

A SEVEN-DAY COMPANION

# *Names of God for Hard Days*

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*A scripture companion for women in hard seasons*

*Simplify to Glorify*

## *How to Use This Companion*

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If you are reading this in a hard season, I am glad you are here. This is a small companion for seven days. One name of God for each day. Nothing to perform. Nothing to fix. Just a quiet place to remember who He is when everything else feels uncertain.

The Bible gives us many names for God, and each one is a window into who He is. When you are too tired to think clearly, sometimes a single name is enough to hold on to. He sees you. He is with you. He heals. He is enough. He is your peace. He is your shepherd. He is your Father.

Read slowly. Sit with one name a day, or come back to one that matters most to you. There is no wrong way to do this.

DAY ONE

## *El Roi*

The God Who Sees

Then she called the name of the Lord who spoke to her, "You are a God who sees"; for she said, "Have I even seen Him here and lived after He saw me?"

Genesis 16:13

REFLECTION

Hagar was alone in the wilderness when God met her. She was not a queen, not a wife, not anyone the world would have noticed. She had been mistreated and was running, and that is exactly where God found her. She gave Him this name because she could not believe she had been seen.

There is something quiet and devastating about being unseen. The work you do that no one thanks you for. The grief no one asks about anymore. The exhaustion you carry that nobody really understands. It is easy to start believing your life is invisible.

But God sees. Not in a watching-to-catch-you way. In a knowing-where-you-are way. He saw Hagar in the wilderness, and He sees you in yours. You have not slipped past Him. Not for a moment.

CARRY THIS WITH YOU

*He sees me right here. Right now. Just as I am.*

DAY TWO

## *Jehovah Shammah*

*The Lord Is There*

*The city shall be 16,000 cubits all around; and the name of the city from that day shall be, 'The Lord Is There.'*

*Ezekiel 48:35*

REFLECTION

This name comes at the end of Ezekiel, a book full of hard things. The people had lost almost everything. And the last word God gives them is a promise about a place where He simply is. Present. There. Not arriving someday. There.

Some seasons feel like wilderness without an end. The hospital room. The empty side of the bed. The waiting that does not lift. You may not feel His presence the way you used to. That does not mean He has gone anywhere.

He is the Lord who is there. There in the kitchen at 2 a.m. There in the silence after the funeral. There when you cannot pray. He does not need you to feel Him in order to be near you.

CARRY THIS WITH YOU

*Wherever I am today, He is already there.*

DAY THREE

## *Jehovah Rapha*

The Lord Who Heals

*And He said, "If you will give earnest heed to the voice of the Lord your God, and do what is right in His sight, and listen to His commandments, and keep all His statutes, I will put none of the diseases on you which I have put on the Egyptians; for I, the Lord, am your healer."*

*Exodus 15:26*

REFLECTION

Healing is one of the most tender words in Scripture, and one of the hardest. Not every healing comes the way we ask. Some healings are physical. Some are quiet things that happen inside us, slowly, over years.

If you have been waiting for healing that has not come, this is not a faith failure. Jehovah Rapha is not a formula. He is a Person. He heals the way a Father heals, not the way a vending machine dispenses.

He heals what is broken in His own way and in His own time. Sometimes by mending. Sometimes by carrying. Sometimes by walking with us through what does not get fixed in this life. He is still the One who heals.

CARRY THIS WITH YOU

*He is healing me, even when I cannot see it yet.*

DAY FOUR

## *El Shaddai*

God Almighty

Now when Abram was 99 years old, the Lord appeared to Abram and said to him, "I am God Almighty; walk before Me, and be blameless."

Genesis 17:1

REFLECTION

Abraham was old and tired when God spoke this name to him. He had been waiting decades for a promise that had not come. Into that exhaustion, God said: I am God Almighty. Not, you need to be stronger. I am.

When you are at the end of yourself, it is good news that God is not. Almighty does not mean He will rearrange life into something easy. It means nothing in your story is bigger than He is. Not the diagnosis. Not the grief. Not the long road of caregiving. Not the fear that wakes you at night. He is greater than all of it. You do not have to be strong today. You only have to lean on the One who is.

CARRY THIS WITH YOU

*He is enough, even when I am empty.*

DAY FIVE

## *Jehovah Shalom*

*The Lord Is Peace*

*Then Gideon built an altar there to the Lord and named it The Lord Is Peace. To this day it is still in Ophrah of the Abiezrites.*

*Judges 6:24*

REFLECTION

Gideon was hiding when God called him. He was afraid of his enemies and unsure of himself. And in the middle of that fear, he learned a name for God: The Lord Is Peace. Not peace as a feeling. Peace as a Person.

Peace is a strange word for hard seasons. It does not always feel like calm. Sometimes it feels like the smallest steadiness in the middle of something loud. A breath. A scripture that returns to you. A moment where the panic loosens just enough.

He is not asking you to manufacture peace. He is offering Himself as your peace. You do not have to feel peaceful to belong to the God who is peace.

CARRY THIS WITH YOU

*He is my peace, even when my heart is not quiet.*

DAY SIX

## *Jehovah Rohi*

*The Lord My Shepherd*

*The Lord is my shepherd, I will not be in need.*

*Psalm 23:1*

REFLECTION

A shepherd does not expect the sheep to lead. He does not expect them to find their own water or fight off their own threats. He goes ahead. He brings them back when they wander. He carries the ones who cannot keep up.

If you have been trying to be your own shepherd, you are tired for a reason. It was never your job to know the whole path. It was only your job to follow the One who does.

He leads you to still water when you are too tired to look for it. He restores your soul slowly, the way real restoration happens. You are not lost. You are with the Shepherd, and He has not let go of you.

CARRY THIS WITH YOU

*I am not leading. I am being led.*

# *Abba*

## *Father*

*For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons and daughters by which we cry out, "Abba! Father!"*

*Romans 8:15*

### REFLECTION

Abba is the most tender name. It is the word a child uses for a father who is safe. Paul tells us this is the name we are given. Not Master. Not Judge. Father.

If your earthly father was hard or absent or hurtful, this name can be difficult to hold. God knows that. He is not asking you to feel something you do not feel yet. He is only telling you who He is.

He is the Father who runs toward you, not away. The one who is not disappointed by your tears. The one who lets you come close on the hardest days, the emptiest days, the days you have nothing to bring. He is Abba. You belong to Him.

### CARRY THIS WITH YOU

*I am His daughter. That is enough for today.*

## *A Word as You Close This*

You made it through seven days. That alone is worth noticing. If only one name stayed with you, that is enough.

Hard seasons do not require you to know all of who God is at once. They only ask you to hold on to what you do know. One name. One verse. One quiet breath.

When the days are heavy, come back to these pages. Pick the name you need most. Sit with it. Whisper it. Let it be the thing you carry.

He sees you. He is there. He heals. He is enough. He is your peace. He is your shepherd. He is your Father. All of that is still true tomorrow.

With grace,

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