

Life Group Exercises

Names and Attributes of God

Purpose: To focus on who God is and who you are experiencing God to be right now – and then how you need God to meet you

1. Print out the attached Names and Attributes of God Sheet (You may want to print enough copies to give out to the group at the end of the exercise).
2. Begin by explaining the exercise. Say something like: Today we want to spend some time focusing on who God is. The Bible gives us numerous names for God, pictures of who God is and so many of His attributes. God is all of these things, but often times, depending on the season we're in, God seems to be more present to us in certain names or attributes. For example, if I'm in a hard season of life and grieving the loss of something, God might seem to be the "Comforter" in that season. We want to explore who God is to us right now.
3. Read slowly the list of names/attributes of God. Ask the group to listen and just let the names/attributes of God wash over them.
4. Read the list a second time slowly. Ask your group to listen for what name/attribute really sticks out to them as how they are presently experiencing God.
5. Go in a circle and ask everyone to share which name/attribute stood out to them as how they're presently experiencing God and why. Be brief – share just a sentence or two. For instance, God is faithful & true stood out to me because God has been so faithful recently and he has provided for me in ways I never thought possible.
6. Read the list of names a third time, but this time, ask the group to focus on which name/attribute of God describes who they "need" God to be right now for them. Say something like: Now I'm going to read these names/attributes of God again, but I want you to pay attention to the one name or attribute that stands out as who you need God to be for you right now. Often times we know that God is all of these things because his Word tells us he is, but we don't always feel it or experience it. Maybe you are in a painful season and you need God to meet you as the Comforter, but he hasn't yet. So as I read these names, just pay attention to the one name or attribute that describes who you need God to be right now.
7. Go in a circle and ask everyone to share the name/attribute they need God to be right now and why. For example, I need God to be the Forgiver because I feel unworthy. I've made bad choices, and I'm having trouble accepting his grace.
8. Pray. Give the group a moment to pray silently – to thank God for who is he and to ask him to draw near to them with the name/attribute they need him to be. Then close by praying for the group.

Names and Attributes of God

My advocate (Job 16:19)
Bread of life (John 6:35)
Comforter in sorrow (Jeremiah 8:18)
My confidence (Psalm 71:5)
Wonderful Counselor (Isaiah 9:6)
Defender of widows (Psalm 68:5)
My strong deliverer (Psalm 140:7)
Faithful and True (Revelation 19:11)
A consuming fire (Deuteronomy 4:24)
A sure foundation (Isaiah 28:16)
My friend (Job 16:20)
God Almighty (Genesis 17:1)
God of all comfort (2 Corinthians 1:3)
God who avenges me (Psalm 18:47)
God who saves me (Psalm 51:14)
Our guide (Psalm 48:14)
Head of the church (Ephesians 5:23)
Our help (Psalm 33:20)
My hiding place (Psalm 32:7)
A great high priest (Hebrews 4:14)
Holy One among you (Hosea 11:9)
My hope (Psalm 71:5)
Jealous (Exodus 34:14)
Righteous judge (2 Timothy 4:8)
King of kings (1 Timothy 6:15)
Our leader (2 Chronicles 13:12)
Your life (Colossians 3:4)
Light of life (John 8:12)
Lord of lords (1 Timothy 6:15)
Lord of the harvest (Matthew 9:38)
Mediator (1 Timothy 2:5)
The most holy (Daniel 9:24)
Our peace (Ephesians 2:14)
Prince of Peace (Isaiah 9:6)
My Redeemer (Psalm 19:14)
Refuge and strength (Psalm 46:1)
My salvation (Exodus 15:2)
My Savior (Psalm 42:5)
The good shepherd (John 10:11)
Sovereign Lord (Luke 2:29)
My stronghold (Psalm 18:2)
My support (2 Samuel 22:19)
Good teacher (Mark 10:17)