

# 3 January: Feast of the Holy Name of Jesus

Ten fragments of St. Josemaria's writings to inspire your prayer on this feast day.

01/03/2025

- Don't be afraid to call our Lord by his name — Jesus — and to tell him that you love him. (The Way, no. 303)
- If we love Christ, if we follow him sincerely, if we stop seeking ourselves and seek him alone,

then in his name we will be able to give to others, freely, what we have freely received. (Friends of God, no. 262)

- The power of your name, Lord! As a heading to my letter I had written, as always, 'May Jesus watch over you.' And he replies: 'The "May Jesus watch over you" of your letter has already helped me out of more than one tight corner. May he also watch over all of you.' (The Way, no. 312)
- That morning, to remove the dark shadow of pessimism which hung over you, you also insisted as you do every day... but you were more "aggressive" with your Angel. You sang his praises and you asked him to teach you to love Jesus at least, at least as much as *he* loves Him... And with that you recovered your calm. (The Forge, no. 271)

- There is a story of a soul who, on saying to our Lord in prayer, 'Jesus, I love you', heard this reply from heaven: 'Love means deeds, not sweet words.' Think if you also could deserve this gentle reproach. (The Way, no. 933)
- A saying of a soul of prayer: in intentions, may Jesus be our aim; in affections, our Love; in conversation, our theme; in actions, our model. (The Way, no. 271)
- The journey ends when they reach the village. The two disciples who, without realising it, have been deeply stirred by the words and love shown by God made Man, are sorry to see him leaving. For Jesus 'made as if to go on further.' This Lord of ours never forces himself on us. He wants us to turn to him freely, when we begin to grasp the purity of his Love which he

has placed in our souls. We have to hold him back ('they pressed him') and beg him: 'Stay with us; it is towards evening, and it is far on in the day,' night is coming on.

That's just like us. Always short on daring, perhaps because we are insincere, or because we feel embarrassed. Deep down, what we are really thinking is: 'Stay with us, because our souls are shrouded in darkness and You alone are the light. You alone can satisfy this longing that consumes us.' For 'we know full well which among all things fair and honourable is the best: to possess God for ever.'

And Jesus stays. Our eyes are opened, as were those of Cleophas and his companion, when Christ breaks the bread;

and, though he vanishes once more from sight, we too will find strength to start out once more — though night is falling — to tell the others about him, because so much joy cannot be kept in one heart alone.

(Friends of God, no. 314)

- Motivated by his own love and by his desire to teach us to love, Jesus came on earth and has stayed with us in the Eucharist. "Having loved his own who were in the world, he loved them to the end": that's how St John begins his account of what happened on the eve of the passover... (Christ is Passing By, no. 151)
- Don't omit the visit to the Blessed Sacrament. After your usual vocal prayer, tell Jesus, really present in the Tabernacle, of the cares and worries of your day. And you

will receive light and strength for your life as a Christian. (The Way, no. 554)

- If you seek Mary, you will find Jesus. And you will learn a bit more about what is in the heart of a God who humbles himself, discarding all manifestations of his power and majesty to take the form of a servant. Speaking in human terms, we could say that God outdoes himself, because he goes much further than he need in order to save us. The only way to measure what he does is to say that it cannot be measured; it comes from a madness of love which leads him to take on our flesh and bear the weight of our sins. (Christ is Passing By, no. 144)

pdf | document generated  
automatically from [https://opusdei.org/  
en-ng/article/3-january-feast-of-the-  
holy-name-of-jesus/](https://opusdei.org/en-ng/article/3-january-feast-of-the-holy-name-of-jesus/) (01/19/2026)