

31 Days of Thanksgiving Through the Hebrew Names of God

A daily devotional challenge for personal worship and ministry encouragement

Prepared for Nia Issachar | Starts June 4, 2026 | 5:00 AM

Purpose

This 31-day challenge is designed to help you cultivate thanksgiving by meditating on one Hebrew Name of God each day. Each entry includes a name, Hebrew spelling, meaning, Scripture, thanksgiving focus, short teaching, prayer prompt, and journal prompt. It can be used personally, adapted for ministry posts, or expanded into a printable devotional or teaching series.

How to Use This Challenge

- Begin each morning by reading the day's Name of God and Scripture.
- Pray the thanksgiving prayer aloud.
- Write a brief journal response.
- For public posting, use the Name, meaning, Scripture, thanksgiving focus, and a shortened reflection.

31-Day Overview

Day	Hebrew Name	Meaning	Scripture
1	Elohim (אֱלֹהִים)	God / Mighty Creator	Genesis 1:1
2	YHWH (יהוה)	The LORD / I AM / Covenant God	Exodus 3:14-15
3	Adonai (אֲדֹנָי)	Lord / Master	Psalms 8:1
4	El Elyon (אֵל עֲלִיּוֹן)	God Most High	Genesis 14:18-20
5	El Shaddai (אֵל שַׁדַּי)	God Almighty	Genesis 17:1
6	El Roi (אֵל רֹאֵי)	The God Who Sees Me	Genesis 16:13
7	YHWH Yireh (יהוה יִרְאֶה)	The LORD Will Provide	Genesis 22:14
8	YHWH Rapha (יהוה רִפְּאֶה)	The LORD Who Heals You	Exodus 15:26
9	YHWH Nissi (יהוה נִסִּי)	The LORD My Banner	Exodus 17:15
10	YHWH Shalom (יהוה שְׁלוֹמֶךָ)	The LORD Is Peace	Judges 6:24
11	YHWH Tzvaot (יהוה צְבָאוֹת)	The LORD of Hosts	1 Samuel 1:11
12	YHWH Rohi (יהוה רֹעִי)	The LORD My Shepherd	Psalms 23:1
13	YHWH Tzidkenu (יהוה צְדִיקֵנוּ)	The LORD Our Righteousness	Jeremiah 23:6
14	YHWH Mekoddishkem (יהוה מְקַדְּשְׁכֶם)	The LORD Who Sanctifies You	Exodus 31:13
15	YHWH Shammah (יהוה שָׁמָּה)	The LORD Is There	Ezekiel 48:35
16	El Olam (אֵל עוֹלָם)	Everlasting God	Genesis 21:33

17	El Chai (אֵל חַי)	The Living God	Joshua 3:10
18	El Emunah (אֵל אֱמוּנָה)	God of Faithfulness	Deuteronomy 32:4
19	El Gibbor (אֵל גִּבּוֹר)	Mighty God	Isaiah 9:6
20	Avi Ad (אָבִי־עַד)	Everlasting Father	Isaiah 9:6
21	Sar Shalom (שָׂר־שְׁלוֹמִים)	Prince of Peace	Isaiah 9:6
22	Kedosh Yisrael (קֹדֶשׁ יִשְׂרָאֵל)	Holy One of Israel	Isaiah 43:3
23	Goel (גֹּאֵל)	Redeemer	Isaiah 41:14
24	Melech HaKavod (מֶלֶךְ הַכְּבוֹד)	King of Glory	Psalms 24:7-10
25	Tzur Yisrael (צוּר יִשְׂרָאֵל)	Rock of Israel	2 Samuel 23:3
26	Magen Avraham (מָגֵן אַבְרָהָם)	Shield of Abraham	Genesis 15:1
27	Yotzer (יוֹצֵר)	Former / Maker	Isaiah 43:1
28	El Kanna (אֵל קָנָא)	Jealous God	Exodus 34:14
29	Shoftenu (שׁוֹפֵטֵנוּ)	Our Judge	Isaiah 33:22
30	Mechokekenu (מְחַקְקֵנוּ)	Our Lawgiver	Isaiah 33:22
31	Moshienu (מוֹשִׁיעֵנוּ)	Our Savior	Isaiah 33:22

Day 1: Elohim

אלהים | God / Mighty Creator

Scripture	Genesis 1:1
Thanksgiving Focus	Thank Him as Creator and Source of all life.
Short Teaching	Before there was a world to manage, a problem to solve, or a burden to carry, Elohim was already God. Thanksgiving begins by remembering that creation did not begin with chaos; it began with His authority, wisdom, and voice.
Prayer Prompt	Father, I thank You as Elohim, my Creator. You formed life by Your word, and You are still able to bring order, beauty, and purpose where I see emptiness.
Journal Prompt	Where do I need to thank God for being Creator before I ask Him to fix what feels unfinished?

Notes / Thanksgiving Journal:

Day 2: YHWH

יהוה | **The LORD / I AM / Covenant God**

Scripture	Exodus 3:14-15
Thanksgiving Focus	Thank Him for being faithful to His covenant name.
Short Teaching	YHWH reveals Himself as the One who is, who was, and who will be. He is not distant, vague, or changing. He binds Himself to His covenant promises and makes Himself known to His people.
Prayer Prompt	LORD, I thank You that You are not an unknown god. You reveal Yourself, remember Your covenant, and remain faithful from generation to generation.
Journal Prompt	How has God shown Himself faithful to me over time?

Notes / Thanksgiving Journal:

Day 3: Adonai

אֲדֹנָי | Lord / Master

Scripture	Psalm 8:1
Thanksgiving Focus	Thank Him as rightful Lord and Master.
Short Teaching	Thanksgiving becomes deeper when we acknowledge that God is not merely our Helper; He is Lord. Adonai has the right to lead, correct, command, and cover us. His lordship is not oppression; it is protection.
Prayer Prompt	Adonai, I thank You for Your loving authority. Teach me to surrender gladly and trust Your right to rule my life.
Journal Prompt	Where is God asking me to move from self-direction to surrender?

Notes / Thanksgiving Journal:

Day 4: El Elyon

אל עליון | God Most High

Scripture	Genesis 14:18-20
Thanksgiving Focus	Thank Him for being higher than every power.
Short Teaching	El Elyon reminds us that no throne, ruler, spirit, system, or circumstance is above Him. He is Most High over heaven and earth, and His authority is unmatched.
Prayer Prompt	El Elyon, I thank You that You are higher than every force that tries to intimidate me. I bless You as Possessor of heaven and earth.
Journal Prompt	What situation do I need to view from the perspective of God Most High?

Notes / Thanksgiving Journal:

Day 5: El Shaddai

אל שדי | God Almighty

Scripture	Genesis 17:1
Thanksgiving Focus	Thank Him for His power to fulfill what He promises.
Short Teaching	When God revealed Himself as El Shaddai, He spoke into impossibility. His almighty power is not abstract; it is covenant power that brings His word to pass.
Prayer Prompt	El Shaddai, I thank You that nothing You promise is too hard for You. Strengthen my faith where I have measured Your word by my limitations.
Journal Prompt	What promise of God do I need to stop shrinking down to human possibility?

Notes / Thanksgiving Journal:

Day 6: El Roi

אל ראי | The God Who Sees Me

Scripture	Genesis 16:13
Thanksgiving Focus	Thank Him for seeing the overlooked, wounded, and weary.
Short Teaching	Hagar met El Roi in a wilderness place. God saw what others ignored. Thanksgiving grows when we realize we are never invisible to Him.
Prayer Prompt	El Roi, I thank You that You see me fully. You see my tears, obedience, fears, and future. Help me receive comfort from Your gaze.
Journal Prompt	Where have I felt unseen, and how does El Roi correct that lie?

Notes / Thanksgiving Journal:

Day 7: YHWH Yireh

יהוה ירָאֵה | The LORD Will Provide

Scripture	Genesis 22:14
Thanksgiving Focus	Thank Him for provision at the place of obedience.
Short Teaching	YHWH Yireh was revealed on the mountain of surrender. God provided what Abraham could not provide for himself. His provision is often seen most clearly where trust and obedience meet.
Prayer Prompt	YHWH Yireh, I thank You for providing according to Your wisdom and timing. Help me obey while trusting that You see the need before I do.
Journal Prompt	What need am I tempted to control instead of entrusting to God?

Notes / Thanksgiving Journal:

Day 8: YHWH Rapha

יהוה רפאך | The LORD Who Heals You

Scripture	Exodus 15:26
Thanksgiving Focus	Thank Him as healer of body, soul, and covenant life.
Short Teaching	At Marah, bitter waters became a place of instruction and healing. YHWH Rapha reveals that God cares about restoration, obedience, and wholeness.
Prayer Prompt	YHWH Rapha, I thank You as my Healer. Heal what is bitter, wounded, disordered, or broken in me according to Your will.
Journal Prompt	What bitterness or broken place do I need to bring honestly before the LORD who heals?

Notes / Thanksgiving Journal:

Day 9: YHWH Nissi

יהוה נָסִי | The LORD My Banner

Scripture	Exodus 17:15
Thanksgiving Focus	Thank Him for victory under His banner.
Short Teaching	A banner identifies whose people we are and under whose authority we stand. YHWH Nissi teaches us that victory is not found in self-confidence but in belonging to the LORD.
Prayer Prompt	YHWH Nissi, I thank You that Your banner over me is greater than the battle against me. Teach me to fight from covenant identity.
Journal Prompt	What banner am I standing under: fear, self-effort, or the LORD?

Notes / Thanksgiving Journal:

Day 10: YHWH Shalom

יהוה שלום | The LORD Is Peace

Scripture	Judges 6:24
Thanksgiving Focus	Thank Him for peace in the midst of fear.
Short Teaching	Gideon met YHWH Shalom while feeling weak and uncertain. God’s peace is not denial of conflict; it is the presence of His rule in the middle of it.
Prayer Prompt	YHWH Shalom, I thank You for peace that comes from Your presence and authority. Let Your shalom govern my thoughts, emotions, and decisions.
Journal Prompt	Where do I need God’s peace to rule instead of fear?

Notes / Thanksgiving Journal:

Day 11: YHWH Tzvaot

יהוה צבאות | The LORD of Hosts

Scripture	1 Samuel 1:11
Thanksgiving Focus	Thank Him as Commander of heavenly armies.
Short Teaching	YHWH Tzvaot is the LORD of armies, the One who commands heaven's hosts. Hannah called on Him from a place of anguish, and David trusted Him against a giant.
Prayer Prompt	YHWH Tzvaot, I thank You that I am not defended by human strength alone. You command what I cannot see.
Journal Prompt	What battle do I need to stop fighting as if I am alone?

Notes / Thanksgiving Journal:

Day 12: YHWH Rohi

יהוה רעי | The LORD My Shepherd

Scripture	Psalm 23:1
Thanksgiving Focus	Thank Him for guidance, care, and provision.
Short Teaching	The Shepherd leads, feeds, restores, corrects, and protects. To say YHWH Rohi is to confess that I am not self-owned or abandoned; I am cared for by the LORD.
Prayer Prompt	YHWH Rohi, I thank You for shepherding me. Lead me beside still waters and restore my soul where I have been driven or depleted.
Journal Prompt	Where do I need to let the Shepherd lead instead of rushing ahead?

Notes / Thanksgiving Journal:

Day 13: YHWH Tzidkenu

יהוה צדקנו | The LORD Our Righteousness

Scripture	Jeremiah 23:6
Thanksgiving Focus	Thank Him for righteousness that comes from Him.
Short Teaching	YHWH Tzidkenu points to the LORD as the source of righteousness, not human performance. He establishes what is right and provides what His people cannot manufacture.
Prayer Prompt	YHWH Tzidkenu, I thank You that righteousness begins with You. Align my heart, choices, and identity with Your righteous rule.
Journal Prompt	Where have I tried to prove myself instead of resting in God's righteous work?

Notes / Thanksgiving Journal:

Day 14: YHWH Mekoddishkem

יהוה מקדשכם | The LORD Who Sanctifies You

Scripture	Exodus 31:13
Thanksgiving Focus	Thank Him for setting His people apart.
Short Teaching	God does not merely rescue His people; He sanctifies them. YHWH Mekoddishkem teaches us that holiness is not self-improvement but belonging to the God who sets apart.
Prayer Prompt	YHWH Mekoddishkem, I thank You for sanctifying me. Separate me from what defiles and draw me into what reflects Your holiness.
Journal Prompt	What has God been separating me from so I can belong more fully to Him?

Notes / Thanksgiving Journal:

Day 15: YHWH Shammah

יהוה שָׁמָּה | The LORD Is There

Scripture	Ezekiel 48:35
Thanksgiving Focus	Thank Him for His abiding presence.
Short Teaching	YHWH Shammah is the promise of God’s presence among His people. Thanksgiving rises when we remember that restoration is not complete without His presence.
Prayer Prompt	YHWH Shammah, I thank You that Your presence is my greatest inheritance. Be present in my home, work, worship, and decisions.
Journal Prompt	Where do I need to value God’s presence more than visible success?

Notes / Thanksgiving Journal:

Day 16: El Olam

אל עולם | Everlasting God

Scripture	Genesis 21:33
Thanksgiving Focus	Thank Him for being eternal and unchanging.
Short Teaching	El Olam is not limited by seasons, deadlines, age, loss, or transition. The Everlasting God sees the whole story when we only see one chapter.
Prayer Prompt	El Olam, I thank You that You are eternal. Help me trust Your long view when my present season feels uncertain.
Journal Prompt	What temporary pressure do I need to place under the care of the Everlasting God?

Notes / Thanksgiving Journal:

Day 17: El Chai

אל חי | The Living God

Scripture	Joshua 3:10
Thanksgiving Focus	Thank Him that He is alive, active, and present.
Short Teaching	The God of Israel is not an idol, idea, or memory. He is the Living God who acts, speaks, leads, judges, and saves.
Prayer Prompt	El Chai, I thank You that You are the Living God. Awaken my heart to worship You with living faith and obedience.
Journal Prompt	Where has my faith become routine instead of alive?

Notes / Thanksgiving Journal:

Day 18: El Emunah

אל אמונה | God of Faithfulness

Scripture	Deuteronomy 32:4
Thanksgiving Focus	Thank Him for perfect faithfulness and justice.
Short Teaching	God's faithfulness is not sentimental; it is part of His righteous character. He is true, just, upright, and dependable in all His ways.
Prayer Prompt	El Emunah, I thank You that You are faithful and without injustice. Anchor me in Your truth when people or circumstances feel unstable.
Journal Prompt	What testimony of God's faithfulness do I need to remember today?

Notes / Thanksgiving Journal:

Day 19: El Gibbor

אל גִּבּוֹר | **Mighty God**

Scripture	Isaiah 9:6
Thanksgiving Focus	Thank Him for Messiah's mighty reign.
Short Teaching	El Gibbor points to divine strength and victorious rule. In Isaiah's promise, the coming King is not weak or uncertain; He carries government, authority, and deliverance.
Prayer Prompt	El Gibbor, I thank You for mighty salvation and righteous rule. Strengthen me to trust the authority of Messiah.
Journal Prompt	Where do I need to remember that the King is mighty, not passive?

Notes / Thanksgiving Journal:

Day 20: Avi Ad

אָב־עַד | Everlasting Father

Scripture	Isaiah 9:6
Thanksgiving Focus	Thank Him for fatherly care that does not expire.
Short Teaching	Avi Ad reveals enduring fatherly care and covenant protection. Human relationships may fail or change, but God's faithful care is not temporary.
Prayer Prompt	Avi Ad, I thank You for everlasting fatherly care. Heal distorted views of fatherhood and teach me to receive Your love.
Journal Prompt	How does God's everlasting fatherly care challenge fear or abandonment?

Notes / Thanksgiving Journal:

Day 21: Sar Shalom

שַׁר־שָׁלוֹם | **Prince of Peace**

Scripture	Isaiah 9:6
Thanksgiving Focus	Thank Him for Messiah's peaceful government.
Short Teaching	Sar Shalom is not fragile peace; it is the rule of the Prince who brings wholeness, order, and reconciliation under His authority.
Prayer Prompt	Sar Shalom, I thank You for peace that flows from Your reign. Bring my inner life, relationships, and choices under Your shalom.
Journal Prompt	What area of my life needs to come under the government of the Prince of Peace?

Notes / Thanksgiving Journal:

Day 22: Kedosh Yisrael

קדוש ישראל | Holy One of Israel

Scripture	Isaiah 43:3
Thanksgiving Focus	Thank Him for His holiness and covenant faithfulness.
Short Teaching	The Holy One of Israel is utterly set apart, yet He draws near to redeem His people. His holiness is not cold distance; it is pure covenant love and righteous authority.
Prayer Prompt	Kedosh Yisrael, I thank You for Your holiness. Teach me to honor what You call holy and to walk as one set apart for You.
Journal Prompt	Where do I need to recover reverence for God’s holiness?

Notes / Thanksgiving Journal:

Day 23: Goel

גֹּאֵל | Redeemer

Scripture	Isaiah 41:14
Thanksgiving Focus	Thank Him as the One who redeems and restores.
Short Teaching	A goel was a kinsman-redeemer who acted on behalf of family. God reveals Himself as Redeemer, the One who rescues, restores, and claims His people as His own.
Prayer Prompt	Goel, I thank You for redeeming what was lost, bound, or stolen. Let Your redemption shape my identity and hope.
Journal Prompt	What area of my life needs to be viewed through redemption instead of loss?

Notes / Thanksgiving Journal:

Day 24: Melech HaKavod

מֶלֶךְ הַכְבוֹד | King of Glory

Scripture	Psalm 24:7-10
Thanksgiving Focus	Thank Him as glorious King.
Short Teaching	The King of Glory is strong, mighty, and worthy to enter. Thanksgiving becomes worship when we lift the gates of our hearts to His royal authority.
Prayer Prompt	Melech HaKavod, I thank You as the King of Glory. Enter every closed place in my life and be honored as King.
Journal Prompt	What gate of my heart needs to open wider to the King of Glory?

Notes / Thanksgiving Journal:

Day 25: Tzur Yisrael

צור ישׂראל | **Rock of Israel**

Scripture	2 Samuel 23:3
Thanksgiving Focus	Thank Him as stable foundation and refuge.
Short Teaching	God is not shifting sand. As the Rock of Israel, He is steady, righteous, and reliable. His people can stand because He does not move.
Prayer Prompt	Tzur Yisrael, I thank You for being my Rock. Establish my feet on Your truth when emotions, opinions, or circumstances shift.
Journal Prompt	What unstable place in my life needs the foundation of God's truth?

Notes / Thanksgiving Journal:

Day 26: Magen Avraham

מגן אברהם | Shield of Abraham

Scripture	Genesis 15:1
Thanksgiving Focus	Thank Him as shield and covenant reward.
Short Teaching	God told Abram, “I am your shield.” Before the promise was fully visible, God Himself was Abram’s defense and reward.
Prayer Prompt	Magen Avraham, I thank You for being my shield. Protect my faith while I wait for the fulfillment of Your word.
Journal Prompt	Where do I need to receive God Himself as my reward, not just what He gives?

Notes / Thanksgiving Journal:

Day 27: Yotzer

יוֹצֵר | Former / Maker

Scripture	Isaiah 43:1
Thanksgiving Focus	Thank Him as the One who forms and calls by name.
Short Teaching	Yotzer reminds us that God forms with intention. He does not merely observe our identity; He establishes it, calls us by name, and claims us as His own.
Prayer Prompt	Yotzer, I thank You for forming me with purpose. Help me agree with what You call me and reject false identities.
Journal Prompt	What false label do I need to surrender to the One who formed me?

Notes / Thanksgiving Journal:

Day 28: El Kanna

אֱלֹהֵינוּ לֵאלֹהֵינוּ | Jealous God

Scripture	Exodus 34:14
Thanksgiving Focus	Thank Him for holy covenant jealousy.
Short Teaching	God’s jealousy is not insecurity; it is covenant love that refuses to share His people with idols. El Kanna calls us back from divided worship.
Prayer Prompt	El Kanna, I thank You that You love with holy covenant jealousy. Expose every idol and restore wholehearted devotion in me.
Journal Prompt	What rival affection or dependence needs to lose its place in my heart?

Notes / Thanksgiving Journal:

Day 29: Shoftenu

שֹׁפְטֵנוּ | Our Judge

Scripture	Isaiah 33:22
Thanksgiving Focus	Thank Him as righteous Judge.
Short Teaching	God as Judge is not bad news for the faithful; it means righteousness will matter, injustice will not prevail forever, and His decisions are true.
Prayer Prompt	Shoftenu, I thank You that You judge rightly. Teach me to trust Your justice and walk in integrity before You.
Journal Prompt	Where do I need to stop fearing human judgment and trust God’s righteous judgment?

Notes / Thanksgiving Journal:

Day 30: Mechokekenu

מְחֹקֶקֶנִּי | Our Lawgiver

Scripture	Isaiah 33:22
Thanksgiving Focus	Thank Him for righteous instruction and divine order.
Short Teaching	God’s lawgiving flows from His kingship. His commands are not random restrictions; they reveal His order, wisdom, holiness, and covenant ways.
Prayer Prompt	Mechokekenu, I thank You for Your righteous instructions. Give me a heart that receives Your commandments as wisdom and life.
Journal Prompt	What instruction from God do I need to receive as love rather than limitation?

Notes / Thanksgiving Journal:

Day 31: Moshienu

מושיענו | Our Savior

Scripture	Isaiah 33:22
Thanksgiving Focus	Thank Him as the One who saves.
Short Teaching	The 31-day journey ends where thanksgiving must always return: God saves. He is Creator, King, Shepherd, Judge, Lawgiver, and Savior. Our gratitude is rooted in who He is.
Prayer Prompt	Moshienu, I thank You for saving me. Let my life become a daily offering of gratitude, obedience, and worship.
Journal Prompt	After these 31 days, what has God shown me about His name, His character, and my thanksgiving?

Notes / Thanksgiving Journal:

Simple Posting Template

Use this structure for daily social media posts:

Day [#] | [Name of God] — [Meaning]

Scripture: [Reference]

Today I thank God as [thanksgiving focus].

Reflection: [1–2 sentence teaching]

Prayer: [short prayer]

Journal: [question]

Reminder Setup Summary

ChatGPT reminder: created to run daily at 5:00 AM Central from June 4, 2026 for 31 days. Google Calendar event: created as a daily recurring 30-minute transparent event at 5:00 AM Central with popup and email reminders.