Give Me This Mountain

Caleb: a four-week walk for senior adults

מִלֵּא אַחֲרָי

Mille acharei: wholly followed

My name _____ Our group meets _____ Leader _____

HOW THIS WALK WORKS

- Walk one day at a time in the Hereph app, on your own phone. Each day takes a few quiet minutes. For bigger words, open **Settings** and choose **Text size**.
- Once a week, the group gathers to share what the week stirred. Bring this handout; each week has its own page with questions to sit with ahead of time.
- No one is behind. The app holds your place, and you can share from whatever day you are on.
- All 28 days are free for everyone. This walk is a gift, and you never need a supporter account.

GETTING IN

Open **app.hereph.app** on your phone, or scan the code. There is nothing to download and no account needed to begin. Tap **Paths**, open the **Seniors** lane, and choose **Give Me This Mountain** (Still Bearing Fruit). Begin Day 1 when your leader launches the walk.

To put Hereph on your home screen, or to keep your walk on more than one device, see **hereph.app/start**.

Open the app
app.hereph.app

Get started
hereph.app/start

OUR AGREEMENTS

- 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.

AT THE KICKOFF WE READ

Joshua 14:10–12 · Psalm 46:10

“Be still, and know that I am God.” PSALM 46:10 · KJV

Another Spirit

Before we meet: walk Days 1 to 7 in the app, one a day.

THIS WEEK'S WORDS

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

READ ALOUD TOGETHER

Numbers 13:30–33 · Numbers 14:24

QUESTIONS TO SIT WITH

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: 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?

MY NOTES

Kept Alive

Before we meet: walk Days 8 to 14 in the app, one a day.

THIS WEEK'S WORDS

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

READ ALOUD TOGETHER

Joshua 14:6–11

QUESTIONS TO SIT WITH

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: 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?

MY NOTES

WEEK 3 · DAYS 15 TO 21

Give Me This Mountain

Before we meet: walk Days 15 to 21 in the app, one a day.

THIS WEEK'S WORDS

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

READ ALOUD TOGETHER

Joshua 14:12–15

QUESTIONS TO SIT WITH

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: 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?

MY NOTES

WEEK 4 · DAYS 22 TO 28

Still Bearing Fruit

Before we meet: walk Days 22 to 28 in the app, one a day. This is the last week of the walk.

THIS WEEK'S WORDS

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

READ ALOUD TOGETHER

Joshua 15:16–19 · Psalm 92:12–15

QUESTIONS TO SIT WITH

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: 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?

MY NOTES

All 28 Words

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Hebrew unless marked. Anchors are starting points; read the full text in the app or your own Bible.

Care and support

If you or someone in your group is in crisis, call or text **988** (Suicide & Crisis Lifeline, free, 24/7), text **HOME** to **741741** (Crisis Text Line), or call **911** in an emergency. Hereph is a tool for reflection and spiritual growth, not a substitute for professional care. Pastoral care comes from your leader, your pastor, and your group. For help at home (rides, meals, caregiving), call the free Eldercare Locator: 1-800-677-1116, weekdays 8 a.m. to 9 p.m. Eastern.

App questions (something will not load, an account issue): support@hereph.app · Free leader packs and member handouts: hereph.app/groups