Does "I am" mean I existed in the spirit? At Jesus' birth did he have the Son's spirit or the Son's and the Father's spirit?

Jesus claimed that he existed before Abraham was even born (Jn 8:58). The Jewish leaders understood this—which was why they tried to stone him (v. 59).

Jesus is God, the second person of the trinity (Is 40:13; 48:16). The trinity was revealed at Jesus' baptism when the Holy Spirit descended upon him like a dove (Mt 3:16) and when he was approved by the Father (v. 17).

When Jesus was born of a woman (Gal. 4:4), he took on a new nature (Jn 1:14). He offered his own body (He 10:5, 10; 1 Jn 1:1–3) for us (1 Pe 3:18; 4:1) fulfilling all righteousness (Mt 3:15) reconciling us to God (2 Co 5:18–21).

God remains the same (Mal 3:6).