, 1 week off. Others plan socials to give folks breathing room or time to catch up on a study. If your group seems exhausted, schedule a social to eat together, laugh

and reconnect. It takes trust and vulnerability to have spiritual conversations. Make sure the group takes time to connect relationally, building bonds that carry people through deeper conversations.

Weeks 5–7: Integrating the Study Into Prayer

Occasionally, discussion runs into prayer time. Though no cause for alarm, you should make sure to set aside time to pray *for* and *with* each other during group. Questions to ask before praying:

- How can we pray for you? For example, not your cousin or your uncle's cat, but for *you*, specifically?
- What can we do, as a group, to help you?

This study focuses Jesus' I AM statements. To change things up, ask members to relate personally

with the weekly I AM statement. For example, when Jesus says, "I am the bread of life," the author emphasizes Jesus as a provider. In discussion, ask people to share an example of how God provided for them that week. Encourage them to offer prayer requests that also relate to God's provision: a new job, new home, new habit, or new perspective.

This allows members to apply what is studied to daily life. The more we interact with Scripture, the more opportunity it has to shape our lives.

Week 8, Social: Celebrate & Reflect

It takes real time and energy to finish a study like this! Take time to celebrate what you've learned. Some questions to use as you reflect on the study:

- What's one takeaway from *Finding I AM*?
- Has your view of God changed during our study?

In considering what's next, ask members if they have any questions left unanswered or Scripture left unexplored that they would like to study. Of course, after a long study like this, a video or sermon series might keep group fresh and provide an ideal break!