

February 16 I AM Statements Intro Group Meeting Plan

Purpose

This is not a Bible study. This is an initiation into encounter.
We are training men to hear Jesus, respond fast, and practice with brotherhood.

60 to 75-Minute Flow (Wild, Fast, Impactful)

1) Cold Open: “WHO DO YOU SAY I AM?” (5 minutes)

Leader reads this aloud:

- “Every day you answer Jesus’ question. By What you do. By What You Say. By what you run to. What you hide. What you obey. What you worship. What you fear.”
- Then: 30 seconds of silence.
- Then: each man Has 30 Seconds to say: “**Today I answered who Jesus is by _____.**”

No fixing. No jokes. Just honesty.

2) The 7 I AM Blitz (10 minutes)

1. Do this like rapid-fire call-and-response. Leader: “Jesus says...” Group repeats.

- I AM the Bread of Life
- I AM the Light of the World
- I AM the Gate
- I AM the Good Shepherd
- I AM the Resurrection and the Life
- I AM the Way, the Truth, and the Life
- I AM the True Vine

2. Then Ask Guys to say it with you.

3. 3rd Round Get up and Walk through them:

- Go to Kitchen and eat a cracker or piece of Bread – say I AM the Bread of Life
- Turn Lights Off and then on - I AM the Light of the World
- Walk Outside them back in - I AM the Gate

- Back to living room or wherever you are meeting, sit down, - I AM the Good Shepherd
- Stand up and Raise Hands - I AM the Resurrection and the Life
- Walk around in a circle then back to your seats - I AM the Way, the Truth, and the Life
- Grab each other's hands or shoulders - I AM the True Vine

In that Position, pray that God will write these truths on your heart.

4. Now Lead the men in saying them again - Fourth round: say them like a battle chant.

You just taught their nervous system: this is not academic.

5. Ask the Guys, which of the 7 do you most identify with right now and why?

3) The I AM Draft (Assign the 7 to Men)

Starting next week Each Guys is going to Lead a **10 Minute** Activation over one of the 7 I AM Statements. This is how you assign the activations.

“Your activation is not a presentation. It is a spiritual moment.”

“Make it simple. Make it physical. Make it obedient.”

“Make it Fun, Impactful, memorable.”

“Ten minutes. Object. Moment. Truth. Obey.”

Option A (Best): “Draft Style”

- Put the 7 I AM statements on 7 cards.
- Then each man draws or chooses.
- If you have more than 7 men, either assign them in pairs (two men per statement) or have 2 activations on some of the I AMs.
- Give every man 60 seconds to say: “I want this one because _____. ”

Option B: “Holy Spirit Draw”

- Spread the cards face down.
- Pray 20 seconds: “Holy Spirit, assign each man the I AM he needs.”
- Each man picks a card without looking.
- He cannot trade. That is his assignment.

Option C: “Need-Based Assignment” or The one they Identified during the I AM Blitz

Ask: “What do you need from Jesus right now?”

- Hungry: Bread
- Confused: Light
- Unsafe: Gate
- Lost: Shepherd
- Hopeless: Resurrection
- Stuck in lies: Way Truth Life
- Fruitless or burned out: Vine

Leaders assign accordingly.

4) LEADER LED I AM ACTIVATIONS

Each Leader Pick one and give an example of an Activation for it in group tonight. (So you guys are going to do two with your group – not all 7)

Here are some ideas that may Help spark their (and your) creativity.

I AM the Bread of Life

Option A: “Empty Plate”

- Object: Paper plate (or real plate)
- Moment: Everyone holds an empty plate for 10 seconds in silence.
- Truth: “Jesus fills what performance cannot.”
- Obey: Each man writes one word on the plate: what he tries to fill himself with. Then flips it over and writes: “Jesus, feed me with ____.”

Option B: “One Bite, One Surrender”

- Object: Small bite of bread for each man
- Moment: Before eating, each man says one sentence: “I’m hungry for ____.” Then eat.
- Truth: “Your cravings are clues. Bring them to Me.”

- Obey: 60-second prayer. Then each man texts one brother: "Tonight I'm bringing my hunger for ____ to Jesus."

Option C: "Daily Bread Alarm"

- Object: Phones (60 seconds only)
- Moment: Everyone sets a daily reminder titled "BREAD" at the same time.
- Truth: "If you do not schedule Bread, you will snack on counterfeits."
- Obey: The reminder message is one line: "Jesus, sustain me where I'm depleted." Done.

I AM the Light of the World (Feb 23)

Option A: "Shadow Test"

- Object: Lamp or flashlight and a hand
- Moment: Leader shines light at an angle so the shadow looks huge. Then shines from above so shadow shrinks.
- Truth: "Some fear looks bigger because of where you're standing."
- Obey: Each man answers with one word: "My shadow is ____." Then prays: "Jesus, reposition me."

Option B: "Blind Spot"

- Object: Sticky notes
- Moment: Each man writes a blind spot word and sticks it on his own forehead (no one reads it out loud).
- Truth: "God does not expose to shame, He exposes to heal."
- Obey: 30 seconds: "Holy Spirit, what do You want to heal under this?" Then remove and keep the note inside the book.

Option C: "Night Vision vs Son Vision"

- Object: Sunglasses (one pair works)
- Moment: Put on sunglasses indoors. Ask: "How good are your decisions in dim light?"
- Truth: "Light is not information. It is guidance."
- Obey: Each man texts himself one sentence: "In this area, I choose light by ____." (one action)

I AM the Gate (Feb 23)

Option A: "Keys Only"

- Object: Keys (everyone has some)
- Moment: Everyone holds keys up. Leader: "Keys represent access."
- Truth: "Not everyone gets access to everything in your life."
- Obey: Each man answers in one word: "The gate I'm letting Jesus lock this week is _____." (phone, late night, sarcasm, drinking, isolation)

Option B: "Bouncer Moment"

- Object: A simple sign that says "NO ENTRY"
- Moment: Leader holds sign at an imaginary door. Each man says one thing he is refusing entry (one word).
- Truth: "A gate is love. A gate is protection."
- Obey: Each man writes a one-line boundary: "Jesus be my bouncer and no longer grant _____ access"

Option C: "Two Doors"

- Object: Two sheets of paper on the floor: "EASY" and "JESUS"
- Moment: Men step to the one they choose most often. And say what it is. Move to the Jesus Door.
- Truth: "The easy door always costs more later."
- Obey: Each man physically steps from EASY to JESUS and says: "I come through You alone."

I AM the Good Shepherd (Feb 23)

Option A: "Name Call"

- Object: None
- Moment: Leader says each man's name slowly, one at a time, and the man replies: "Here I am."
- Truth: "Sheep learn the Shepherd's voice because they respond."
- Obey: 60 seconds: "Jesus, what are You calling me by?" Each man writes one word, keeps it private.

Option B: "Follow the Sound"

- Object: Phone playing quiet worship, held behind leader's back
- Moment: Eyes closed, men point toward the sound as leader moves slowly.
- Truth: "His voice has direction."

- Obey: Each man answers: “The direction I sensed is ____.” (one word: repent, rest, apologize, pursue, stop)

Option C: “Wolf Roll Call”

- Object: Index cards
- Moment: Everyone writes one “wolf” word and holds it face down.
- Truth: “The Shepherd protects what the sheep reveal.”
- Obey: Men crumple the card and put it in a bowl labeled “Under Shepherd Care.” Short prayer: “Jesus, guard me.”

I AM the Resurrection and the Life (March 2)

Option A: “Pulse Check”

- Object: Wrist pulse
- Moment: Everyone finds their pulse in silence. Time it for 60 seconds. Write down the number. Thank him during the next minute the same number of time that you had in your pulse . . . different ways, different words. All together out loud at the same time.
- Truth: “Life is not your effort. It is His power in you.”
- Obey: Each man finishes: “Jesus, breathe life into ____.” (one word)

Option B: “Grave Clothes Rip”

This could just be wrapping a man with a roll of toilet paper taking turns, putting it on, then ripping it off – how do we put grave clothes on other men, how do we help take it off?

Option C: “Stone and Name”

- Object: Small sticky label
- Moment: Each man writes the name of a “dead place” on the label and sticks it on a stone (or any object).
- Truth: “He calls dead things by name, then calls them out.”
- Obey: Each man peels off the label and says: “Come out.” Quietly.

I AM the Way, the Truth, and the Life (March 2)

Option A: “Three Steps”

- Object: Tape three steps on floor labeled WAY, TRUTH, LIFE

- Moment: Men stand at WAY, take one step to TRUTH, one to LIFE.
- Truth: “You do not arrive at life without truth, and you do not walk truth without Jesus.”
- Obey: Each man says one line at each step (one word each):
 - WAY: “Jesus, lead my ____.”
 - TRUTH: “Jesus, expose ____.”
 - LIFE: “Jesus, revive ____.”

Option B: “Lie Detector”

- Object: A phone timer set to 30 seconds
- Moment: In 30 seconds, men write the lie they most commonly agree with.
- Truth: “A lie you tolerate becomes a direction you follow.”
- Obey: Immediate replacement statement: “But Jesus says ____.” (one sentence)

Option C: “Compass”

- Object: A simple compass app (or imaginary)
- Moment: Leader: “If your life had a compass, what is it pointing to?”
- Truth: “Truth reorients.”
- Obey: Each man responds with one word: “My compass has been pointing to ____.”
Then: “Jesus, recalibrate me.”

I AM the True Vine (March 2)

Option A: “Plug In”

- Object: Phone charger
- Moment: Show phone at low battery. Plug it in.
- Truth: “You can be near power and still be dying.”
- Obey: Each man names one “unplug” habit and one “plug in” rhythm (one word each).

Option B: “Fruit Check”

- Object: A piece of fruit
- Moment: Everyone holds fruit. Leader: “Fruit is evidence, not effort.”
- Truth: “Real fruit shows up in relationships.”
- Obey: Each man answers: “The fruit I want God to grow is ____.” (one word: patience, joy, purity, gentleness)

Option C: “Abide Breath”

- Object: None

- Moment: 7 slow breaths together. On inhale: “Abide.” Exhale: “In You.”
- Truth: “Abiding is staying.”
- Obey: Each man sets one micro rule: “Before my phone, I will ____.” (one word: breathe, pray, verse, silence)

Quick Instructions for Leaders (Coaching Without Taking Over)

Use this 4-line filter. If their activation passes, let it fly:

1. Under 10 minutes
2. Has an object
3. Has a participation moment (not a talk)
4. Ends with a clear obey step (one action)

Leader coaching phrases that keep it tight:

- “Make it physical.”
- “One truth sentence.”
- “One question.”
- “One obey step.”

Coaching rules:

- Make sure their activation is under 10 minutes
- Make sure it includes object, moment, truth question, obey step
- Force clarity: one truth sentence, one question, one obey step
- Keep it fun. Joy is allowed.
