GROUP MODE · LEADER GUIDE

He Is

The Names of God · a four-week small-group walk

שֵׁם

SHEM · EVERY NAME A REFUGE

“Be still, and know that I am God.”

PSALM 46:10 · KJV

HEREPH
Be still and know

A ministry tool for group study
hereph.app

How Group Mode Works

Group Mode lets a group 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

He Is is a 28-day walk built as four weeks of seven names each. The group meets once to launch, then once a week for four weeks. Five gatherings in all, about 45 to 60 minutes each. Between gatherings, each member walks that week's seven days on their own in the app, then you come together to share what surfaced.

KICKOFF

Launch together, walk Day 1 as a group, set the pace.

WEEKS 1–4

Members walk 7 days solo, then the group gathers to share.

CLOSE

The final gathering lands on Immanuel and looks back over all 28 names.

IF SOMEONE FALLS BEHIND

No one is behind. The app holds each person's place, and the walk is personal, not a race. A member can share from whatever day they are on. Missing a day never locks anyone out of the conversation.

FREE DAYS AND SUPPORTER DAYS

The first seven days of He Is, all of Week 1, are always free. Days 8 through 28 are supporter-backed ($4.99 a month or $39.99 a year) to cover what it costs to run Hereph, especially the AI Companion. This keeps the app free at the door for anyone. There is no pressure and no countdown. A member who stays in the free days is fully part of the group and the conversation. Continuing the walk together into Weeks 2 through 4 is simply for those walking further.

> **Your Role, In One Line**
>
> You are the shepherd of the room, not a therapist or 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 group's care for one another.

WHEN A HEAVY MOMENT COMES UP

Walking the names stirs real things. Let a heavy share be honored, not fixed. You do not need to have the answer. Sit with the person, thank them, and if they are carrying something beyond the group, gently point them toward their pastor or a professional. Crisis resources (988 and the Crisis Text Line) live on every emotional screen inside the app and are printed on the last page of this guide.

WHAT YOU NEED, AND WHERE TO GET HELP

- This guide, the Hereph app on each member's phone, and a room or a video link.
- Members open the walk in the app under He Is (The Names of God) and begin Day 1 when you launch.
- 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 He Is

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

What it is. He Is is a walk through twenty-eight names of God, one per day, over four weeks. It is written for anyone, in any season. Each day pairs a name with its plain-language meaning and one small reflective exercise, so the group is never studying trivia. They are meeting a Person.

Why names. In Hebrew, a name is not just a label. The word for name, שֵׁם (*shem*), points to the nature and character behind the name. That is the whole idea of this path: every name of God is a refuge, a different place to stand depending on what you are facing. Your group will collect twenty-eight of them.

The four-week arc.

- **Week 1 · The Seven Names** (free). The foundation: God who sees, provides, heals, is peace, is Most High, is our banner, is there.
- **Week 2 · The God Who Holds You.** Sufficiency, worth, surrender, belonging, and solid ground.
- **Week 3 · The God Who Leads You.** Strength, light, guidance, faithfulness, redemption, and unseen reinforcements.
- **Week 4 · The God Who Never Ends.** The long view, Fatherhood, hope, love, and the closing name: Immanuel, God with us.

> **Three names are not Hebrew, and that is on purpose**
>
> Most names in this walk are Hebrew. Three are not, and a member may notice: **Abba** (Day 23) is Aramaic, the intimate child's word for Father. **Alpha and Omega** (Day 24) and **Agape** (Day 26) are Greek. If it comes up, that is the answer. No one is off track.

How each day is shaped in the app. A member opens the day, meets the name and its meaning, hears the word spoken, walks a short reflective exercise drawn from evidence-based practices (told in plain language, never clinical), and writes in a private journal. Your gatherings do not repeat the app. They give the group a place to say out loud what the week stirred.

GATHERING 1 · THE LAUNCH

Kickoff: Every Name a Refuge

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

OPEN (5 MIN)

Welcome everyone and read aloud together. Suggested: Psalm 46:10 and Exodus 3:13–15 (God gives Moses His name). Then a short opening prayer in your own words, asking that over these four weeks the group would not just learn about God but meet Him.

SET THE FRAME (10 MIN)

- Explain the walk: twenty-eight names, one a day, four weeks. Each week they walk seven days on their own, then the group gathers to share.
- Teach the one idea that carries the whole path: a name in Hebrew, שֵׁם (*shem*), is the character behind it. Every name of God is a place to stand.
- Walk the group through opening He Is in the app and starting Day 1. Confirm everyone can get in.
- Name the rhythm honestly: Week 1 is free for everyone; continuing into Weeks 2 through 4 is supporter-backed, and no one is pressured either way.

WALK DAY 1 TOGETHER (15 MIN)

Taste the walk as a group. Day 1 is **El Roi**, אֵל רֳאִי, "the God who sees me" (Genesis 16:13). Read the name and its meaning aloud. Then one round, each person answers lightly:

1. Where in your life right now do you most want to be **seen**, really seen, not just noticed?

Keep it light here. This is a taste, not the deep end. 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. Presence is enough.

Send them out

This week, walk Days 1 through 7 in the app, one name a day. Next time we gather, we will share what the seven names stirred. Close in prayer.

GATHERING 2 · WEEK 1

The Seven Names

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

OPEN (5 MIN)

A short prayer, then read Psalm 46:10 aloud again. Ask: as we begin, which of this week's names is closest to the surface for you?

THE WEEK AT A GLANCE

DAY	NAME	HEBREW	MEANING	ANCHOR
1	**El Roi**	אֵל רָאִי	The God who sees you	Gen 16:13
2	**Yahweh Yireh**	יְהוָה יִרְאֶה	The Lord will provide, will see to it	Gen 22:14
3	**Yahweh Rapha**	יְהוָה רֹפְאֶה	The Lord who heals and makes whole	Exod 15:26
4	**Yahweh Shalom**	יְהוָה שָׁלוֹם	The Lord is peace, nothing missing or broken	Judg 6:24
5	**El Elyon**	אֵל עֶלְיוֹן	God Most High, above all	Ps 91:1–2
6	**Yahweh Nissi**	יְהוָה נִסִּי	The Lord my banner, my rallying standard	Exod 17:15
7	**Yahweh Shammah**	יְהוָה שָׁמָּה	The Lord is there, the Lord is present	Ezek 48:35

SHARE AND DISCUSS (30 MIN)

1. This week you met God as the One who sees you, **El Roi**. Where did you feel unseen this week, and did anything shift when you sat with a God who already sees it?
2. **Yahweh Yireh** means the Lord will provide, literally "will see to it." Where are you waiting on provision right now? What would trusting "He will see to it" change about how you carry it?
3. Of the seven names (Sees, Provides, Heals, Peace, Most High, My Banner, Is There), which one did you most need this week, and why that one?
4. The week closes on **Yahweh Shammah**, "the Lord is there." Where do you most need to know He is present: a place, a relationship, a season?

Go deeper (if time): *Shem* means the character behind the name. What did this week teach you about who God is that a definition alone never could?

Send them out

This week, walk Days 8 through 14: The God Who Holds You. Close in prayer, each person naming one name from this week they want to carry.

GATHERING 3 · WEEK 2

The God Who Holds You

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

OPEN (5 MIN)

Prayer, then read Deuteronomy 33:27 aloud (“underneath are the everlasting arms”). Ask for one word on how the week went.

THE WEEK AT A GLANCE

DAY	NAME	HEBREW	MEANING	ANCHOR
8	**El Shaddai**	אֵל שַׁדַּי	The God who is enough, all-sufficient	Gen 17:1
9	**Yahweh Tsidkenu**	יְהוָה צִדְקֵנוּ	The righteousness you did not earn	Jer 23:6
10	**Adonai**	אֲדֹנָי	Lord, Master, the One in charge	Ps 16:2
11	**Yahweh M’Kaddesh**	יְהוָה מְקַדֵּשׁ	The One who sets you apart on purpose	Lev 20:8
12	**Qanna**	קַנָּא	Zealous for you, fiercely committed	Exod 34:14
13	**Ebenezer**	אֶבֶן הָעֶזֶר	The stone of help: this far He has helped	1 Sam 7:12
14	**Yahweh Sali**	יְהוָה סַלְעִי	The Rock under you, immovable ground	Ps 18:2

SHARE AND DISCUSS (30 MIN)

1. **El Shaddai** is the God who is enough. Where do you feel “not enough” right now? What would it look like this week to count what is already here?
2. **Ebenezer** means “this far the Lord has helped us.” Name one stone, one moment you can point back to where you were carried. What does remembering it do for what you face now?
3. **Adonai** is the One rightly in charge of what we try to hold. What are you holding that was never yours to carry? What would setting it down look like?
4. The week ends on **Sali**, the Rock under you. When the ground feels unsteady, what have you actually been standing on?

Go deeper (if time): Qanna, “zealous for you,” says you are wanted, not merely allowed. Is that hard to believe? What makes it hard?

Send them out

This week, walk Days 15 through 21: The God Who Leads You. Close by having each person finish the sentence, “This far, He has helped me by…”

GATHERING 4 · WEEK 3

The God Who Leads You

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

OPEN (5 MIN)

Prayer, then read Psalm 23:1–4 aloud. Ask: where did you need leading this week?

THE WEEK AT A GLANCE

DAY	NAME	HEBREW	MEANING	ANCHOR
15	**El Gibbor**	אֵל גִּבּוֹר	Strength that is not your own	Isa 9:6
16	**Yahweh Ori**	יְהוָה אוֹרִי	The Lord my light and salvation	Ps 27:1
17	**Yahweh Nachah**	יְהוָה נָחָה	The God who leads you on, step by step	Ps 139:9–10
18	**El Emunah**	אֵל אֱמוּנָה	The God you can count on	Deut 32:4
19	**Yahweh Uzzi**	יְהוָה עֻזִּי	My strength and my song	Ps 28:7
20	**Go'el**	גֹּאֵל	The Redeemer who buys it back	Job 19:25
21	**Yahweh Tseva'ot**	יְהוָה צְבָאוֹת	The Lord of Hosts: you are not outnumbered	1 Sam 17:45

SHARE AND DISCUSS (30 MIN)

1. **El Gibbor** is strength for the outmatched, strength that is not your own. Where are you outmatched right now? What changes when the strength does not have to be yours?
2. **Yahweh Nachah** leads gently, one step at a time. What is the next faithful step in front of you? Not the whole staircase, just the next step.
3. **Go'el** is the Redeemer who buys back what was lost. Is there something you have written off as lost? What would it mean to picture it bought back?
4. **Tseva'ot**, the Lord of Hosts, says you are not outnumbered. Where does life feel like too much coming at once? What does it do to picture unseen reinforcements?

Go deeper (if time): Yahweh Uzzi pairs strength and song. Have you ever given thanks or sung before you felt like it? What happened?

Send them out

This week, walk Days 22 through 28: The God Who Never Ends. Tell them the final name is one they know. Close in prayer.

GATHERING 5 · WEEK 4 · THE CLOSE

The God Who Never Ends

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

OPEN (5 MIN)

Prayer, then read Matthew 1:22–23 aloud (the promise of Immanuel). This is the last gathering. Let it feel like an arrival.

THE WEEK AT A GLANCE

DAY	NAME	HEBREW / GREEK	MEANING	ANCHOR
22	**El Olam**	אֵל עוֹלָם	The God who outlasts this	Gen 21:33
23	**Abba**	אַבָּא	Father: the child's word, “papa” not “sir” (Aramaic)	Rom 8:15
24	**Alpha & Omega**	Ἄλφα · Ὠμέγα	The God who finishes what He starts (Greek)	Rev 22:13
25	**Elohei Tikvah**	אֱלֹהֵי תִקְוָה	The God of hope, a cord toward the future	Jer 29:11
26	**Agape**	ἀγάπη	Perfectly loved, love not earned or lost (Greek)	1 John 4:16
27	**El Kavod**	אֵל הַכָּבוֹד	The weight of glory, substance and heaviness	Ps 29:3
28	**Immanuel**	עִמָּנוּ אֵל	God with us: not only there, but here	Isa 7:14

SHARE AND DISCUSS (30 MIN)

1. **El Olam** is the God who outlasts this. What are you in the middle of that feels endless? What shifts when you set it against a God who has no end?
2. **Abba** is the child's word for Father, “papa,” not “sir.” Does God feel that close? What gets in the way of that kind of nearness?
3. **Alpha and Omega** is the God who finishes what He starts. What unfinished thing in you are you afraid will not get completed?
4. The walk ends on **Immanuel**, God with us. Look back over all twenty-eight names. Which one was the name you most needed to meet, and what will you carry out of these four weeks?

Go deeper (if time): Agape is love you did not earn and cannot lose. Where in you is the guarded place that this love still needs to reach?

Close the walk

Go around once: each person names the one name from all twenty-eight that became their refuge. Then read the twenty-eight names aloud together as a closing litany, and end in prayer. The walk does not end here; the names go with them.

All 28 Names

A quick reference for the whole walk. Hebrew unless marked. Anchors are starting points for reading aloud; members read the full text in the app or their own Bible.

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11	**Yahweh M’Kaddesh**	יְהוָה מְקַדֵּשׁ	Set apart on purpose	Lev 20:8
12	**Qanna**	קַנָּא	Zealous for you	Exod 34:14
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27	**El Kavod**	אֵל הַכָּבוֹד	The weight of glory	Ps 29:3
28	**Immanuel**	עִמָּנוּ אֵל	God with us	Isa 7:14

Care, Boundaries, and Support

Crisis Resources (always available in the app)

If anyone in your group 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.

The Leader's Boundary

You are a shepherd, not a therapist. 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 group, 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. The extended days are supporter-backed so the app can stay free at the door for everyone.

SUPPORTING THE WALK

If your group wants to continue past Week 1 together, becoming a supporter ($4.99 a month or $39.99 a year) unlocks Days 8 through 28 and helps cover what it costs to run Hereph, especially the AI Companion. There is no pressure. Support is a way to help keep the door open for the next person, not a toll for walking through it.

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.