



THE PERSON OF CHRIST

WORKSHEET - EPISODE 11

I AM that I AM: the Existing One

God as Personal Being

1. The Divine Name revealed to Moses on Mt Sinai is applied by Christ to himself.

- When Christ makes this identification ([John 8:58](#)), he is declaring that he is the God of Israel.
- God simply is, without beginning or end. But God is also personal, not an impersonal idea or abstraction. The coming of Christ, which is the manifestation of the Son of God, reveals the Father as always the Father of the Son. Just as the Father is God, so is the Son “true God from true God” ([Creed](#)).
- The sending of the Holy Spirit by the Son likewise reveals the person of the Holy Spirit, who proceeds from the Father, as distinct from the Father and the Son, yet “worshipped and glorified” with them. Christianity proclaims belief in the Holy Trinity as the God of all: One God in Three Persons. God is thus inescapably the *personal* God.

The human person

1. The human being is made in the image of the personal God.

- As persons we find the meaning of our existence in loving communion with God and our neighbor. This is why the “two great commandments” of Christ are to love God with our whole being, and to love our neighbors as though they were our own self (see [Mark 12:29–31](#)). These commandments reveal what true personhood looks like, what it truly means to be, to have authentic *being*.
- Some religious traditions and philosophies think that we need to somehow escape our personal identity to be united to God or with true being. But this is not the Christian understanding. Our personhood is precious and treasured by God. He will never destroy it. However, we must not confuse sinful or passionate habits and attachments with the idea of our “personal identity.” Nothing that is sinful belongs to our identity. This is why we also must die a death to all such things in order to find our “life hid with Christ in God” ([Colossians 3:3](#)).

Reflection & Discussion

1. How does the Divine Name (“I am that I am” or “I am the one who is”) resonate with you? What does it mean to you?
2. What is the difference between God being personal and us being persons? How do we deal with the temptation to claim that whatever we feel or think in a given moment is a permanent part of our “personal identity”?

Further reading

1. [Exodus 3:1–15; John 8:12–59](#)
2. [Saint Sophrony the Athonite, *His Life is Mine* \(SVS Press, 1997\)](#)