GROUP MODE · LEADER GUIDE

Mighty Man of Valor

Gideon · a four-week walk for men's groups

גִּבּוֹר חַיִל

GIBBOR CHAYIL · MIGHTY MAN OF VALOR

"…The LORD is with thee, thou mighty man of valour."

JUDGES 6:12 · 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 his own pace, on his own phone. You bring the room together. The app carries each man'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

Mighty Man of Valor walks Gideon's story (Judges 6 to 8) in 28 days: four weeks of seven Hebrew words. The group meets once to launch, then weekly for four weeks, five gatherings of 45 to 60 minutes. Between gatherings, each man walks that week's seven days on his own in the app.

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

WEEKS 1–4
Members walk 7 days solo, then the group gathers to share.

CLOSE
The final gathering lands on valor finally owned.

IF SOMEONE FALLS BEHIND

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

FREE DAYS AND SUPPORTER DAYS

Week 1 (Days 1 to 7) is 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. There is no pressure and no countdown. A member who stays in the free days is fully part of the group and the conversation.

> **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 honest. 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

Gideon's story touches ground many men have never said out loud: feeling like a fraud, hard questions for God, and fear they were taught to be ashamed of. Honor a heavy share; do not fix it, and never ask for the story behind an answer. If a man goes quiet or seems to carry something bigger than the group, follow up privately and point him gently to his pastor or a professional. Crisis lines are on every emotional screen in the app and on the last page of this guide.

WHAT YOU NEED, AND WHERE TO GET HELP

- This guide, a member handout for each man (hereph.app/groups), the app on each phone, and a room or a video link.
- Members open the walk in the app under Paths: Mighty Man of Valor (in the Men lane), 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 Mighty Man of Valor

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. Mighty Man of Valor is a four-week walk through Judges 6 to 8 for the man who feels like a fraud. Each day pairs one Hebrew word from Gideon's story with its plain-language meaning and one small reflective exercise drawn from evidence-based practice, so the group is never studying trivia. They are walking with a man God called mighty while he was still hiding.

Why Gideon. The angel found him threshing wheat in a winepress, hiding from Midian, and greeted him as a mighty man of valor, **גִּבּוֹר חַיִל** (*gibbor chayil*), before he had done one mighty thing. Heaven names first and lets the evidence catch up. That is the reverse of the impostor script most men run, which says: prove it first, then maybe you get the name. The whole walk turns on which voice a man lets go first.

The four-week arc.

- **Week 1 · The Winepress** (free). Hiding what you can do, the greeting that does not match the mirror, the honest why, sent in the strength you have, the least-in-the-house script, presence as God's answer, and peace built before a single battle.
- **Week 2 · Altars by Night.** The first battlefield is at home, scared obedience that still counts, the fight that defends itself, the Spirit wearing a man, two fleeces, and an army cut down to size.
- **Week 3 · Three Hundred.** Chosen at the water, fear that God equips, borrowed courage from an enemy's dream, worship as the hinge, torches in broken jars, standing your post, and weary yet pursuing.
- **Week 4 · After the Trumpets.** Critics after the win, help that never came, finishing, refusing the crown, the snare a trophy can become, forty years of quiet, and valor finally owned.

> **Fear is not failure in this story**
>
> Gideon is afraid almost everywhere in the text: he obeys at night, asks for two fleeces, and needs a servant and an overheard dream before the battle. The walk reads this as a patient God with a shaking man (Days 9, 12, 13 and 16). Some men have heard the fleece preached as a lack of faith. If that comes up, let both readings sit in the room; this study is non-denominational and is not the place for a debate.

> **An honest ending, handled on purpose**
>
> Day 26, **Moqesh**, does not skip Judges 8:27: Gideon made an ephod from the gold of the victory, and it became a snare to him and his house. The app handles it honestly and without shame. In the room, keep that conversation at the level of the principle (a win can quietly become an idol) and never press for confessions. Every day is anchored in Judges 6 to 8 except the last: Day 28 reaches to Hebrews 11:32, where Gideon is named among the faithful, ephod and all.

How each day is shaped in the app. A member opens the day, meets the word and its meaning, hears it 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: Mighty Man of Valor

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

OPEN (5 MIN)

Welcome everyone and read aloud together. Suggested: Judges 6:11–12 (the greeting in the winepress) and Psalm 46:10. Then a short opening prayer in your own words, asking that over these four weeks each man would hear what God calls him, and believe it.

SET THE FRAME (10 MIN)

- Explain the walk: twenty-eight Hebrew words from Gideon's story, 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: God called Gideon **גִּבּוֹר חַיִל** (*gibbor chayil*), a mighty man of valor, while he was still hiding. The name came before the evidence.
- Walk the group through opening Mighty Man of Valor 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 **Gat**, **גַּת**, "winepress; the low place where a man hides what he can do" (Judges 6:11). Read the word and its meaning aloud. Then one round, each man answers lightly:

1. What is one thing you are **genuinely good at** that you rarely talk about?

Keep it light here. One sentence each is plenty. Where each man does that work, in the open or in the winepress, is for the week ahead.

SET THE COVENANT (5 MIN)

- What is shared here stays here.
- We do not fix each other, and we do not compete. We listen, and we honor what is said.
- No one has to share, and no one is asked for the story behind his answer. Showing up 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 winepress stirred. Close in prayer.

GATHERING 2 · WEEK 1

The Winepress

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

OPEN (5 MIN)

A short prayer, then read Judges 6:11–16 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	**Gat**	גַּת	Winepress: the low place where a man hides what he can do	Judg 6:11
2	**Gibbor**	גִּבּוֹר	Mighty man: God's name for you before you believe it	Judg 6:12
3	**Lammah**	לָמָּה	Why: the question God lets a man ask to His face	Judg 6:13
4	**Koach**	כֹּחַ	Strength: what you already carry, because He is sending you	Judg 6:14
5	**Tsa'ir**	צָעִיר	Least: the bottom rung a man assigns himself	Judg 6:15
6	**Ehyeh**	אֶהְיֶה	I will be: presence, God's answer to the impostor	Judg 6:16
7	**Shalom**	שָׁלוֹם	Peace: the altar built while the enemy still camps nearby	Judg 6:23–24

SHARE AND DISCUSS (30 MIN)

1. Gideon was threshing real wheat in a winepress, **Gat**. The work was real; only the address was fear. Where are you doing solid work in a hole, at work, at home or at church, so that no one looks too closely?
2. The angel greeted him as **Gibbor**, a mighty man of valor, before he had done one mighty thing. Which name do you answer to faster: God's greeting or the mirror's verdict? Where did the mirror's name come from?
3. Gideon's first words back were a question, **Lammah**: why has all this happened to us? Why do so many men believe they are not allowed to ask God why? What was it like to say yours on Day 3?
4. “Go in this thy might” (**Koach**). “I am the least in my father's house” (**Tsa'ir**). And God answered with Himself, “Surely I will be with thee” (**Ehyeh**), not a pep talk. What obedience have you been postponing until a stronger version of you shows up?

Go deeper (if time): Shalom. Gideon built an altar and named it The LORD is Peace while Midian still camped in the valley (Judges 6:24). What would it look like to start this month from peace, instead of waiting to earn it after the battle?

Send them out

This week, walk Days 8 through 14: Altars by Night. Close in prayer, each man naming one place he has been hiding and asking God to call him out of it.

GATHERING 3 · WEEK 2

Altars by Night

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

OPEN (5 MIN)

Prayer, then read Judges 6:25–27 aloud. Ask for one word on how the week went.

THE WEEK AT A GLANCE

DAY	WORD	HEBREW	MEANING	ANCHOR
8	**Haras**	הָרַס	To tear down: the demolition that starts in your own backyard	Judg 6:25–26
9	**Layla**	לַיְלָה	Night: the hour scared obedience still counts	Judg 6:27
10	**Riv**	רִיב	To contend: the fight that was never yours to referee	Judg 6:31–32
11	**Lavash**	לָבַשׁ	To clothe: the Spirit wearing a man like a garment	Judg 6:34
12	**Gizzah**	גִּזָּה	Fleece: the reassurance a shaking man asked for, and got	Judg 6:36–38
13	**Na**	נָא	Please: “once more,” a man asking God's patience	Judg 6:39–40
14	**Me'at**	מְעַט	Few: the size God prefers so the glory lands right	Judg 7:2–3

SHARE AND DISCUSS (30 MIN)

1. God's first assignment was not Midian. It was his father's altar, in his own backyard (**Haras**). Why does God so often start at home? Speaking generally, what kind of altars do men keep in their own backyards?
2. Gideon obeyed at night, **Layla**, because he was afraid of his family and the men of the town, and Scripture still records it as obedience. Have you ever disqualified something you did because your hands were shaking through it?
3. His father said of Baal, “if he be a god, let him plead for himself” (**Riv**, to contend). Which fight are you still refereeing, for your reputation or for someone else's opinion, that was never yours to defend?
4. Two fleeces (**Gizzah**), then “I pray thee, but this once” (**Na**), and God answered both without a rebuke. What reassurance would you ask for if you believed He would not scold? And the other side of it: what decision already has enough confirmation and is only waiting on your move?

Go deeper (if time): Me'at, too many men. God cut the army so Israel could not say “Mine own hand hath saved me” (Judges 7:2). What is being shrunk in your life right now, and could it be so the credit lands where it belongs?

Send them out

This week, walk Days 15 through 21: Three Hundred. Close in prayer for every man carrying a fear this week, that God would equip it instead of shaming it.

GATHERING 4 · WEEK 3

Three Hundred

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

OPEN (5 MIN)

Prayer, then read Judges 7:9–15 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	**Bachar**	בָּחַר	To choose: picked by God's criteria, not your resume	Judg 7:5–7
16	**Charad**	חָרַד	To tremble: the fear God equips instead of shames	Judg 7:10–11
17	**Chalom**	חֲלוֹם	Dream: encouragement planted in the enemy's camp	Judg 7:13–14
18	**Shachah**	שָׁחָה	To bow: the hinge between hearing and daring	Judg 7:15
19	**Kad**	כַּד	Jar: the clay that breaks so the light gets out	Judg 7:19–20
20	**Amad**	עָמַד	To stand: holding your post while God does the heavy work	Judg 7:21
21	**Ayef**	עָיֵף	Weary: still pursuing, honest about the cost	Judg 8:4

SHARE AND DISCUSS (30 MIN)

1. The three hundred were chosen at the water (**Bachar**) by a test none of them knew they were taking. What entrance exam are you grading yourself on that God never assigned?
2. “If thou fear to go down, go thou with Phurah thy servant” (**Charad**). God did not shame Gideon's fear; He gave him a companion. Which fear of yours would shrink if one trusted man heard it?
3. Gideon overheard an enemy soldier's dream about a barley loaf (**Chalom**), and the first thing he did was bow (**Shachah**), before he ever picked up a trumpet. What would change if worship came before your next hard thing, not after it?
4. Torches hidden inside clay jars (**Kad**): the light only showed when the jars broke. What light might be sitting behind the crack you work hardest to hide?

Go deeper (if time): Amad and **Ayef**. “They stood every man in his place” while God routed the camp (Judges 7:21); later they were “faint, yet pursuing” (Judges 8:4). What post is actually yours to hold this season, and what does pursuing look like at the energy you honestly have?

Send them out

This week, walk Days 22 through 28: After the Trumpets, the last week of the walk. Close in prayer.

GATHERING 5 · WEEK 4 · THE CLOSE

After the Trumpets

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

OPEN (5 MIN)

Prayer, then read Judges 8:22–23 and Judges 8:28 aloud. This is the last gathering. Let it feel like a send-off.

THE WEEK AT A GLANCE

DAY	WORD	HEBREW	MEANING	ANCHOR
22	**Anavah**	עֲנָוָה	Humility: the strength that does not need the credit	Judg 8:1–3
23	**Lechem**	לֶחֶם	Bread: the support you asked for and did not get	Judg 8:5–6
24	**Kalah**	כָּלָה	To finish: proof built one completed assignment at a time	Judg 8:11–12
25	**Mashal**	מָשַׁל	To rule: the crown a whole man can decline	Judg 8:22–23
26	**Moqesh**	מוֹקֵשׁ	Snare: the trophy that quietly becomes a trap	Judg 8:27
27	**Shaqat**	שָׁקַט	To be at rest: the quiet a man's obedience buys for others	Judg 8:28
28	**Chayil**	חַיִל	Valor: the strength God saw in the winepress all along	Heb 11:32

SHARE AND DISCUSS (30 MIN)

1. After the win, the men of Ephraim showed up with criticism (Judges 8:1–3), and Gideon answered with humility (**Anavah**). Why does a critic's voice still get a vote on a man's identity? What would answering the way Gideon did cost you, and what would it free?
2. Two towns refused bread to his exhausted men (**Lechem**), and he finished the assignment anyway (**Kalah**). Where did help not come when you asked for it, and what are you still called to finish?
3. They offered him a crown, and he said, “The LORD shall rule over you” (**Mashal**). Then the gold of the victory became an ephod, and the ephod became a snare (**Moqesh**, Judges 8:27). Scripture tells the ending honestly. Which of your wins is closest to quietly becoming something you polish?
4. “The country was in quietness forty years in the days of Gideon” (**Shaqat**). Who gets to live in the quiet your obedience could buy: the people under your roof, the men you work beside, the ones who come after you?

Go deeper (if time): Chayil. Hebrews 11:32 names Gideon among the faithful, ephod and all. Look back over all twenty-eight words: what name did God speak over you in the winepress that you are finally ready to answer?

Close the walk

Go around once: each man names the one word from all twenty-eight that he will carry out of these four weeks. Read Judges 6:12 together, the greeting from the winepress, then close in prayer. If your group can, end around a table: share a meal, and have each man speak one sentence of blessing over the man beside him, naming the valor he has seen in him. The walk ends here; the name goes with them.

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 group is in crisis or thinking about self-harm, encourage him 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 veterans and service members

Gideon's is a battle story, and many men's groups include veterans, service members and first responders. If a veteran or service member is struggling, the **Veterans Crisis Line** is free, confidential and open around the clock: **dial 988 then press 1, or text 838255**. Family and friends who are worried about him can reach out too. Follow up privately, and involve your pastor with his permission.

The Leader's Boundary

You are a shepherd, not a counselor. Your job is to keep the room safe and honest 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 man gently toward his pastor or a licensed professional. That is not failing him; it is caring for him 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.