

# “I AM”

## In the Message of True Life in God

### The TRINITY is speaking

I am the Most Holy Trinity  
I am All in One  
I am One

### The FATHER is speaking

I am Yahweh Sabaoth  
I am your God  
I am your Eternal Father  
I am your Celestial Father  
I am the Almighty  
I am your Holy Father  
I Am The Highest  
I am Omnipotent and Omniscient  
I am your Abba  
I am the Principal of your life  
I am the Commander of the Heavens and the earth  
I am Sovereign of your soul  
I am the Divine Source of Graces  
I am the Source of heavenly Manna  
I am a Ruler of Justice  
I am your first Father  
I am Holy  
I am Alive  
I am the same  
I am Beautiful  
I am slow to anger  
I am the Amen  
I am God and I Suffice by Myself  
I am present  
I am the only true God  
I am the One who fills you with My Knowledge  
I am alive and active  
I am your Defence  
I Am Unction of the poor in spirit  
I Am Guarantor of your well-being  
I Am Luminous Godhead and Source of Sublime Love  
I Am Sovereign and Bridegroom of all creation  
I Am Restorer and Lamp of body and soul  
I Am Consoler of the persecuted in the cause of right  
I Am Balm and Ointment of the sick and the dying  
I am Father of all humanity  
I am wedded to My creation  
I am King and Sovereign of Peace and Love  
I am also your Archer  
I am your Sentinel  
I Am a Living Fountain of Purity  
I am an Abyss of Grace  
I Am an endless Ocean of Mercy, Compassion and  
Tenderness  
I am your Resource  
I am Grace and Mercy  
I am a Fire putting aflame everything I seize  
I Am Liturgical Hymn of your soul  
I Am Luminous Godhead

### The SON is speaking

I am God's Begotten Son  
I am your Saviour  
I am your Redeemer  
I am your Creator  
I am the Lord Jesus Christ,  
I am He-who-saves  
I am the one who redeemed you from the bondage of sin  
I am your Liberator  
I am the Alpha and Omega, the Beginning and the End  
I am the Master of heaven and earth  
I am He who holds the foundations of the earth together  
I am a loving Father  
I am an ever so Gentle Father  
I am the Eternal  
I am the Truth  
I am the Way  
I am Love  
I am the Source of your hope  
I Am The Holy One of Holies  
I Am Perfect  
I am All and Everything  
I am everything you are not  
I am Infinite Wealth  
I am the Source of Love  
I am Pure and Holy  
I am your Holy One who watches you from above  
I am a God of Love  
I am Divinity  
I am divine Power  
I am He who is, was and is to come  
I Am the King of kings and the Lord of lords  
I am Faithful and True  
I am the Faithful and the True Witness  
I am three times Holy  
I am the First and the Last  
I am Emmanuel  
I am God unrivalled  
I am the Lord of the saints  
I am Sovereign of all creation  
I am self sufficient  
I am a God of Simplicity  
I am a Jealous God  
I am the Light of the world  
I am the Crucified and your Redeemer  
I am the Word  
I am The Word and I am active in Spirit  
I am the Bread of Life  
I am the one who feeds you  
I am your Banquet  
I am your mystical Cup  
I am your Drink  
I am your Consoler  
I am the new Adam  
I am a Source of ineffable delights  
I am the light of Instruction  
I am your royal counsellor

I am your Spiritual Director  
I am The Resource of your life  
I am the Way the Truth and the Life  
I am your Healer  
I am the Sacred Heart ever so sensitive  
I am your Master  
I am your Way to Heaven  
I am free  
I am the Revelation  
I am the Revelations  
I am the Supreme Source of Love  
I am Your King  
I am your Holy Companion  
I am your Good Shepherd who loves you  
I am Discipline and Wisdom  
I am the Master of Love  
I am your support  
I Am your Devout Keeper  
I am Wisdom  
I am the source of your joy  
I am the Source of Life  
I am the Source of your breath  
I am the Bountiful all-nourishing Source  
I am your Bridegroom  
I am your divine Spouse  
I am the All-Faithful  
I am God-Man  
I am the Elixir of Life  
I am The Resurrection and The Life  
I am your Brother  
I am your Friend  
I am your family  
I am your Shield  
I am the warrior of Justice  
I am the Authority and Discipline  
I am The Head of My Body  
I am the Church  
I am the Head of the Church  
I am your Refuge  
I am the Rock of your salvation  
I am Purity and Devotion  
I am your Peace  
I am the Revealer of Mysteries  
I am your well-Beloved  
I am your Heaven, your Eden  
I am He who shall lift My Bride  
I am faithful to My Promise  
I am the Victim of Love  
I am the Judge  
I am Just  
I am the only lawgiver and Judge  
I am Holy and Good  
I am the Lord of the Harvest  
I Am the Life  
I am your Holy One coming down from Heaven  
I am The High Priest who speaks in your hearts  
I am The Root who nourishes you  
I am the Constant Reminder of My Holy Word  
I am the Root of the Tree of Life and the Source of Life  
I am your Educator  
I am your Teacher and Master  
I am your Trainer  
I am the One who lifts your soul and exalts it

I am Governor in you now  
I am your Fortress  
I am your Rock and Shelter  
I am your Protector  
I am victorious  
I am constant in My affection for you  
I am tolerant  
I am lenient  
I am patient  
I am your help  
I am your best friend  
I am ever so gentle  
I am the Vine  
I am He who revealed to you My Holy Face  
I am the Door to Eternal Life  
I am an Ocean of Peace  
I am Lord both of the dead and of the living  
I am your Sunshine  
I am girded with power  
I am with you  
I am the One and Unique who rear all those who abandon themselves to Me  
I am a God of Hope  
I am the vigilant Keeper of My Garden  
I am the One you are looking for  
I am like a mother feeding and looking after her own children  
I am an Ocean of Tenderness and Peace  
I am the Guardian of your soul  
I am the Supreme High Priest over all My House  
I am the Gate that leads to Eternal Life  
I am the Ultimate and Unfathomable Wisdom  
I am infinitely rich in grace and virtue  
I am He who bless you most  
I am your only Passion  
I am the One who gives you courage  
I am rich in happiness  
I am the Rock and the Foundation of Christianity  
I am Merciful  
I am gentle and humble in Heart  
I am Meek and Gentle  
I am an abyss of Love  
I am Forgiveness  
I am Infinite Mercy, Forgiveness and Pity  
I am compassionate  
I am All Love  
I am most Tender with the weak and most Compassionate to the wretched ones  
I am your Healer  
I am Boundless Tenderness and Compassion  
I am all Bountiful  
I Am is the Author of True Life in God  
I am He who adopts you  
I am your 'Feast-of-your-own-heart'  
I am the Heart of Her Heart? the Soul of Her Soul, the Spirit of Her Spirit (speaking of the Heart of Mary but can be said also for *our heart*)  
I am your Fortitude  
I am the effulgent cleansing waters of the Life-giving spring  
I am like the rising sun that sheds its light after darkness  
I Am an Inexhaustible Fire  
I am the Spirit of Sublime Love  
I am an Ardent Flame of Love

I am a God of Love, a consuming Fire  
I am Strength and Power  
I am your sweet fragrance  
I am Everything you lack  
I am God and Sovereign, Creator of All, the Spirit of  
Sublime Love, of Fathomless Love  
I Am the Spirit of Grace

**The HOLY SPIRIT is speaking.**

I am a God of order  
I am the Source of Hope, Faith and Love  
I am like the rising sun  
I am the Spirit of Truth  
I am the Living Water  
I am an unceasing prayer in you  
I am the real lamp of your body  
I am the Spirit who teaches and gives temperance  
I am Mediator of every one  
I Am Guarantor of your well-being  
I Am sublime Source of Unity of the Christians  
I Am supreme Unity of the Father and the Son  
I Am Unction to the poor in spirit  
I Am Bridegroom to you all and Perpetual Companion  
I am the Giver of Life  
I am the inner Source of power within you  
I am the vivifying substance of your soul  
I am the Carrier of Peace  
I am the cornerstone of the Church  
I am the vivifying Spirit of the risen Son  
I am the vivifying breath of your mortal bodies  
I am your sweet Lover  
I am your Armour  
I am an inaccessible sun  
I am the Tree of Life  
I am a reflection of the eternal light  
I am the Gateway through which the virtuous enter  
I am the antidote to Satan's deathly kiss  
I am the antidote to Death itself  
I am your Life  
I am like a rich soil  
I am the Sovereign Master of your soul  
I am the distributor of all the heavenly gifts  
I am beautiful as a Parousia

**Amen.**