

A High & Lofty



WHAT
THE NAMES
OF GOD

TEACH US
ABOUT HIS
CHARACTER

View of God



A High & Lofty View of God



WHAT THE NAMES OF GOD TEACH US ABOUT HIS CHARACTER

One of the main ways we grow in our spiritual formation is through the reading of God's Word. At TC, we want to help encourage and equip you to prioritize the study of scripture, both individually and in community. This guide will help us, together as a church family, to deepen our understanding of the character of God through the reading of His Word. Over the next weeks, we will explore the attributes of God through the names of God as introduced throughout Scripture. Names are a big deal in the Bible; they not only tell us what to call someone, but they reveal their character as well. When we learn about God's names, we learn about who He is. Our desire is for this journey to help us develop a high and lofty view of God, which is one of our values at Transformation Church.

As we walk through this guide, we encourage you to process and pray through the passages of Scripture both by yourself and with your family, friends, or small group. Our hope is that you would grow in your understanding of Scripture, your love for God, and your knowledge and assurance of His character.

Questions are normal. They will arise as we read Scripture—and they should arise! As we dive into our questions to find biblical answers, we learn more about God and what it means to be a Christ-follower. When you find yourself unsure about the meaning of a biblical passage or a characteristic of God, we invite you to press in. Ask questions in your small group or consult the last page of this guide for a list of recommended study resources.

How To Use This Guide



In this guide we will discover what it means to have a high and lofty view of God. This is based off our first Value at TC: *We are committed, through the Spirit's enabling power, to teach a high and lofty view of the Father, the Son, and the Holy Spirit. All our actions, teaching, prayer, mission, and spiritual transformation will be driven by our view of God.*

The way we will discover what this means is by studying some of the different names of God we find in Scripture. Each week of this 4-week Scripture Guide will introduce a new name of God. To begin the week, you will read a description of the meaning of the name, as well as a short summary of how we see God act in accordance with His name.

On each day of the week, Monday through Friday, you will find a short passage from the Old Testament and a short passage from the New Testament. These passages showcase the aspect of God's character and the name that we are focusing on for the week. On Saturday and Sunday, we encourage you to look back at the readings for the week, reflect on what you learned about God, and participate in corporate worship with your church family.

At the end of each day's scripture reading, we have included journaling prompts. Some prompts are questions encouraging you to reflect on the reading, while others are prayer topics through which you can ask God to reveal Himself to you in a deeper, richer way. We encourage you to discuss these prompts with a friend or family member and record your thoughts in a journal to reflect upon at a later date. This is a great way to remind your heart of how your understanding of and relationship with God has grown!

On the last page of the guide, you'll find a list of recommended resources to deepen your study of scripture and help you think through questions that may arise as you study God's Word.

Tips For Scripture Reading



- Pray before you begin reading. Ask the Holy Spirit to help you understand the text. Trust the Spirit to guide you!
- Read slowly. You may need to read the passage several times for clarity.
- Consult the *Bible Project* videos on YouTube for historical context.
- Use a commentary to look up passages, words, or phrases that may be hard to understand. It's important to use this as resource as opposed to replacing the biblical text with the commentary.
- Be patient with yourself. We aren't expected to understand everything—and we won't! Our heart posture is more important to God.





Week One

NAME OF GOD: YHWH

Throughout the pages of scripture, the most-used name for God is YHWH. This is the name of God first revealed to Moses in Exodus 3 during their exchange at Horeb. YHWH may seem like a strange name — it doesn't even have any vowels! YHWH is referred to as a tetragrammaton. This word literally means "four characters" and refers to the four Hebrew letters that form the name of God, "YHWH." In English Bibles, "YHWH" is written as "LORD."

YHWH is the most descriptive of all God's names. "God" is a general name for a powerful and lofty being, but YHWH is our God's personal name. YHWH means "the self-existent, eternal God." YHWH is the great "I AM," as He introduced Himself to Moses. YHWH is the creator God—the God of the Israelites. YHWH is the one true God.

The same YHWH who rescued the Israelites from slavery, who provided for His people in the desert, who delivered the Jews into the Promised Land, and who kept His covenant with Abraham is the same YHWH who loves and cares for His people today.

Week One: MONDAY

EXODUS 3:13-15 CSB

Then Moses asked God, "If I go to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is His name?' what should I tell them?"

God replied to Moses, "I AM WHO I AM. This is what you are to say to the Israelites: I AM has sent me to you." God also said to Moses, "Say this to the Israelites: The LORD, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you. This is My name forever; this is how I am to be remembered in every generation."

JOHN 8:54-59 CSB

"If I glorify myself," Jesus answered, "my glory is nothing. My Father—about whom you say, 'He is our God'—He is the one who glorifies Me. You do not know Him, but I know Him. If I were to say I don't know Him, I would be a liar like You. But I do know Him, and I keep His word. Your father Abraham rejoiced to see My day; he saw it and was glad."

The Jews replied, "You aren't fifty years old yet, and you've seen Abraham?"

Jesus said to them, "Truly I tell you, before Abraham was, I am."

So they picked up stones to throw at Him. But Jesus was hidden and went out of the temple.

Journaling Prompts

- What did you learn about God today?
- Write a prayer to God asking Him to show you His glory in a deeper way.

[illegible]

Week One: TUESDAY

JOSHUA 24:1-15 CSB

Joshua assembled all the tribes of Israel at Shechem and summoned Israel's elders, leaders, judges, and officers, and they presented themselves before God. Joshua said to all the people, "This is what the LORD, the God of Israel, says: 'Long ago your ancestors, including Terah, the father of Abraham and Nahor, lived beyond the Euphrates River and worshiped other gods. But I took your father Abraham from the region beyond the Euphrates River, led him throughout the land of Canaan, and multiplied his descendants. I gave him Isaac, and to Isaac I gave Jacob and Esau. I gave the hill country of Seir to Esau as a possession. "'Jacob and his sons, however, went down to Egypt. I sent Moses and Aaron, and I defeated Egypt by what I did within it, and afterward I brought you out. When I brought your ancestors out of Egypt and you reached the Red Sea, the Egyptians pursued your ancestors with chariots and horsemen as far as the sea. Your ancestors cried out to the LORD, so He put darkness between you and the Egyptians, and brought the sea over them, engulfing them. Your own eyes saw what I did to Egypt. After that, you lived in the wilderness a long time. "'Later, I brought you to the land of the Amorites who lived beyond the Jordan. They fought against you, but I handed them over to you. You possessed their land, and I annihilated them before you. Balak son of Zippor, king of Moab, set out to fight against Israel. He sent for Balaam son of Beor to curse you, but I would not listen to Balaam. Instead, he repeatedly blessed you, and I rescued you from him. "'You then crossed the Jordan and came to Jericho. Jericho's citizens—as well as the Amorites, Perizzites, Canaanites, Hethites, Girgashites, Hivites, and Jebusites—fought against you, but I handed them over to you. I sent hornets ahead of you, and they drove out the two Amorite kings before you. It was not by your sword or bow. I gave you a land you did not labor for, and cities you did not build, though you live in them; you are eating from vineyards and olive groves you did not plant.' "Therefore, fear the LORD and worship him in sincerity and truth. Get rid of the gods your ancestors worshiped beyond the Euphrates River and in Egypt, and worship the LORD. But if it doesn't please you to worship the LORD, choose for yourselves today: Which will you worship—the gods your ancestors worshiped beyond the Euphrates River or the gods of the Amorites in whose land you are living? As for me and my family, we will worship the LORD."

COLOSSIANS 2:9-15 CSB

For in Christ all the fullness of the Deity lives in bodily form, and in Christ you have been brought to fullness. He is the head over every power and authority. In Him you were also circumcised with a circumcision not performed by human hands. Your whole self-ruled by the flesh was put off when you were circumcised by Christ, having been buried with Him in baptism, in which you were also raised with Him through your faith in the working of God, who raised Him from the dead. When you were dead in your sins and in the uncircumcision of your flesh, God made you alive with Christ. He forgave us all our sins, having canceled the charge of our legal indebtedness, which stood against us and condemned us; He has taken it away, nailing it to the cross. And having disarmed the powers and authorities, He made a public spectacle of them, triumphing over them by the cross.



Journaling Prompts

- What does it mean that we have been brought to fullness in Christ?
- Write a prayer to God asking Him to show you His fullness in a deeper way.

[illegible]

Week One: WEDNESDAY

PSALM 46 CSB

God is our refuge and strength, a helper who is always found in times of trouble.

Therefore we will not be afraid, though the earth trembles and the mountains topple into the depths of the seas, though its water roars and foams and the mountains quake with its turmoil. There is a river — its streams delight the city of God, the holy dwelling place of the Most High. God is within her; she will not be toppled. God will help her when the morning dawns. Nations rage, kingdoms topple; the earth melts when he lifts his voice. The LORD of Armies is with us; the God of Jacob is our stronghold. Come, see the works of the LORD, who brings devastation on the earth. He makes wars cease throughout the earth. He shatters bows and cuts spears to pieces; he sets wagons ablaze. “Stop fighting, and know that I am God, exalted among the nations, exalted on the earth.” The LORD of Armies is with us; the God of Jacob is our stronghold.

JOHN 1:1-4 CSB

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. All things were created through Him, and apart from Him not one thing was created that has been created. In Him was life, and that life was the light of men. That light shines in the darkness, and yet the darkness did not overcome it.



Journaling Prompts

- What does it mean to cease fighting and know that our God is YHWH?
- Write a prayer asking God to reveal Himself to you as the light in the darkness.

[illegible]

Week One: THURSDAY

ISAIAH 41:1-4 CSB

Be silent before Me, coasts and islands! And let peoples renew their strength. Let them approach; let them testify; let's come together for the trial. Who has stirred up someone from the east? In righteousness he calls him to serve. The LORD hands nations over to him, and he subdues kings. He makes them like dust with his sword, like wind-driven stubble with his bow. He pursues them, going on safely, hardly touching the path with his feet. Who has performed and done this, calling the generations from the beginning? I am the LORD, the first and with the last — I am He.

1 CORINTHIANS 8:1-6 CSB

Now about food sacrificed to idols: We know that “we all have knowledge.” Knowledge puffs up, but love builds up. If anyone thinks he knows anything, he does not yet know it as he ought to know it. But if anyone loves God, he is known by Him. About eating food sacrificed to idols, then, we know that “an idol is nothing in the world,” and that “there is no God but one.” For even if there are so-called gods, whether in heaven or on earth — as there are many “gods” and many “lords” — yet for us there is one God, the Father. All things are from Him, and we exist for Him. And there is one Lord, Jesus Christ. All things are through Him, and we exist through Him.



Journaling Prompts

- Journal about what these passages reveal to you about God.

[illegible]

Week One: FRIDAY

PSALM 100:1-5 CSB

Let the whole earth shout triumphantly to the Lord! Serve the LORD with gladness; come before Him with joyful songs. Acknowledge that the LORD is God. He made us, and we are His— His people, the sheep of His pasture.

JOHN 20:24-29 CSB

But Thomas (called “Twin”), one of the Twelve, was not with them when Jesus came. So the other disciples were telling him, “We’ve seen the Lord!” But he said to them, “If I don’t see the mark of the nails in His hands, put my finger into the mark of the nails, and put my hand into His side, I will never believe.” A week later His disciples were indoors again, and Thomas was with them. Even though the doors were locked, Jesus came and stood among them and said, “Peace be with you.” Then he said to Thomas, “Put your finger here and look at My hands. Reach out your hand and put it into My side. Don’t be faithless, but believe.” Thomas responded to him, “My Lord and my God!” Jesus said, “Because you have seen Me, you have believed. Blessed are those who have not seen and yet believe.”



Journaling Prompts

- Reflect on what you've learned about YHWH this week.
- Which passages of scripture spoke to your heart the most this week?

[illegible]



Week Two

IMMANUEL

The name Immanuel shows not only God's power but also His presence. "Immanuel" means "God with us." This name takes our knowledge of God as a high and lofty being and expands it, reminding us that His highness and loftiness is not out of reach. This all-powerful and all-knowing God is not just a good idea or hopeful thought, but an ever-present being who knows us and is with us.

We first see the name Immanuel in the book of Isaiah, in which the prophet Isaiah is foretelling the birth of the Messiah, who will redeem the world. Isaiah was encouraging the Jews that their Messiah was coming, and He would be born of a virgin and would dwell among His people: "Therefore the Lord Himself will give you a sign: The virgin will conceive and give birth to a son, and will call Him Immanuel." (Isaiah 7:14 NIV).

The theme of God's presence runs throughout the biblical narrative. He reminds the Israelites of His presence as they navigate their exodus from Egypt through the desert. He pursues the hearts of His people even as the Israelite judges disobey Him. His name is not "God above us" or "God who watches us." While it is true that He is above us in status and watches over us with love and tenderness, He dwells among us: He sent His Son to do just that.

Week Two: MONDAY

ISAIAH 7:10-17 CSB

Then the LORD spoke again to Ahaz: "Ask for a sign from the LORD your God—it can be as deep as Sheol or as high as heaven."

But Ahaz replied, "I will not ask. I will not test the LORD."

Isaiah said, "Listen, house of David! Is it not enough for you to try the patience of men? Will you also try the patience of my God? Therefore, the Lord Himself will give you a sign: See, the virgin will conceive, have a son, and name him Immanuel. By the time He learns to reject what is bad and choose what is good, He will be eating curds and honey. For before the boy knows to reject what is bad and choose what is good, the land of the two kings you dread will be abandoned. The Lord will bring on you, your people, and your father's house such a time as has never been since Ephraim separated from Judah: He will bring the king of Assyria."

MATTHEW 1:18-25 CSB

The birth of Jesus Christ came about this way: After His mother Mary had been engaged to Joseph, it was discovered before they came together that she was pregnant from the Holy Spirit. So her husband, Joseph, being a righteous man, and not wanting to disgrace her publicly, decided to divorce her secretly. But after he had considered these things, an angel of the Lord appeared to him in a dream, saying, "Joseph, son of David, don't be afraid to take Mary as your wife, because what has been conceived in her is from the Holy Spirit. She will give birth to a son, and you are to name Him Jesus, because He will save His people from their sins. Now all this took place to fulfill what was spoken by the Lord through the prophet: See, the virgin will become pregnant and give birth to a son, and they will name Him Immanuel, which is translated "God is with us." When Joseph woke up, he did as the Lord's angel had commanded him. He married her but did not have sexual relations with her until she gave birth to a son. And he named Him Jesus.

Journaling Prompts

- Reflect on the reality that God is with you.
- Write a prayer asking God to help you recognize His presence in new ways.

[illegible]

Week Two: TUESDAY

EXODUS 3:7-12 CSB

Then the LORD said, "I have observed the misery of my people in Egypt, and have heard them crying out because of their oppressors. I know about their sufferings, and I have come down to rescue them from the power of the Egyptians and to bring them from that land to a good and spacious land, a land flowing with milk and honey—the territory of the Canaanites, Hethites, Amorites, Perizzites, Hivites, and Jebusites. So because the Israelites' cry for help has come to Me, and I have also seen the way the Egyptians are oppressing them, therefore, go. I am sending you to Pharaoh so that you may lead My people, the Israelites, out of Egypt."

But Moses asked God, "Who am I that I should go to Pharaoh and that I should bring the Israelites out of Egypt?"

He answered, "I will certainly be with you, and this will be the sign to you that I am the one who sent you: when you bring the people out of Egypt, you will all worship God at this mountain."

MARK 10:13-16 CSB

People were bringing little children to Him in order that He might touch them, but the disciples rebuked them. When Jesus saw it, He was indignant and said to them, "Let the little children come to Me. Don't stop them, because the kingdom of God belongs to such as these. Truly I tell you, whoever does not receive the kingdom of God like a little child will never enter it." After taking them in His arms, He laid His hands on them and blessed them.

Journaling Prompts

- Write a psalm praising God for His presence.
- How do you see Immanuel in these passages?

[illegible]

Week Two: WEDNESDAY

GENESIS 39:1-6 CSB

Now Joseph had been taken to Egypt. An Egyptian named Potiphar, an officer of Pharaoh and the captain of the guards, bought him from the Ishmaelites who had brought him there. The Lord was with Joseph, and he became a successful man, serving in the household of his Egyptian master. When his master saw that the LORD was with him and that the LORD made everything he did successful, Joseph found favor with his master and became his personal attendant. Potiphar also put him in charge of his household and placed all that he owned under his authority. From the time that he put him in charge of his household and of all that he owned, the LORD blessed the Egyptian's house because of Joseph. The LORD's blessing was on all that he owned, in his house and in his fields. He left all that he owned under Joseph's authority; he did not concern himself with anything except the food he ate.

JOHN 4 CSB

When Jesus learned that the Pharisees had heard He was making and baptizing more disciples than John (though Jesus Himself was not baptizing, but His disciples were), He left Judea and went again to Galilee. He had to travel through Samaria; so He came to a town of Samaria called Sychar near the property that Jacob had given his son Joseph. Jacob's well was there, and Jesus, worn out from His journey, sat down at the well. It was about noon.

A woman of Samaria came to draw water.

"Give Me a drink," Jesus said to her, because His disciples had gone into town to buy food.

"How is it that you, a Jew, ask for a drink from me, a Samaritan woman?" she asked him. For Jews do not associate with Samaritans.

Jesus answered, "If you knew the gift of God, and who is saying to you, 'Give Me a drink,' you would ask Him, and He would give you living water."

"Sir," said the woman, "You don't even have a bucket, and the well is deep. So where do You get this 'living water'? You aren't greater than our father Jacob, are You? He gave us the well and drank from it himself, as did his sons and livestock."

Jesus said, "Everyone who drinks from this water will get thirsty again. But whoever drinks from the water that I will give him will never get thirsty again. In fact, the water

I will give him will become a well of water springing up in him for eternal life."

"Sir," the woman said to Him, "give me this water so that I won't get thirsty and come here to draw water."

"Go call your husband," He told her, "and come back here."

"I don't have a husband," she answered.

"You have correctly said, 'I don't have a husband,'" Jesus said. "For you've had five husbands, and the man you now have is not your husband. What you have said is true."

"Sir," the woman replied, "I see that you are a prophet. Our ancestors worshiped on this mountain, but you Jews say that the place to worship is in Jerusalem."

Jesus told her, "Believe me, woman, an hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You Samaritans worship what you do not know. We worship what we do know, because salvation is from the Jews. But an hour is coming, and is now here, when the true worshipers will worship the Father in Spirit and in truth. Yes, the Father wants such people to worship Him. God is spirit, and those who worship Him must worship in Spirit and in truth."

The woman said to Him, "I know that the Messiah is coming" (who is called Christ). "When He comes, He will explain everything to us."

Jesus told her, "I, the one speaking to you, am He."



Journaling Prompts

- Ask God to open your eyes to see His favor and see Him as living water.

[illegible]

Week Two: THURSDAY

JOSHUA 1:1-9 CSB

After the death of Moses the LORD's servant, the LORD spoke to Joshua son of Nun, Moses's assistant: "Moses My servant is dead. Now you and all the people prepare to cross over the Jordan to the land I am giving the Israelites. I have given you every place where the sole of your foot treads, just as I promised Moses. Your territory will be from the wilderness and Lebanon to the great river, the Euphrates River—all the land of the Hittites—and west to the Mediterranean Sea. No one will be able to stand against you as long as you live. I will be with you, just as I was with Moses. I will not leave you or abandon you.

"Be strong and courageous, for you will distribute the land I swore to their ancestors to give them as an inheritance. Above all, be strong and very courageous to observe carefully the whole instruction my servant Moses commanded you. Do not turn from it to the right or the left, so that you will have success wherever you go. This book of instruction must not depart from your mouth; you are to meditate on it day and night so that you may carefully observe everything written in it. For then you will prosper and succeed in whatever you do. Haven't I commanded you: be strong and courageous? Do not be afraid or discouraged, for the LORD your God is with you wherever you go."

MATTHEW 28:16-20 CSB

The eleven disciples traveled to Galilee, to the mountain where Jesus had directed them. When they saw Him, they worshiped, but some doubted. Jesus came near and said to them, "All authority has been given to Me in heaven and on earth. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe everything I have commanded you.

And remember, I am with you always, to the end of the age."



Journaling Prompts

- Write a poem, short story, or psalm based on the Great Commission (Matthew 28:19-20).
- How does believing God is with you invite you to change the way you live?

[illegible]

Week Two: FRIDAY

ZEPHANIAH 3:16-17 CSB

On that day it will be said to Jerusalem: "Do not fear; Zion, do not let your hands grow weak. The LORD your God is among you, a warrior who saves. He will rejoice over you with gladness. He will be quiet in His love. He will delight in you with singing."

JOHN 3:14-21 CSB

Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, so that everyone who believes in Him may have eternal life. For God loved the world in this way: He gave His one and only Son, so that everyone who believes in Him will not perish but have eternal life. For God did not send His Son into the world to condemn the world, but to save the world through Him. Anyone who believes in Him is not condemned, but anyone who does not believe is already condemned, because he has not believed in the name of the one and only Son of God. This is the judgment: The light has come into the world, and people loved darkness rather than the light because their deeds were evil. For everyone who does evil hates the light and avoids it, so that his deeds may not be exposed. But anyone who lives by the truth comes to the light, so that his works may be shown to be accomplished by God."



Journaling Prompts

- Write a poem or journal entry processing the truth that God delights in you and wants to be in relationship with you.

[illegible]



Week Three

NAME OF GOD: JEHOVAH JIREH

In the book of Genesis, God tells Abraham to sacrifice his only son—the son for whom he had waited, the son he desperately loved—on Mount Moriah. Even though this command was likely confusing, excruciatingly painful, and heartbreaking, Abraham led his son Isaac up the mountain and prepared to bring him as an offering before the Lord. At the last second, God provided a ram in the thicket for the burnt offering. But even before Abraham saw the ram, he trusted God’s heart and sovereignty and knew he would be provided for. God tested Abraham’s faith in His provision, always planning to show up for Abraham and Isaac. Abraham immediately called God “Jehovah Jireh,” which means “the Lord will provide.”

We see God’s provision evident throughout scripture, and we see God’s provision continued in our everyday lives. From providing His presence, to the food that sustains us, to the community that encourages us, God truly is our God who provides again and again. However, this provision doesn’t mean that we get everything we want or that we are promised financial or physical prosperity. In fact, Jesus promises that we will experience trouble this side of heaven. Nonetheless, God sees our needs and shows up to meet them, just as He did for Abraham and Isaac on Mount Moriah.

Week Three: MONDAY

GENESIS 22:1-14 CSB

After these things God tested Abraham and said to him, "Abraham!" "Here I am," he answered.

"Take your son," He said, "your only son Isaac, whom you love, go to the land of Moriah, and offer him there as a burnt offering on one of the mountains I will tell you about."

So Abraham got up early in the morning, saddled his donkey, and took with him two of his young men and his son Isaac. He split wood for a burnt offering and set out to go to the place God had told him about. On the third day Abraham looked up and saw the place in the distance. Then Abraham said to his young men, "Stay here with the donkey. The boy and I will go over there to worship; then we'll come back to you." Abraham took the wood for the burnt offering and laid it on his son Isaac. In his hand he took the fire and the knife, and the two of them walked on together.

Then Isaac spoke to his father Abraham and said, "My father."

And he replied, "Here I am, my son."

Isaac said, "The fire and the wood are here, but where is the lamb for the burnt offering?"

Abraham answered, "God himself will provide the lamb for the burnt offering, my son." Then the two of them walked on together.

When they arrived at the place that God had told him about, Abraham built the altar there and arranged the wood. He bound his son Isaac and placed him on the altar on top of the wood. Then Abraham reached out and took the knife to slaughter his son.

But the angel of the LORD called to him from heaven and said, "Abraham, Abraham!"

He replied, "Here I am."

Then He said, "Do not lay a hand on the boy or do anything to him. For now I know that you fear God, since you have not withheld your only son from Me." Abraham looked up and saw a ram caught in the thicket by its horns. So Abraham went and took the ram and offered it as a burnt offering in place of his son. And Abraham named that place The LORD Will Provide, so today it is said, "It will be provided on the LORD's mountain."

MATTHEW 6:25-34

"Therefore I tell you: Don't worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn't life more than food and the body more than clothing? Consider the birds of the sky: They don't sow or reap or gather into barns, yet your heavenly Father feeds them. Aren't you worth more than they? Can any of you add one moment to his life span by worrying? And why do you worry about clothes? Observe how the wildflowers of the field grow: They don't labor or spin thread. Yet I tell you that not even Solomon in all his splendor was adorned like one of these. If that's how God clothes the grass of the field, which is here today and thrown into the furnace tomorrow, won't He do much more for you—you of little faith? So don't worry, saying, 'What will we eat?' or 'What will we drink' or 'What will we wear?' For the Gentiles eagerly seek all these things, and your heavenly Father knows that you need them. But seek first the kingdom of God and His righteousness, and all these things will be provided for you. Therefore don't worry about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own."



Journaling Prompt

- Reflect on a time when God provided for you.

[illegible]

Week Three: TUESDAY

EXODUS 16:1-18 CSB

The entire Israelite community departed from Elim and came to the Wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had left the land of Egypt. The entire Israelite community grumbled against Moses and Aaron in the wilderness. The Israelites said to them, "If only we had died by the LORD's hand in the land of Egypt, when we sat by pots of meat and ate all the bread we wanted. Instead, you brought us into this wilderness to make this whole assembly die of hunger!"

Then the Lord said to Moses, "I am going to rain bread from heaven for you. The people are to go out each day and gather enough for that day. This way I will test them to see whether or not they will follow My instructions. On the sixth day, when they prepare what they bring in, it will be twice as much as they gather on other days."

So Moses and Aaron said to all the Israelites, "This evening you will know that it was the Lord who brought you out of the land of Egypt, and in the morning you will see the LORD's glory because He has heard your complaints about Him. For who are we that you complain about us?" Moses continued, "The Lord will give you meat to eat this evening and all the bread you want in the morning, for He has heard the complaints that you are raising against Him. Who are we? Your complaints are not against us but against the LORD."

Then Moses told Aaron, "Say to the entire Israelite community, 'Come before the LORD, for he has heard your complaints.'" As Aaron was speaking to the entire Israelite community, they turned toward the wilderness, and there in a cloud the LORD's glory appeared.

The LORD spoke to Moses, "I have heard the complaints of the Israelites. Tell them: At twilight you will eat meat, and in the morning you will eat bread until you are full. Then you will know that I am the LORD your God."

So at evening quail came and covered the camp. In the morning there was a layer of dew all around the camp. When the layer of dew evaporated, there were fine flakes on the desert surface, as fine as frost on the ground. When the Israelites saw it, they asked one another, "What is it?" because they didn't know what it was.

Moses told them, “It is the bread the Lord has given you to eat. This is what the Lord has commanded: ‘Gather as much of it as each person needs to eat. You may take two quarts per individual, according to the number of people each of you has in his tent.’”

So the Israelites did this. Some gathered a lot, some a little. When they measured it by quarts, the person who gathered a lot had no surplus, and the person who gathered a little had no shortage. Each gathered as much as he needed to eat.

JOHN 6:2-14 CSB

A huge crowd was following Him because they saw the signs that He was performing by healing the sick. Jesus went up a mountain and sat down there with His disciples.

Now the Passover, a Jewish festival, was near. So when Jesus looked up and noticed a huge crowd coming toward Him, He asked Philip, “Where will we buy bread so that these people can eat?” He asked this to test him, for He Himself knew what He was going to do.

Philip answered Him, “Two hundred denarii worth of bread wouldn’t be enough for each of them to have a little.”

One of His disciples, Andrew, Simon Peter’s brother, said to Him, “There’s a boy here who has five barley loaves and two fish—but what are they for so many?”

Jesus said, “Have the people sit down.”

There was plenty of grass in that place; so they sat down. The men numbered about five thousand. Then Jesus took the loaves, and after giving thanks He distributed them to those who were seated—so also with the fish, as much as they wanted.

When they were full, He told his disciples, “Collect the leftovers so that nothing is wasted.” So they collected them and filled twelve baskets with the pieces from the five barley loaves that were left over by those who had eaten.

When the people saw the sign He had done, they said, “This truly is the Prophet who is to come into the world.”



Journaling Prompts

- Write a prayer of praise to Jehovah Jireh.
- What is something you're asking God for? Do you trust Him to provide what you need, even when it doesn't align with what you hope for?

[illegible]

Week Three: WEDNESDAY

PSALM 23 CSB

The LORD is my shepherd;
I have what I need.
He lets me lie down in green pastures;
He leads me beside quiet waters.
He renews my life;
He leads me along the right paths for His name's sake.
Even when I go through the darkest valley, I fear no danger, for You are with me;
Your rod and Your staff—they comfort me.
You prepare a table before me in the presence of my enemies;
You anoint my head with oil; my cup overflows.
Only goodness and faithful love will pursue me all the days of my life,
and I will dwell in the house of the LORD as long as I live.

MATTHEW 7:7-12 CSB

Ask, and it will be given to you. Seek, and you will find. Knock, and the door will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks, the door will be opened. Who among you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask Him. Therefore, whatever you want others to do for you, do also the same for them, for this is the Law and the Prophets.

Journaling Prompts

- Reflect on Psalm 23. What lines stand out to you? Pray these lines back to God.
- Write a prayer of thanks for the good gifts God gives you.

[illegible]

Week Three: THURSDAY

PSALM 145:14-21 CSB

The Lord helps all who fall;
He raises up all who are oppressed.
All eyes look to You, and You give them their food at the proper time.
You open Your hand and satisfy the desire of every living thing.
The Lord is righteous in all His ways and faithful in all His acts.
The LORD is near all who call out to Him,
all who call out to Him with integrity.
He fulfills the desires of those who fear Him; He hears their cry for help and saves them. The Lord guards all those who love Him, but He destroys all the wicked.
My mouth will declare the LORD's praise; let every living thing bless His holy name forever and ever.

JOHN 16:31-33 CSB

Jesus responded to them, "Do you now believe? Indeed, an hour is coming, and has come, when each of you will be scattered to his own home, and you will leave Me alone. Yet I am not alone, because the Father is with Me. I have told you these things so that in Me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world."

Journaling Prompts

- Spend a day praying to recognize God's provision. Write down what you experience as you walk through the day.

[illegible]

Week Three: FRIDAY

EXODUS 14:15-18 CSB

But Moses said to the people, “Don’t be afraid. Stand firm and see the LORD’s salvation that He will accomplish for you today; for the Egyptians you see today, you will never see again. The LORD will fight for you, and you must be quiet.”

The LORD said to Moses, “Why are you crying out to me? Tell the Israelites to break camp. As for you, lift up your staff, stretch out your hand over the sea, and divide it so that the Israelites can go through the sea on dry ground. As for Me, I am going to harden the hearts of the Egyptians so that they will go in after them, and I will receive glory by means of Pharaoh, all his army, and his chariots and horsemen. The Egyptians will know that I am the LORD when I receive glory through Pharaoh, his chariots, and his horsemen.”

PHILIPPIANS 4:10-20 CSB

I rejoiced in the Lord greatly because once again you renewed your care for me. You were, in fact, concerned about me but lacked the opportunity to show it. I don’t say this out of need, for I have learned to be content in whatever circumstances I find myself. I know how to make do with little, and I know how to make do with a lot. In any and all circumstances I have learned the secret of being content—whether well fed or hungry, whether in abundance or in need. I am able to do all things through Him who strengthens me. Still, you did well by partnering with me in my hardship.

And you Philippians know that in the early days of the gospel, when I left Macedonia, no church shared with me in the matter of giving and receiving except you alone. For even in Thessalonica you sent gifts for my need several times. Not that I seek the gift, but I seek the profit that is increasing to your account. But I have received everything in full, and I have an abundance. I am fully supplied, having received from Epaphroditus what you provided—a fragrant offering, an acceptable sacrifice, pleasing to God. And my God will supply all your needs according to His riches in glory in Christ Jesus. Now to our God and Father be glory forever and ever. Amen.

Journaling Prompts

- When the Apostle Paul wrote Philippians, he was in prison. Still, he wrote of God's provision and strength. How have you seen God as Jehovah Jireh, even when your circumstances didn't improve?
- Write a prayer asking God to increase your dependence on His provision.

[illegible]



Week Four

JEHOVAH-SHALOM

What comes to mind when you think of peace? We often associate peace with a stillness of circumstances and the absence of stress. Peace is often thought of as extra money in the bank for unexpected bills, resolution after a conflict, or calmness after chaos. Peace can definitely involve all of those things, but God offers us a better way. While God does bring restoration, conclusion, and positive resolution, He also invites us to experience peace even when the chaos continues.

Jehovah-Shalom means “the God of Peace.” The word “Shalom” means peace, especially in the context of communion with God and each other. Recognizing God as the God of peace is part of having a high and lofty view of God; His power is adjacent to His peace. The two cannot be separated; we can experience peace in the midst of brokenness because we are loved by the all-powerful God.

God is first called by this descriptive name by Gideon in the book of Judges. God instructed Gideon to save the Israelites from the Midianites. In response to the presence of God, Gideon cries out that His God is Jehovah- Shalom, the God who is the author of peace.

God’s peace is poured throughout the biblical narrative, and He invites us to redefine peace alongside of Him. His promise of peace is not an assurance of calm circumstances. His promise of peace is an invitation to experience joy and communion with God even when our difficult circumstances persist.

Week Four: MONDAY

JUDGES 6:11-24 CSB

The angel of the LORD came, and he sat under the oak that was in Ophrah, which belonged to Joash, the Abiezrite. His son Gideon was threshing wheat in the winepress in order to hide it from the Midianites. Then the angel of the LORD appeared to him and said, "The LORD is with you, valiant warrior."

Gideon said to him, "Please, my lord, if the LORD is with us, why has all this happened? And where are all his wonders that our ancestors told us about? They said, 'Hasn't the LORD brought us out of Egypt?' But now the LORD has abandoned us and handed us over to Midian."

The LORD turned to him and said, "Go in the strength you have and deliver Israel from the grasp of Midian. I am sending you!"

He said to him, "Please, Lord, how can I deliver Israel? Look, my family is the weakest in Manasseh, and I am the youngest in my father's family."

"But I will be with you," the LORD said to him. "You will strike Midian down as if it were one man."

Then he said to Him, "If I have found favor with You, give me a sign that You are speaking with me. Please do not leave this place until I return to You. Let me bring my gift and set it before You."

And He said, "I will stay until you return."

So Gideon went and prepared a young goat and unleavened bread from a half bushel of flour. He placed the meat in a basket and the broth in a pot. He brought them out and offered them to him under the oak.

The angel of God said to him, "Take the meat with the unleavened bread, put it on this stone, and pour the broth on it." So he did that.

The angel of the Lord extended the tip of the staff that was in his hand and touched the meat and the unleavened bread. Fire came up from the rock and consumed the meat and the unleavened bread. Then the angel of the Lord vanished from his sight.

When Gideon realized that he was the angel of the LORD, he said, "Oh no, Lord GOD! I have seen the angel of the LORD face to face!"

But the LORD said to him, "Peace to you. Don't be afraid, for you will not die." So Gideon built an altar to the LORD there and called it The LORD Is Peace. It is still in Ophrah of the Abiezrites today.

MARK 4:35-41 CSB

On that day, when evening had come, He told them, "Let's cross over to the other side of the sea." So they left the crowd and took Him along since He was in the boat. And other boats were with Him. A great windstorm arose, and the waves were breaking over the boat, so that the boat was already being swamped. He was in the stern, sleeping on the cushion. So they woke Him up and said to Him, "Teacher! Don't You care that we're going to die?"

He got up, rebuked the wind, and said to the sea, "Silence! Be still!" The wind ceased, and there was a great calm. Then He said to them, "Why are you afraid? Do you still have no faith?"

And they were terrified and asked one another, "Who then is this? Even the wind and the sea obey Him!"



Journaling Prompts

- Reflect on a time when you experienced the peace of God.
- Write a prayer of gratitude asking God to make you more aware of His peace.

[illegible]

Week Four: TUESDAY

ISAIAH 26:3-4 CSB

You will keep the mind that is dependent on You in perfect peace, for it is trusting in You. Trust in the LORD forever, because in the LORD, the LORD Himself, is an everlasting rock!

PHILIPPIANS 4:4-9 CSB

Rejoice in the Lord always. I will say it again: Rejoice! Let Your graciousness be known to everyone. The Lord is near. Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

Finally brothers and sisters, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable—if there is any moral excellence and if there is anything praiseworthy—dwell on these things. Do what you have learned and received and heard from me, and seen in me, and the God of peace will be with you.



Journaling Prompts

- Write a list of areas of your life in which you want to experience God's peace. Pray through this list throughout the day.
- Describe the link between praiseworthy thinking and experiencing peace.

[illegible]

Week Four: WEDNESDAY

PSALM 29:3-11 CSB

The God of glory thunders—
the LORD, above the vast water,
the voice of the LORD in power,
the voice of the LORD in splendor.

The voice of the LORD breaks the cedars;
the LORD shatters the cedars of Lebanon.

He makes Lebanon skip like a calf,
and Sirion, like a young wild ox.

The voice of the LORD flashes flames of fire. The voice of the LORD shakes the wilderness; the LORD shakes the wilderness of Kadesh.

The voice of the LORD makes the deer give birth and strips the woodlands bare.

In His temple all cry, "Glory!"

The LORD sits enthroned over the flood;
the LORD sits enthroned, King forever.

The LORD gives His people strength;
the LORD blesses His people with peace.

ROMANS 8:6-11 CSB

Now the mindset of the flesh is death, but the mindset of the Spirit is life and peace. The mindset of the flesh is hostile to God because it does not submit to God's law. Indeed, it is unable to do so. Those who are in the flesh cannot please God. You, however, are not in the flesh, but in the Spirit, if indeed the Spirit of God lives in you. If anyone does not have the Spirit of Christ, he does not belong to Him.

Now if Christ is in you, the body is dead because of sin, but the Spirit gives life because of righteousness. And if the Spirit of Him who raised Jesus from the dead lives in you, then He who raised Christ from the dead will also bring your mortal bodies to life through His Spirit who lives in you.

Journaling Prompts

- How can you embrace a mindset of the Spirit, reflecting life and peace?

[illegible]

Week Four: THURSDAY

ISAIAH 32:17-20 CSB

The result of righteousness will be peace;
the effect of righteousness
will be quiet confidence forever.
Then My people will dwell in a peaceful place, in safe and secure dwellings.
But hail will level the forest,
and the city will sink into the depths.
You will be happy as you sow seed
beside abundant water,
and as you let oxen and donkeys range freely.

JOHN 14:27-31 CSB

Peace I leave with you. My peace I give to you. I do not give to you as the world gives. Don't let your heart be troubled or fearful. You have heard Me tell you, 'I am going away and I am coming to you.' If you loved Me, you would rejoice that I am going to the Father, because the Father is greater than I. I have told you now before it happens so that when it does happen you may believe. I will not talk with you much longer, because the ruler of the world is coming. He has no power over Me. On the contrary, so that the world may know that I love the Father, I do as the Father commanded Me.

Journaling Prompts

- Reflect on the phrase from Isaiah 32: "The result of righteousness will be peace." Do you believe it is possible to live with an untroubled heart? Why or why not?

[illegible]

Week Four: FRIDAY

NUMBERS 6:22-27 CSB

The LORD spoke to Moses: "Tell Aaron and his sons, 'This is how you are to bless the Israelites. You should say to them, "May the LORD bless you and protect you; may the LORD make His face shine on you and be gracious to you; may the LORD look with favor on you and give you peace."' In this way they will pronounce My name over the Israelites, and I will bless them."

EPHESIANS 2:12-15 CSB

At that time you were without Christ, excluded from the citizenship of Israel, and foreigners to the covenants of promise, without hope and without God in the world. But now in Christ Jesus, you who were far away have been brought near by the blood of Christ. For He is our peace, who made both groups one and tore down the dividing wall of hostility. In His flesh, He made of no effect the law consisting of commands and expressed in regulations, so that He might create in Himself one new man from the two, resulting in peace.



Journaling Prompts

- Peace is a gift from God. Write a psalm of thanks for this beautiful gift.
- How can you be a peacemaker for the kingdom of God?

[illegible]

RECOMMENDED RESOURCES

BOOKS

Eat This Book by Eugene Peterson

COMMENTARIES

RJ Utley's Free Bible Commentary - freebiblecommentary.org

The Tony Evans Bible Commentary

BIBLES

Tony Evans Study Bible

Faithlife Study Bible

CSB Ancient Faith Study Bible

ONLINE RESOURCES

The Bible Project app and videos

Logos Bible software

Visit transformationchurch.tc/resources for more resources on parenting, marriage, spiritual formation, scripture reading, and more.

