

אברם 'Abram + ה = אברהם 'Abraham

שרי Saray + ה = שרה Sarah

ה - symbol of breath of God or the Holy Spirit

used twice in the name Jehovah יהוה

blood covenant - formal contract - like blood brothers in westerns (circumcision for Abraham but how could God shed his own blood), persons would make promises, then adopt a syllable of each other's name in their own name, then cut animals and walk between them.

God took two syllables of ה from his name that symbolized the Holy Spirit or breath of God and sealed the covenant, just as today

Holy Spirit seals us. ה is also feminine representing creation and birth - Abraham and Sarah could conceive after this was added to them. today we get fruit after we get the Spirit. It also acts as a definitive just like "the" changes from "a man" to "the man" adds individuality and character and uniqueness to something. what Holy Spirit does for us.