Mighty Man of Valor

Gideon: a four-week walk for men

גִּבּוֹר חַיִל

Gibbor chayil: mighty man of valor

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**, open the **Men** lane, and choose **Mighty Man of Valor** (Called Mighty While Hiding). 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, 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.

AT THE KICKOFF WE READ

Judges 6:11–12 · Psalm 46:10

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

The Winepress

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

THIS WEEK'S WORDS

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

READ ALOUD TOGETHER

Judges 6:11–16

QUESTIONS TO SIT WITH

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: 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?

MY NOTES

Altars by Night

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

THIS WEEK'S WORDS

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

READ ALOUD TOGETHER

Judges 6:25–27

QUESTIONS TO SIT WITH

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: 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?

MY NOTES

Three Hundred

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

THIS WEEK'S WORDS

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

READ ALOUD TOGETHER

Judges 7:9–15

QUESTIONS TO SIT WITH

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: 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?

MY NOTES

WEEK 4 · DAYS 22 TO 28

After the Trumpets

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	**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

READ ALOUD TOGETHER

Judges 8:22–23 · Judges 8:28

QUESTIONS TO SIT WITH

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: 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?

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 veterans and service members, or anyone worried about one: the Veterans Crisis Line is free and confidential, dial 988 then press 1, or text 838255.

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