

Liturgical Living: The Most Holy Name of Jesus

In the Catholic Church, the entire month of January is traditionally dedicated to the Most Holy Name of Jesus. This feast is also celebrated specifically on January 3.

The Catechism of the Catholic Church states, “Jesus means in Hebrew: ‘God saves.’ At the Annunciation, the angel Gabriel gave him the name Jesus as his proper name, which expresses both his identity and his mission.”

To honor Jesus, Whose name means “God saves” and Who saves us from our sins, the Feast of the Holy Name of Jesus was celebrated by the Catholic Church as early as the 15th century.

The Holy Name is all-powerful because of the Person who bears it. We honor it because of the command of Christ, that we should pray in His Name and because it reminds us of all the blessings we receive through our Holy Redeemer.

To pray in Jesus’ name is to do more than finish our prayers by saying “through Christ our Lord.” It means to pray in communion with the person of Jesus, to turn to the Father together with the Son.

What are ways we can celebrate this month's devotion?

- Bow your head when you hear the name of Jesus. If you don't already, this month is a great time to develop the habit.
- Go to Mass on January 3 (the Feast of the Most Holy Name of Jesus)
- Create word art for the name of Jesus using [one of these designs](#)
- Write His name on your house on the Feast of Epiphany. If you practice this annual house blessing, the letters for the wise men, "CMB", also stand for “Christus mansionem benedicat” (May Christ bless the house).
- Pray the [Litany of the Holy Name of Jesus](#)
- Pray the [chaplet of the Holy Name of Jesus](#)
- Sing or listen to [Holy God, We Praise Thy Name](#)
- Read [this article](#), which explains why we celebrate the feast

Because of this, God greatly exalted him and bestowed on him the name that is above every name, that at the name of Jesus every knee should bend, of those in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father. ~ Philippians 2:6-11

