

Prayer List September 17 2025 Meditation Link

Jesus said to her, “I am the resurrection and the life; he who believes in Me will live even if he dies.” ~ John 11:25a

A Sample Meditation: here is where the Holy Spirit led me as I prayed through this verse. For this meditation, I gave thought and prayer to each word by repeating the verse in my head. Each time that I repeated the verse, I emphasized the next word for meditation. Here are the results:

I am the resurrection and the life

I refers to You, Jesus. You met personally with Martha (and then Mary). Your promise to me is that you are with me always. You are personal, available, and active. Thank you for putting Your humanity on display as you expressed Your grief over the loss of Your friend and Your love for his sisters. Your power will be evident as You raise Him from the dead. I am comforted by Your compassion and Your power.

I **am** the resurrection and the life

I AM is the name of God. Using that title, Jesus, You remind me that You are not only human. You are God. You ARE. You are eternal, the same yesterday, today, and forever.

I am **the** resurrection and the life

This definite article (**the**) points out that You are the resurrection and the life par excellence. You are the **perfect** example of resurrection and life. You are the **only** person capable of resurrection and eternal life.

I am the **resurrection** and the life

Jesus, You are the **resurrection**, the One who rose from the dead. Your resurrection proved your death was a sacrifice acceptable to the Father. Your power over death means victory over sin and death for me and all your followers. By Your resurrection, I am born to a living hope.

I am the resurrection **and** the life

Jesus, You raised up the widow of Nain’s son, the daughter of Jairus, and Lazarus. Each one had died and were raised back to life by You. Each one would go on to die again. **AND** means there is more than just resurrection. Your resurrection is the first permanent return to life. My faith is not based simply on the fact that You rose from the dead, but that You rose from the dead, never to die again.

I am the resurrection and **the** life

Just like You are the only perfect example of resurrection, You are **the** only One who can offer eternal life. You offer Your life to all who believe in You. There is no other name under heaven by which people must be saved.

I am the resurrection and the **life**

Your **life** is a guarantee of my eternal life through faith in You. You said, “Because I live, you also will live.” Thank you for entering my life to lead me. The life I now live, I live by faith in the Son of God.

You might start with John 11:25. Notice that I only included the first half of the verse here. Maybe you could meditate on it as well and then add the second part of the verse.

Whether you are fighting the Sunday Scaries or simply desire to grow in your faith, I encourage biblical meditation as a means to know God and let His truth impact your life.