

BIBLE STUDY METHODS

Studying the “Amen, Amen” Sayings of Jesus¹

Jesus statements about truth can help us battle the lies of the devil and of the world. The words “amen, amen” are used 25 times in the Gospel of John. This phrase has been translated a variety of ways. The King James render is “verily, verily.” Both the Revised Standard Version and the New American Standard Bible translate the double amen as “truly, truly.” Other variations include “most assuredly” (NKJV), “very truly” (NKJV), “I tell you for certain” (CEV), and “I tell you the truth” (NIV). *The Message*, though it does not translate the phrase consistently, has many interesting renditions: “Take it from me,” “It’s urgent that you get this right,” “I say this with absolute confidence,” “Believe me,” and “The truth is ...”

However this phrase is translated, when Jesus said “Amen, amen,” He underlined the authority of His teaching by reminding His listeners that His words were certain and reliable. He proclaimed the truth and understood that He was the embodiment of that truth. Truth matters because each of us lives life based on what we believe to be true. Our decisions and actions are guided by our understanding of truth. If we make decisions based on something other than biblical truth, we’ll reap the consequences of that error.

Absolute truth is not a popular concept in our world today. Subjectivism, pluralism, and relativism all seek to push truth out of the picture. Because much of the world operates without any regard for truth, we must examine what Jesus said was true.

By studying the “amen, amen” sayings of Jesus, we’ll be reminded of the unchanging realities of our world. We can study and reflect upon these teachings using a three-step process.

- 1. Identify the truth statement.** Choose one of the 25 passages that Jesus begins with the words “amen, amen.” After reflecting on the passage, identify the truth that Jesus’ words reveal. What does He say is true? Remember to pay careful attention to the overall context of Jesus’ statements.
- 2. Determine what effect this truth makes on your lifestyle.** Just knowing a truth is not enough. We must adjust our lives to truth through practical and concrete application. Spend some time thinking about specific changes you may need to make in response to this truth, and then write them down. Though many of these passages are familiar, often we fail to allow the truths they contain to really shape our daily decisions.
- 3. Identify the world’s lie.** Jesus’ words reveal the lies of the devil and of the world. Almost all of the “amen, amen” statements have a corresponding lie that the devil has sold to the world. As sure as Jesus reveals the truth, Satan does his best to make us believe a lie. When you reflect on truth, these lies will become more clear. Write down the lie that the truth in each passage uncovers. The truth frees us and empowers us to live the kind of life that pleases God. Jesus said, “You shall know the truth, and the truth shall set you free!”

The “Amen, Amen” Sayings of Jesus

Jn 1:51; 3:3; 3:11; 5:19; 5:24; 5:25; 6:26; 6:32; 6:47; 6:53; 8:34; 8:51; 8:58; 10:1; 10:7; 12:24; 13:16; 13:20; 13:21; 13:38; 14:12; 16:20; 16:23; 21:18

¹ Slightly modified. Catteau, T.D. (1998). Studying the “Amen, Amen” sayings of Jesus. *Discipleship Journal*, 104, 20-21.

“Amen, Amen” Saying	Truth Statement	Lifestyle Decision	World’s Lie
<p>Jn 12:24: “I tell you the truth, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.</p>	<p>Sacrifice produces fruit. Jesus’ willingness to give His life has had a profound impact on mankind.</p>	<p>Living a life pleasing to God demands a sacrificial lifestyle. As I give my life, my talents, and my money to others, my life will be multiplied. The fulfilling life is not found in getting what I want, but in giving myself and my resources to others.</p>	<p>The path to satisfaction in the world lies in getting what I want and making myself happy. The rewards and pleasures of this life are all that really matter. Sacrificing my desires for the sake of others needs is foolishness.</p>