GROUP MODE · LEADER GUIDE

Give Me This Mountain

Caleb · a four-week walk for senior adult classes

מִלֵּא אַחֲרָי

MILLE ACHAREI · WHOLLY FOLLOWED

“Now therefore give me this mountain, whereof the LORD spake in that day…”

JOSHUA 14:12 · KJV

HEREPH
Be still and know

A ministry tool for group study
hereph.app

How Group Mode Works

Group Mode lets a class walk a Hereph path together while every member still walks it personally, at their own pace, on their own phone. You bring the room together. The app carries each person's walk. This guide gives you everything to lead it, so the only thing you ever have to ask us is a question about how the app works.

THE RHYTHM

Give Me This Mountain walks Caleb's story (Numbers 13 and 14, Joshua 14 and 15) and Psalm 92 in 28 days: four weeks of seven Hebrew words. The class meets once to launch, then weekly for four weeks, five gatherings of 45 to 60 minutes. Between gatherings, each member walks that week's seven days in the app.

KICKOFF
Launch together, walk Day 1 as a class, set the covenant.

WEEKS 1–4
Members walk 7 days at home, then the class gathers to share.

CLOSE
The final gathering ends by blessing the next generation.

FREE ALL THE WAY THROUGH

This walk is a gift: all 28 days are free for everyone, and no one needs a supporter account at any point. No one is behind, either. The app holds each person's place, and a member can share from whatever day they are on.

HELPING EVERYONE GET IN

- The member handout has a code to scan with a phone camera; it opens the app directly. Pair anyone who wants help with a phone partner for the first week.
- Show the class the larger text: in the app, open **Settings** and choose **Text size** (Normal, Large or Larger). The handout is printed in larger type, too.
- A member without a smartphone can still take part. The handout carries each week's words, readings and questions, and a family member's phone or tablet can open the day.

> **Your Role, In One Line**
>
> You are the shepherd of the room, not a counselor. You set the pace, open and close each gathering, and keep the space safe and kind. Hereph provides the structure and the word studies. Pastoral care comes from you, your pastor, and the class's care for one another.

WHAT YOU NEED, AND WHERE TO GET HELP

- This guide, a member handout for each person (hereph.app/groups), and the app on each phone. Members find the walk under **Paths**, in the **Seniors** lane.
- For app questions only (something will not load, an account issue), email **support@hereph.app**. For anything about leading the study, this guide is your source.

Leading Give Me This Mountain

A short orientation to the walk your class is about to take, so you can lead it with confidence from the first gathering.

What it is. Give Me This Mountain is a four-week walk for the senior who is done being told to slow down. Each day pairs one Hebrew word from Caleb's story with its plain-language meaning and one small reflective exercise drawn from evidence-based practice, so the class is never studying trivia. They are walking with a man who asked for the hardest hill in the land at eighty-five.

Why Caleb. Ten spies came home and called themselves grasshoppers. Caleb came home with another spirit. He waited forty-five years for the promise, and then walked up to Joshua and said, “give me this mountain.” Scripture gives the reason in two Hebrew words, מִלֵּא אַחֲרֵי (*mille acharei*): he wholly followed the LORD. His fruit in old age came from his following, not from his strength. The whole walk turns on that.

The four-week arc.

- **Week 1 · Another Spirit.** The spies' report: courage to go, the “nevertheless” that cancels good news, grasshoppers, “we are well able,” the pull back to Egypt, giants that are bread, and another spirit.
- **Week 2 · Kept Alive.** The long wait in the wilderness, the generation that fell along the way, a heart that stayed one thing, kept alive for what is unfinished, breaking camp again, drawing near, and the strength still carried.
- **Week 3 · Give Me This Mountain.** The ask itself, the giants still on it, “if so be the LORD will be with me,” Hebron given, a whole life, the giants driven out, and the land at rest.
- **Week 4 · Still Bearing Fruit.** Handing the next fight to the young, giving springs and not just fields, the palm tree planted in God's house, fruit in old age, numbering our days, and wholly followed.

> **Strength is not the point**
>
> Caleb's strength at eighty-five was extraordinary, and some in your class will be living in bodies that no longer cooperate. The walk is clear that the mountain is not about muscle (Day 14). For one person it may be a prayer list; for another, a grandchild, a letter, or a ministry they can still carry. Honor every size of mountain.

> **A day about the ones we buried**
>
> Day 9, **Peger**, names the generation that fell in the wilderness, and asks, “Who have you buried, and what of them still walks with you?” Many in a senior class have buried spouses, friends, even children. Keep that gathering gentle, let silence be an answer, and never press. If someone is carrying fresh grief, **The Valley** (Psalm 23) in the app may be their next walk.

Where the anchors are. Weeks 1 to 3 follow Caleb from Numbers 13 and 14 to Joshua 14 and 15, with one stop in the travel log of Numbers 33 (Day 12). Week 4 lands in Psalm 92, the psalm of old trees still bearing fruit, with Psalm 90:12 on Day 26.

GATHERING 1 · THE LAUNCH

Kickoff: Give Me This Mountain

Before this gathering: nothing required. You launch the walk here.

OPEN (5 MIN)

Welcome everyone and read aloud together. Suggested: Joshua 14:10–12 (Caleb at eighty-five) and Psalm 46:10. Then a short opening prayer in your own words, asking that over these four weeks each person would see what God still has for them.

SET THE FRAME (10 MIN)

- Explain the walk: twenty-eight Hebrew words from Caleb's story and Psalm 92, one a day, four weeks. Each week they walk seven days at home, then the class gathers to share.
- Teach the one idea that carries the whole path: Caleb was fit for the mountain at eighty-five because he **מִלֵּא אַחֲרָי** (*mille acharei*), wholly followed the LORD. Following, not strength, is what still bears fruit.
- Help everyone get in: scan the code on the handout or open app.hereph.app, find Give Me This Mountain in the Seniors lane, start Day 1, and set the text size. Pair up anyone who wants help.
- Name the gift: all twenty-eight days are free for everyone.

WALK DAY 1 TOGETHER (15 MIN)

Taste the walk as a class. Day 1 is **Chazaq**, **חֲזַק**, “to be strong; to take courage” (Numbers 13:17–20), the charge Moses gave the spies before they went. Read the word and its meaning aloud. Then one round, each person answers lightly:

1. What is one thing you are **still learning**, or still hoping to do?

Keep it light here. One sentence each is plenty. The depth comes as they walk it.

SET THE COVENANT (5 MIN)

- What is shared here stays here.
- We do not fix each other. We listen, and we honor what is said.
- No one has to share, and no one is asked for the story behind an answer. Presence is enough.

Send them out

This week, walk Days 1 through 7 in the app, one word a day. Next time we gather, we will share what the spies' report stirred. Close in prayer.

GATHERING 2 · WEEK 1

Another Spirit

Before this gathering: members have walked Days 1–7.

OPEN (5 MIN)

A short prayer, then read Numbers 13:30–33 and Numbers 14:24 aloud together. Ask: which of this week's seven words is closest to the surface for you?

THE WEEK AT A GLANCE

DAY	WORD	HEBREW	MEANING	ANCHOR
1	**Chazaq**	חָזַק	Be strong: take courage, then go	Num 13:17–20
2	**Efes**	אֶפֶס	Nevertheless: the word that cancels good news	Num 13:27–28
3	**Chagavim**	חֲגָבִים	Grasshoppers: the self-image that sets the ceiling	Num 13:32–33
4	**Yakhol**	יָכֹל	To be able: we are well able	Num 13:30
5	**Lun**	לוּן	To murmur: the old cage called safety	Num 14:1–4
6	**Lechem**	לֶחֶם	Bread: the giant that might also be food	Num 14:6–9
7	**Ruach Acheret**	רוּחַ אַחֶרֶת	Another spirit: the disposition that set Caleb apart	Num 14:24

SHARE AND DISCUSS (30 MIN)

1. The spies agreed the land was good. Then one word, “Nevertheless” (**Efes**, Numbers 13:28), cancelled the whole report. What good thing in your life have you been cancelling with a single “but”?
2. “We were in our own sight as grasshoppers” (**Chagavim**, Numbers 13:33). They shrank in their own eyes before anyone else said a word. Where has the world's report about this season of life started to shrink you in your own sight?
3. Caleb said, “we are well able to overcome it” (**Yakhol**), and later, of the giants, “they are bread for us” (**Lechem**, Numbers 14:9). What have you been meeting only as a giant that might also, honestly, be bread?
4. The crowd wanted to go back to Egypt (**Lun**, the murmuring). What old cage, a habit, a fear or a familiar complaint, have you been calling safety lately?

Go deeper (if time): Ruach acheret. God said Caleb “had another spirit with him, and hath followed me fully” (Numbers 14:24). Which disposition from this week do you most want to carry into the rest of the walk?

Send them out

This week, walk Days 8 through 14: Kept Alive. Close in prayer, each person giving one “but” back to God.

GATHERING 3 · WEEK 2

Kept Alive

Before this gathering: members have walked Days 8–14.

OPEN (5 MIN)

Prayer, then read Joshua 14:6–11 aloud. Ask for one word on how the week went.

THE WEEK AT A GLANCE

DAY	WORD	HEBREW	MEANING	ANCHOR
8	**Midbar**	מִדְבָּר	Wilderness: the long wait for a promise	Num 14:33–34
9	**Peger**	פֶּגֶר	The fallen: a generation buried along the way	Num 14:29, 32
10	**Levav**	לֵבָב	Heart: the inner word that stayed one thing	Josh 14:7
11	**Chayah**	חָיָה	To keep alive: kept for what is unfinished	Josh 14:10
12	**Nasa**	נָסַע	To set out: breaking camp again	Num 33:1–2
13	**Nagash**	נָגַשׁ	To draw near: not waiting to be invited	Josh 14:6
14	**Koach**	כֹּחַ	Strength: what you still carry for the assignment	Josh 14:11

SHARE AND DISCUSS (30 MIN)

1. Caleb waited forty-five years (Joshua 14:10) on a promise, through a wilderness sentence (**Midbar**) that came from other men's unbelief, not his. What promise are you still waiting on, and how have you carried yourself while you wait?
2. A whole generation fell around him along the way (**Peger**). Who have you buried, and what of them still walks with you? *(Let this one be gentle. No one has to answer aloud.)*
3. "I brought him word again as it was in mine heart" (**Levav**, Joshua 14:7), and "the LORD hath kept me alive" (**Chayah**, Joshua 14:10). What is still unfinished that you have been kept alive to carry?
4. At eighty-five, Caleb did not wait to be called on. He came near (**Nagash**, Joshua 14:6). Where have you been waiting to be invited, when it may be time to draw near yourself?

Go deeper (if time): Koach and **Nasa**. "As my strength was then, even so is my strength now" (Joshua 14:11). Not every body in this room can say that, and Caleb's point was never his muscles. What strength do you still carry, and what camp is it time to break?

Send them out

This week, walk Days 15 through 21: Give Me This Mountain. Close in prayer over each person's unfinished assignment.

GATHERING 4 · WEEK 3

Give Me This Mountain

Before this gathering: members have walked Days 15–21.

OPEN (5 MIN)

Prayer, then read Joshua 14:12–15 aloud. Ask: what did this week ask of you that you did not expect?

THE WEEK AT A GLANCE

DAY	WORD	HEBREW	MEANING	ANCHOR
15	**Har**	הַר	Mountain: the assignment too big for your season	Josh 14:12
16	**Anakim**	עֲנָקִים	Giants: still there, still to be faced	Josh 14:12
17	**Ulai**	אוּלַי	Perhaps: if so be the LORD will be with me	Josh 14:12
18	**Natan**	נָתַן	To give: commissioned, not tolerated	Josh 14:13
19	**Tamim**	תָּמִים	Whole: integrity unbroken across every season	Josh 14:14
20	**Yarash**	יָרַשׁ	To drive out: the action it is now time to do	Josh 15:13–14
21	**Shaqat**	שָׁקַט	To rest: resting in what you finished	Josh 14:15

SHARE AND DISCUSS (30 MIN)

1. “Now therefore give me this mountain” (**Har**). He asked for the hardest hill country, the very ground the ten spies had fled. What is the one assignment you have been telling yourself is too big for your season?
2. The giants were still on it (**Anakim**). Caleb did not wait for the mountain to be empty. What have you been giving a wide berth, and what would one honest step toward it look like?
3. “If so be the LORD will be with me” (**Ulai**, Joshua 14:12): confidence without a guarantee. Where have you been demanding a guaranteed ending instead of trusting the One who holds it?
4. Joshua blessed him and gave him Hebron (**Natan**), “because that he wholly followed the LORD” (Joshua 14:14). Where are you waiting to be tolerated, when God may be trying to commission you?

Go deeper (if time): Yarash and **Shaqat**. Caleb drove out the three sons of Anak (Joshua 15:14), and “the land had rest from war” (Joshua 14:15). What have you finished in your life that you have never let yourself rest in?

Send them out

This week, walk Days 22 through 28: Still Bearing Fruit, the last week of the walk. Close in prayer.

GATHERING 5 · WEEK 4 · THE CLOSE

Still Bearing Fruit

Before this gathering: members have walked Days 22–28 and finished the walk.

OPEN (5 MIN)

Prayer, then read Joshua 15:16–19 and Psalm 92:12–15 aloud. This is the last gathering. Let it feel like a blessing.

THE WEEK AT A GLANCE

DAY	WORD	HEBREW	MEANING	ANCHOR
22	**Lakad**	לָכַד	To take: a fight handed to the young	Josh 15:16–17
23	**Gulloth**	גֻּלֹּת	Springs: giving more than a field	Josh 15:18–19
24	**Tamar**	תָּמָר	Palm tree: planted in the house of the LORD	Ps 92:12–13
25	**Od**	עוֹד	Still: fruit in old age	Ps 92:14
26	**Manah**	מָנָה	To number: teach us to number our days	Ps 90:12
27	**Yashar**	יָשָׁר	Upright: a life that shows He is faithful	Ps 92:15
28	**Mille Acharei**	מִלֵּא אַחֲרֵי	Wholly followed: the verdict over a whole life	Josh 14:14

SHARE AND DISCUSS (30 MIN)

1. Caleb handed the next fight to a younger man, Othniel (**Lakad**, Joshua 15:16–17). What fight have you been holding that now belongs to someone younger, and how could you hand it over with a blessing?
2. His daughter asked for springs of water, and he gave her “the upper springs, and the nether springs” (**Gulloth**, Joshua 15:19). Who is asking you for a field, when you have springs to give: time, stories, prayer, wisdom?
3. “They shall still bring forth fruit in old age” (**Od**, Psalm 92:14), like a palm planted in the house of the LORD (**Tamar**). What is one thing still true of your calling, no matter your age?
4. “So teach us to number our days” (**Manah**, Psalm 90:12). All of our days are numbered. What moves to the top of your list this week?

Go deeper (if time): Mille acharei and **Yashar**. Caleb is remembered because he “wholly followed the LORD God of Israel” (Joshua 14:14), and the old tree bears fruit “to shew that the LORD is upright” (Psalm 92:15). What does your life, taken whole, say about God's faithfulness?

Close the walk

Go around once: each person names the one word from all twenty-eight they will carry out of these four weeks. Read Psalm 92:12–15 together and close in prayer. If you can, end the way Caleb did, blessing the next generation: share a meal, and have each person write a short note to a grandchild or a younger believer, passing on one thing they have learned about following God wholly.

All 28 Words

The whole walk at a glance. Anchors are starting points for reading aloud.

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Care, Boundaries, and Support

Crisis Resources (always available in the app)

If anyone in your class is in crisis or thinking about self-harm, encourage them to reach out right away. **Call or text 988** (Suicide and Crisis Lifeline). **Text HOME to 741741** (Crisis Text Line). These are on every emotional screen inside Hereph. In an emergency, call 911.

For practical needs at home

Sometimes what surfaces in a senior class is practical: a ride, meals, help at home, or a caregiver at the end of their strength. The **Eldercare Locator, 1-800-677-1116**, is a free public service that connects older adults and their families to local help. Specialists answer weekdays, 8 a.m. to 9 p.m. Eastern.

The Leader's Boundary

You are a shepherd, not a counselor. Your job is to keep the room safe and kind and to walk alongside people, not to diagnose or treat. Hereph provides the structure and the word studies. When something surfaces that is bigger than the class, point the person gently toward their pastor or a licensed professional. That is not failing them; it is caring for them well.

ABOUT HEREPH

Hereph (formerly Selah) is a free, mobile Bible-based reflection app that pairs the wisdom of Scripture, in the original Hebrew and Greek, with evidence-based reflective practices. It is a ministry tool. The first seven days of every walk are always free, and some walks, like this one, are free all the way through.

SUPPORTING HEREPH

No one needs to pay anything to walk Give Me This Mountain. Supporters ($4.99 a month or $39.99 a year) help cover what it costs to run Hereph, especially the AI Companion, and keep the door open for the next person. It is welcome, and never required.

QUESTIONS ABOUT THE APP

For anything technical, an account issue, or something not loading, email **support@hereph.app**. For leading this study, this guide is your companion. Everything you need is here.

Hereph · “Be still and know” · Psalm 46:10 · hereph.app
Scripture references are for reading aloud; members read full text in the app or their own Bible.