He Is

The Names of God

שֵׁם

Shem: every name a refuge

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.
- 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.
- Days 1 to 7 are free for everyone. Days 8 to 28 are supporter-backed ($4.99 a month or $39.99 a year). If you stay in the free week, you are fully part of the group and the conversation.

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** and choose **He Is** (The Names of God). 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. Presence is enough.

AT THE KICKOFF WE READ

Psalm 46:10 · Exodus 3:13–15

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

The Seven Names

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

THIS WEEK'S NAMES

DAY	NAME	HEBREW	MEANING	ANCHOR
1	**El Roi**	אֵל רֳאִי	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

READ ALOUD TOGETHER

Psalm 46:10

QUESTIONS TO SIT WITH

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

MY NOTES

The God Who Holds You

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

THIS WEEK'S NAMES

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 הָעֵזֶר	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

READ ALOUD TOGETHER

Deuteronomy 33:27

QUESTIONS TO SIT WITH

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: Qanna, "zealous for you," says you are wanted, not merely allowed. Is that hard to believe? What makes it hard?

MY NOTES

WEEK 3 · DAYS 15 TO 21

The God Who Leads You

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

THIS WEEK'S NAMES

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

READ ALOUD TOGETHER

Psalm 23:1–4

QUESTIONS TO SIT WITH

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: Yahweh Uzzi pairs strength and song. Have you ever given thanks or sung before you felt like it? What happened?

MY NOTES

WEEK 4 · DAYS 22 TO 28

The God Who Never Ends

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 NAMES

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

READ ALOUD TOGETHER

Matthew 1:22–23

QUESTIONS TO SIT WITH

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

MY NOTES

All 28 Names

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1	**El Roi**	אֵל רֳאִי	The God who sees you	Gen 16:13
2	**Yahweh Yireh**	יְהוָה יִרְאֶה	The Lord will provide	Gen 22:14
3	**Yahweh Rapha**	יְהוָה רֹפְאָ	The Lord who heals	Exod 15:26
4	**Yahweh Shalom**	יְהוָה שָׁלוֹם	The Lord is peace	Judg 6:24
5	**El Elyon**	אֵל עֶלְיוֹן	God Most High	Ps 91:1–2
6	**Yahweh Nissi**	יְהוָה נִסִּי	The Lord my banner	Exod 17:15
7	**Yahweh Shammah**	יְהוָה שָׁמָּה	The Lord is there	Ezek 48:35
8	**El Shaddai**	אֵל שַׁדַּי	The God who is enough	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	Set apart on purpose	Lev 20:8
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21	**Yahweh Tseva'ot**	יְהוָה צְבָאוֹת	You are not outnumbered	1 Sam 17:45
22	**El Olam**	אֵל עוֹלָם	The God who outlasts this	Gen 21:33
23	**Abba (Aramaic)**	אַבָּא	Father, "papa" not "sir"	Rom 8:15
24	**Alpha & Omega (Greek)**	Ἄλφα · Ὠμέγα	The God who finishes	Rev 22:13
25	**Elohei Tikvah**	אֱלֹהֵי תִקְוָה	The God of hope	Jer 29:11
26	**Agape (Greek)**	ἀγάπη	Perfectly loved	1 John 4:16
27	**El Kavod**	אֵל הַכָּבוֹד	The weight of glory	Ps 29:3
28	**Immanuel**	עִמָּנוּ אֵל	God with us	Isa 7:14

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.

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