



What do you do in that flash of anger, shock or pain? When you're driving and another car dangerously pulls out in front of you; when you kick your toe; when you hear bad news; it seems universally human to call out in exasperation. Jesus Christ is commonly used as an expletive in these times. However the Bible tells us, Jesus Christ, an empty swear word to so many, is actually the most honourable, worthy and precious name. Why?

Jesus chose to do what no other human could or would. For a start, although he is and always will be God, Jesus chose to become human. As a human, he experienced all the pain, weakness and suffering we do, but he didn't succumb to temptation and selfishness like us. God as a human subjected himself to the humiliation of a shameful and excruciating execution. God as a human took all the punishment for our wrongs so we could be reconciled to him. And that is why Jesus Christ is the name above all names - the king of heaven and earth, worthy of our greatest respect and deepest gratitude.

**“God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue acknowledge that Jesus Christ is Lord”**  
Philippians 2:9-11

So in times of difficulty, fear, anger, exasperation, pain or shock please do call out the name Jesus, not as a swear word, but as the king of heaven and earth who is able to help you in any time of need.

**Prayer:**

Dear Jesus,  
Forgive me for not honouring you and your name as you deserve. May my tongue call out your name in times of need. Help me to understand the humiliation you suffered for me and acknowledge that you are king of all.  
Amen.