

MAR THOMA  
CHURCH of SILICON  
VALLEY  
SUNDAY SCHOOL

## What's in a name?

Newsletter |2| March 22, 2020

"Hi, what's your name? I'm Micah". When we meet someone, we introduce ourselves by our name. Our name is special. It's who we are! Our parents probably spent many days choosing our name. Maybe you are named for someone in the Bible. Perhaps your parents really loved the sound of your name. You may be named for a beloved grandparent. In any case, your name fits you to a T.

In the Bible, names have very special meanings. For example, 'Simon' means 'one who obeys or hears'. Simon was the first one to hear Jesus's call and become his disciple. God often changes a person's name to show that something has happened or changed. When God promised Abraham that he would have many descendants, as numerous as the stars in the sky, he changed his name from A-bram, meaning – 'exalted father' to Abr-a-ham, meaning "father of a multitude".

Did you know that God has many names too? I wonder why? Let's dig deeper!

### Worship

[Jesus Name above all names \(with Lyrics\)](#)

[Ancient of Days \(with Lyrics\)](#)





Devotion  
Rev. Larry Varghese



Memory Verse  
Psalm 9: 10

Those who know your name  
trust in you,

for you, Lord, have never  
forsaken those who seek you.

## The Names of GOD

God is known by more than 200 names in the Bible. If you were to count all his nicknames and titles too, there would be more than 700! His many names tell us about who he is and what he is like.

### Elohim – God, the Creator



Genesis 1:1 – In the beginning, **God [Elohim] created the heavens and the Earth.**

Elohim is Hebrew for God. Elohim the creator spoke all of creation into existence by his word. Remember that no mountain is too big for God – he is the God who created the universe!

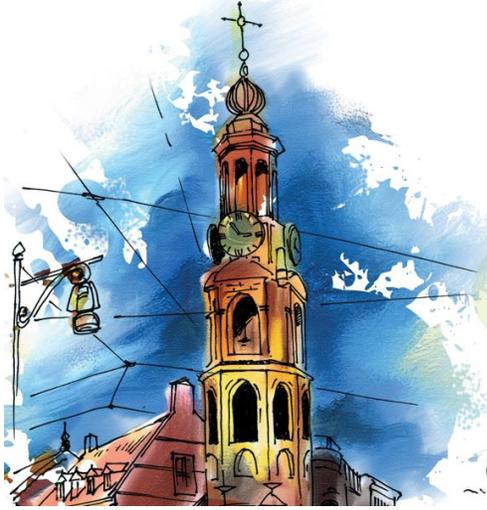
### Yahweh – The I Am



Exodus 3:14 – **God said to Moses, “I am who I am”.** This is what you are to say to the Israelites: ‘I am has sent me to you.’”

The name ‘Yahweh’ comes from a Hebrew word that means ‘to be’ or ‘to exist’. It is used more than 6800 times in the Bible. This is God’s personal name and so the people of Biblical times would not even say it. When you see LORD (all CAPS) in your bible, that is Yahweh. Sometimes in English we say Jehovah.

There is much more to learn about ‘Yahweh’. Watch the video later in the resources section to find out more.



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### Jehovah Jireh – The LORD our provider



Genesis 22:13-14a – Abraham looked up and there in a thicket he saw a ram caught by its horns. He went over and took the ram and sacrificed it as a burnt offering instead of his son. **14 So**

**Abraham called that place The Lord Will Provide.**

God always provides for our needs. Read Genesis Chapter 22. It tells the story of Abraham taking his only son Isaac to offer him as a sacrifice, as God had commanded him. At the last moment, just as Abraham is about to kill Isaac, God provides a ram instead. The ram would die so Isaac didn't have to. Do you see Jesus' sacrifice foreshadowed in this story? This is the best provision of all!

### Jehovah Raphe – The LORD who heals



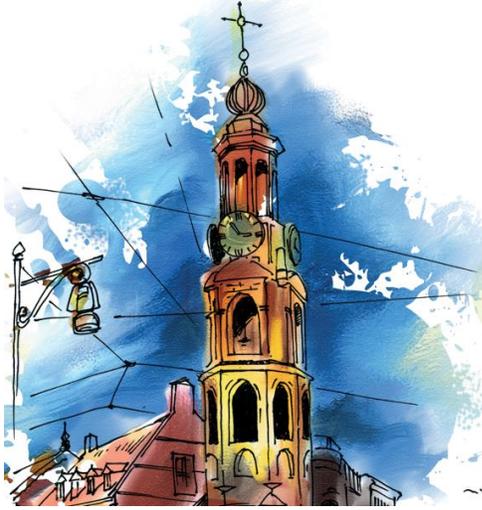
Exodus 15:26 - He said, "If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, **for I am the Lord, who heals you.**"

We are very used to tests; teachers use tests to make sure we understand what was taught. It shows that we were paying attention. Read Exodus Ch 15. The Israelites had crossed the Red Sea and entered a dry wilderness. Finally, they found water in Marah, but it was too bitter. They promptly forgot the powerful God who had delivered them from the Egyptians and started grumbling. They had failed their test. When we face a bitter problem in our lives (like disease), don't forget that God has a purpose. Remember his promise. He will heal!

### Jehovah Nissi – The LORD my banner



Exodus 17: 12-13, 15 - 12 When Moses' hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up—one on one side, one on the other—so that



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his hands remained steady till sunset.<sup>13</sup> So Joshua overcame the Amalekite army with the sword....<sup>15</sup> **Moses built an altar and called it The Lord is my Banner.**

The Hebrew for "banner" comes from the root word "to be high" or "raised." This was the name given to the altar that Moses erected to commemorate the defeat of the Amalekites at Rephidim (Exodus 17:8-15). The Israelites win when Moses holds up his hand. When he got tired and lowered them, they started losing. Aaron and Hur rush to his aid, first propping a stone under his hand and then holding his hands up, until Joshua defeats them in battle. We often feel worn down by our battles. We may start to feel defeated. God often sends someone along to strengthen us. But ultimately God is our strength. The victory is the Lords.

### Jehovah Rohi – The LORD my shepherd



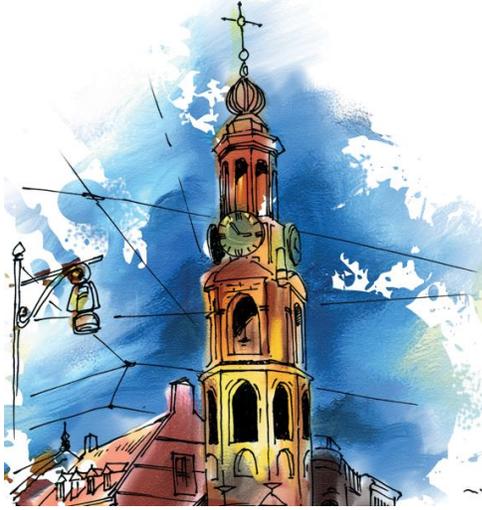
Psalm 23:1 - The Lord is my shepherd, I lack nothing.

John 10:11 - **"I am the good shepherd.** The good shepherd gives His life for the sheep".

You know what they say about sheep, they aren't the smartest animals on the farm. They are easy prey for the cunning fox and the crafty hyena. They depend on a shepherd to guide them. Like them, we depend on God, who is our Shepherd. Psalm 23 is a beautiful song, it may be familiar, but read it again. It shows how wildly dependent we are on God. God feeds us, guides us, taking care of our every need. David says: "My heart is very quiet.... Even when I walk the dark, scary, lonely places, I won't be afraid. Because my Shepherd knows where I am. He is here with me; he keeps me safe...He makes me strong and brave". (Psalm 23, The Jesus Storybook Bible).

Here are some other names of God, find out what they mean!

Jehovah **Makkadesh**, Jehovah **Shalom**, Jehovah **Tsidkenu** & Jehovah **Shammah**.



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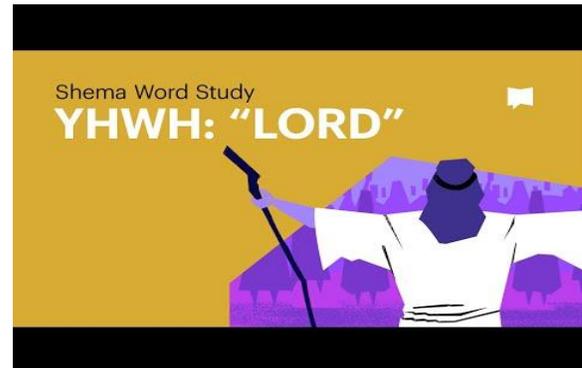


### Video Resources

Use these videos to learn more about this week's theme.

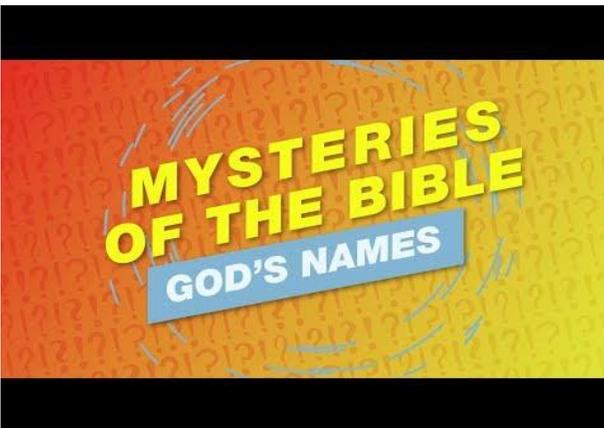
Pre-school to Kindergarten

Middle and High School



Elementary

All Grades





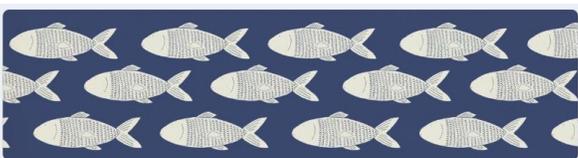
## Prayer

*Abba Father God, Thank You for Your unfailing love for us, in you we find our Shalom. Thank you for seeing us through times of uncertainty, for lifting us up, and assuring us of your providence. Thank You for Scripture that comforts and reminds us to trust in you unfailingly.*

*We pray your love and healing upon all those who are afflicted by the Coronavirus. We pray your wisdom upon those who work towards a cure. We pray your comfort upon those who are grieving. We pray your Shammah upon those who are lonely. Father, guide us and keep us, now and till the end of time. Amen.*

## Questions?

Submit questions using the form below



## Sunday School Q&A

## Feedback

Contact Mrs. Sherine Koshy  
[sherinemk@yahoo.com](mailto:sherinemk@yahoo.com)

## References

A kid's guide to the names of God, Tony Evans

The Jesus Storybook Bible, Sally Lloyd Jones

<https://bibleproject.com/explore/god/>

<https://www.crosswalk.com/faith/bible-study/10-names-of-god-and-what-they-mean.html>

<https://www.jesusfilm.org/blog-and-stories/names-of-god.html>

<https://www.lwf.org/names-of-god>