

Session 7

Being Strong in the Person of the LORD/YHVH

❖ OPEN IN PRAYER

***Suggestion:** Creator God, we come to You to understand what it means to be strong in You and to learn more about Who You are. You said that when we are weak, You are made strong. Help us to understand that strength comes from You. We need You and look to You to help us. In Yeshua's name. Amen*

❖ DEFINING THE TOOL

>>><<< HOLY TRINITY >>><<<	
Definition	The union of three persons (Father, Son, and Holy Ghost) in one Godhead, or the threefold personality of the one Divine Being.
Synonyms	Trinity, Godhead

The person of the LORD exists in Holy Trinity. He is Father, Son and Holy Spirit. He is "The Three in One." Some people better understand this truth when they think about the three parts of an egg: the shell, the white and the yolk and how it all makes up one egg. Some think of a tree with roots, trunk and branches.

- **Do you have a different way or image that helps you understand the Holy Trinity?**

In these examples, each of the three parts has its own unique functions that contribute to its purpose or its existence as one whole.

In a similar way, each of the three Persons of God has his own role to play in starting and maintaining all of creation for the purposes of the One Creator God. **The Father** is the creator of everything, and the source of the power that keeps things going. **The Son** existed in spirit in the beginning with the Father, and was the Word that spoke creation into existence. It was the Son who took on human form to live among us, teaching us, helping us to better understand the character of the Father, and giving us restoration with the Father through the punishment and death of his human body. When the Son returned to the Father, He sent His **Holy Spirit** to live not only among us, but **within** each believer, so that we will always have a personal guide or counselor throughout our life walk with God.

- **What does it mean to you, to know that God's Holy Spirit has a home deep in the heart of you?**

Creator God existed in three Persons even before the Creation. His is the oldest relationship in the universe! It is still strong today, and will remain so for the rest of time. Because the Holy Spirit lives in the heart of the believer, and also in relationship with God and with Jesus, we believers can rest in the assurance that our Creator knows us in our innermost being. He knows our needs before we even speak them. Jesus sees the state of our hearts for salvation. God sees the covering of Jesus' righteousness and loves us as His creation, pure and holy. And the Holy Spirit guides us and applies God's power according to His will to make a difference in our lives. When we don't have the strength to make it through a challenge ahead, a task that's been set for us, or even just living out our day, this is how God can meet us in our need. In this way, we can find strength in the Person of God.

❖ **YHVH: A NAME OF STRENGTH AND POWER**

In Exodus Chapter 3, we read the story of how Creator God appeared to Moses in the flame of a burning bush up on a mountain. During their conversation, Moses asked for His name, so he could prove to the Israelites that he had truly been sent

by God. God didn't say, "Just tell them I'm God and get over it." He gave Moses His *proper name*. Remember that in Hebrew culture, a name described the character and mission of a person. In giving His personal name, he emphasized His desire for close relationship with His people. He has a unique name to be used by His people, because He is close to them, and He is one of a kind!

Read aloud from your Bible: Exodus 3:13-15

- **What name did God tell Moses to give to the Israelites?**

- **How long did God say His Holy Name should be remembered? Who should remember it?**

I AM in the Hebrew means: He was, He is and He will be. It means *eternal*.

**I AM WHO I AM
I AM BECAUSE I AM
I WILL BE WHO I WILL BE**

The names I AM and YHVH are built out of the same Hebrew word: *havah*. In Genesis 3, it seems that God is teaching that His name, Yahweh, has the same meaning as the name I AM.

In most English translation Bibles, you see that sometimes the name is written in upper case letters: LORD or LORD. When this spelling is used in a Bible story, it is referring to God's proper name: YHVH. The Name YHVH is used more than 6800 times in the Bible!

This 4-letter name of God is filled with complex meaning. In ancient Hebrew, each written character has a meaning. Let's take some time to examine the Name in its Hebrew language. Note that ancient Hebrew was written from right to left.

י ה ו ה

The first character from the right י is **Yud**. Yud is the smallest symbol, but it is the mightiest. It is the symbol for the number 10 which is a power number in math - multiplication by tens, to hundreds to thousands and so on. Here, it is representative of the arm and hand of Creator/God.

Read aloud from your Bible: Psalm 136

The next character ה is **Hei**. It means divine breath and Spirit. After Creator God made the earth, He created man in His image and breathed life into him. He became our Father and we became His children. Hei is also the character for the number 5, which often represents grace.

Read aloud from your Bible: Genesis 2:7

The next character ו is **Vav**. Experts do not know for sure how to pronounce it and both the V and the W are accepted in the English language. It is the symbol for the number six which represents man. On the sixth day man was created. **Vav** also looks like and represents a stake. Stakes anchored down the tents where the tribes of Israel dwelled as they followed God in the wilderness. Years later, a stake was hammered through the hands and feet of Yeshua at His crucifixion.

Two criminals were led out to be put to death with Jesus. When the soldiers came to the place called "The Skull," they nailed Jesus to a cross. They also nailed the two criminals to crosses, one on each side of Jesus. Jesus said, "Father, forgive these people! They don't know what they're doing."

Luke 23:32-34a (CEV)

The last letter in YHVH is another **Hei**. Again, it is divine breath and Spirit. After Yeshua/Jesus was crucified He rose again to life: resurrection! It is said that around 500 people had witnessed Him being alive again and some wrote about it. Some of those accounts are recorded in the Bible. When Jesus came back to life, He went to where His disciples were gathered together.

Read aloud from your Bible: John 20:21-23

Jesus breathed His breath and gave His Holy Spirit. He forgave us and took our sin and He gave us His Holy Spirit through His love and grace for us.

❖ **MORE ON THE TRINITY**

Reviewing the name of YHVH, we can see the power of the Trinity. It is the power of Father, Son and Holy Spirit.

Read aloud from your Bible: Isaiah 9:6

- **This passage is a prophecy of the coming of Jesus, but in fact all three persons of the Trinity are mentioned here. Do you see them?**

Almighty God is seen in Yud (Y)

Everlasting Father is seen in Hei (H) - His breath creating man

Jesus/Yeshua is known as the Prince of Peace and is seen in Vav (V)

The Holy Spirit is called the Counselor – Hei (H) breathed from the mouth of Jesus.

The Holman Bible translates Jesus' words in John 14:16:

But the Counselor, the Holy Spirit--the Father will send Him in My name-- will teach you all things and remind you of everything I have told you.

When Jesus/Yeshua was about to be arrested and put on the cross, He clearly stated His relationship to YHVH.

John 18:4-6 from the Aramaic English translation Bible:

⁴ *But Yeshua, because he knew all these things had come upon him, (that he would be the sacrifice for man's sins) went out and said to them, "Whom are you seeking?"* ⁵ *They were saying to him, "Yeshua the Nazarene." Yeshua said to them, "I AM THE LIVING GOD." But Yehuda (Judas) the traitor was also standing with them.* ⁶ *And when Yeshua said to them, "I AM THE LIVING GOD", they went backward and fell to the ground.*

- **What name did Jesus claim for Himself?**

- **What was the effect when Jesus spoke that name?**

Now, that is a powerful name!

❖ THE BRANCH FROM THE ROOT OF JESSE IS NAMED

In the Word of God, Isaiah gave a prophecy that said that the Messiah, the one to save the people, would be a shoot coming from the stump of Jesse (King David's father) and would be a new *Branch* bearing fruit from the old root. This Messiah would be a descendant from the house of David.

Jesus/Yeshua was a descendant and fulfilled that prophecy. Even more, the name *Nazareth*, the town where Jesus/Yeshua was from, means *Branch* in Hebrew. The depth of the meaning of His name, Yeshua the Nazarene, is: Almighty God Saves; the branch (from the root of Jesse).

This is the prophecy from Isaiah 11:1-5 (ESV; emphasis added):

*There shall come forth a shoot from the stump of Jesse, and a **branch** from his roots shall bear fruit. And the Spirit of the Lord shall rest upon him, the Spirit of wisdom and understanding, the Spirit of counsel and might, the Spirit of knowledge and the fear of the Lord. And his delight shall be in the fear of the Lord. He shall not judge by what his eyes see, or decide disputes by what his ears hear, but with righteousness he shall judge the poor, and decide with equity for the meek of the earth; and he shall strike the earth with the rod of his mouth, and with the breath of his lips he shall kill the wicked. Righteousness shall be the belt of his waist, and faithfulness the belt of his loins.*

❖ **CALLING ON GOD BY HIS NAMES**

Group Leader: *Have everyone quietly read through the Names of God on the next two pages. Ask each person to share a name they see that is important to help them be stronger today. Have them look up a verse from it and then read it out loud. It is okay if people have the same one; still have each one read theirs out loud.*

NAMES OF GOD

All through the Bible, we read stories of God moving in our world, and people experiencing His character and love. Through prayers and laments, psalms and prophecies, God has been called by many names that describe His unique character. This is a list of those names for you to keep. May it be a good reminder for you to be strong in the person of Who He is.

- ABHIR = *Mighty One* (Gen. 49:24; Deut. 10:17; Ps.132:2)
 ADONAI = *Lord* (Gen 18:3)
 ADONAI TSUVAH = *The Lord my salvation* (Ps. 38:22)
 ADDIYR JEHOVAH = *Glorious Lord* (Is. 33:21)
 ADOWN JEHOVAH TSABA = *The Lord, the LORD Almighty* (Is. 3:1)
 ABIYR ISRAEL = *Mighty One of Israel* (Is. 1:24)
 CETHER = *My hiding Place* (Ps. 32:7)
 CHY AHLUTH = *My Strength* (Ps. 22:19)
 EL = *God*
 EL AMAN = *Faithful God* (Deut. 7:9)
 EL-BERITH = *God of the Covenant* (Judges 9:46)
 EL CHUWL = *The God who gave you Birth* (Deut. 32:18)
 EL DEAH = *God of Knowledge* (1 Sa. 2:3)
 EL-ELYON = *Most High* (Deut. 26:19; Ps. 18:13; Gen. 14:18; Nu.24:16)
 EL GADOL GIBOR YARE = *The Great, Mighty, Awesome God* (Deut. 10:17)
 EL GHAH'Y = *Living God* (Jos. 3:10)
 EL-GIBHOR = *Mighty God* (Is. 9:6)
 EL G'MULAH JEHOVAH = *The LORD, God of Vengeance* (Jer. 51:56)
 EL HAKABODH = *God of Glory* (Ps. 29:2)
 EL KAHVOHD = *God of Glory* (Ps. 29:3)
 EL MELECH = *God the King* (Ps. 68:24)
 EL MOHSHAHGOTH = *God of Salvation* (Ps. 68:20)
 EL NAHSAH = *God who Forgives* (Ps. 99:8)
 EL NATHAN N'QAMAH - *God who Avenges for Me* (Ps. 18:47)
 EL-OLAM = *Everlasting God* (Gen. 21:33; Ps.90:1-3, 93:2; Is. 26:4)
 EL RACHUM = *Merciful God* (Deut 4:13)
 EL ROI = *All-Seeing God* (Gen. 16:13)
 EL SHADDAI = *God Almighty* (Gen 17:1)
 EL SEHLAG = *God my Rock* (Ps. 42:9)
 EI SIMCHAH GIYL = *God my Exceeding Joy* (Ps. 43:4)
 EL NASA = *Forgiving God* (Ps. 99:8)
 ELOHIM = *God* (Gen 1:1)
 ELOHIM BASHAMAYIN = *God in Heaven* (Deut 4:39)
 ELOHIM MISGAB = *God my Defense* (Ps. 59:17)
 ELOHIM TSEDEQ = *God my Righteousness* (Ps. 4:1)
 ELOHIM YAKOL = *God, the Most Able* (Dan. 3:17)
 ELOHIM YARE = *God Most Awesome* (Ps 68:35)

ELOHIM YESHUA = God my Salvation (Ps. 62:1)
 ELOHIM KEDOSHIM = Holy God (Josh. 24:19)
 EYALUTH = Strength (Ps. 22:19)
 GELAH RAZ = Revealer of Mysteries (Dan. 2:28)
 GAOL = Redeemer (Job 19:25)
 YHVH/JEHOVAH = Self-Existing LORD (Ex. 6:2)
 YHVH/JEHOVAH AZAR = The LORD my Helper (Ps. 30:10)
 YHVH/JEHOVAH AMAN = The Faithful LORD (Is. 49:7)
 YHVH/JEHOVAH BORE = The LORD Creator (Is. 40:28)
 YHVH/JEHOVAH GAAL = The LORD thy Redeemer (Is. 49:26)
 YHVH/JEHOVAH-JIREH = The LORD will Provide. (Gen. 22:14)
 YHVH/JEHOVAH-NISSI = The LORD Our Banner. (Ex. 1:15)
 YHVH/JEHOVAH-M'KADDESH = The LORD Who Sanctifies (Lev. 20:8)
 YHVH/JEHOVAH ORI = The LORD is my Light (Ps. 27:1)
 YHVH/JEHOVAH-ROHI = The LORD Our Shepherd (Ps. 23)
 YHVH/JEHOVAH-RAPHE = The LORD Who Heals (Ex. 15:22-2)
 YHVH/JEHOVAH SHAPHAT = The LORD our Judge (Is. 33:22)
 YHVH/JEHOVAH-TSIDKENU = The LORD Our Righteousness
 YHVH/JEHOVAH TSUR = The LORD my Strength (Ps. 144:1)
 KADOSH = Holy One (Ps. 71:22; Is. 40:25, 43:3, 48:17)
 KANNA = Zealous (Ex. 20:5, 34:14; Deut. 5:9; Is. 9:7)
 MAGEN = Shield (Ps. 3:3, 18:30)
 MELEK KABOWD = King of Glory (Ps. 24:7)
 OLAM ZEROVA = The Everlasting Arms (Deut. 33:26)
 PALET = Deliverer (Ps. 18:2)
 RAB = Lord, Nourisher (Dan. 2:10)
 RUMN RO'SH = The One who lifts my head (Ps. 3:3)
 SHAPHAT = Judge (Gen. 18:25)
 TSADDIQ = Righteous One (Ps. 7:9)
 YESHUA = (Y'shua) Savior (Is. 43:3)
 ZUR = Our Rock (Deut. 32:18; Is. 30:29)

❖ **STRENGTH IN FRUIT AND LOVE**

Everyone open your Bibles to 2 Peter 1:3-10.

Group Leader: *Read it out loud.*

Being Strong in the person of God brings about the fruit of His Spirit. A good branch bears fruit. A faith and belief in Jesus/Yeshua breathes His Spirit in us. As long as we remain connected and living from Him, we will have this good kind of fruit it speaks of from His Spirit.

Read out loud from your Bible: Galatians 5:22-23

- **Share with each other what fruits you see in the people you are meeting with.**

Strengthening each other as believers in Jesus together helps us to be stronger too. It is part of sharing mutual affection and in mutual affection comes love.

It is important to know that all love is not the same. It is especially important to understand different kinds of love when we may not have been loved in a healthy way. The Greeks had definitions for many different kinds of love. Understanding that there are forms of love that are different from each other will help you receive the kind of love God gives and help you heal in other areas by separating that out.

GREEK DEFINITIONS OF LOVE	
Storge	Natural affection. The kind of love you share for your family.
Philia	The kind of love you have for friends.
Eros	Sexual or erotic desire (negative or positive).
Agape	Unconditional love or Divine love (God for His children).
Ludus	Playful love like childish love or flirting.
Pragma	Longstanding love like the kind of love in married couples.
Philautia	Love of the self (negative or positive).

Read aloud together Ephesians 2:4-9 ESV:

But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.

❖ CLOSE IN PRAYER

Suggestion: *Thank you, Yahweh for loving me and giving me grace. Thank you for showing me that through all that You are, You love me, You saved me, You died for me and rose again so I could have life. Thank You for all that you are to help me be strong in You. Fill me with Your Holy Spirit and with the fruit of Your Spirit. Help me to live with spiritual fruit in my life. Forgive me if I have not lived in love the way You want me to. Help me to live in the love that You want for me and help me to love others that way. Give me Your strength in the ways that I need You today. Amen.*