

2026 Spring Break Spiritual Day - Introduction (IOTA)

"There is no other name under heaven given among men by which we must be saved" (Acts 12:4)

Introduction

Sunday Theotokia: "You are called truly, • O blessed one • among women, • the Second Tabernacle •

which is called • the Holy • of Holies, • wherein are the tablets •
of the covenant • and the Ten Commandments • which are written • by the finger of God. •
They have directed us • to the IOTA - • the name of salvation - • Jesus Christ."

The Ten Commandments, given by God and written by His finger on two tablets, have directed us to the IOTA. And the IOTA is the name of Salvation: Jesus Christ.

We have a category of hymn in the Church called "Psalis" which are said before the Theotokia. And these Psalis typically all focus on one topic: the name of the Lord. Saying the name of the Lord. There is great power in the name of the Lord.

"The name of the Lord is a strong tower; the righteous run to it and are safe." (Proverbs 18:10)

The name of the Lord means:

1. Enlightenment

- **Monday Psali:** "Let the name of the Lord • abide within us • so that He may shine • upon our inner being"
- **Tuesday Psali:** "When they uttered it • their minds were enlightened • and their hearts ascended • to the heights."

2. Ability to Give Others

- **Wednesday Psali:** "If we are needy • for the money of this world, • and we have nothing • to offer as alms; •
yet truly we have • the precious pearl of great price • which is the sweet name full of glory • of our Lord Jesus Christ. •
When we continue to keep Him • in our inner being • He will make us rich • that we can give to others. •
We do not ask for • the wealth of this world • but for the salvation of our souls • by calling upon His holy name."
• Peter and John: "In the name of Jesus Christ of Nazareth, rise up and walk."

3. Nourishment

- **Tuesday Psali:** "For them it was • a Living food • which filled their souls • and their bodies too. •

For them it was • a fountain of living water • sweeter than honey • in their mouths. •
When they called upon it • their hearts rejoiced • and their bodies • blossomed."

4. Sweetness and Joy

- **Friday Psali:** "Our hearts are happy • and our tongues rejoice • whenever we sing to the name • of our Lord Jesus Christ."
- **Saturday Psali:** "The remembrance of your holy name • gives joy to our hearts • O my Lord Jesus Christ • my good Savior."

5. Power to Purify

- **Monday Psali:** "Everyone who says: • 'my Lord Jesus' • is likened to a sword • casting down the enemy."
- **Thursday Psali:** "Once more my beloved • let us keep away • the evil inclinations of our heart • that lead us to sin. •
Let us incessantly • bless the name of Salvation • that is for our Lord Jesus Christ • proclaiming and saying: •
O my Lord Jesus Christ • who is born of the Father • before all ages • have mercy on us according to Your great mercy; •
O my Lord Jesus Christ..."

I want to focus on #5 - Power to Purify

Purity is not only "behavior"

- It is a war over the mind and heart.
- It starts in the mind
- When I fall into sin, it is rarely because "I chose evil" - but because I could not resist a temptation
 - "I stayed too long with a thought"
 - "Everyone is doing it"
 - "I saw something in a YouTube Short that triggered me"
 - "I just wanted to experiment"
 - "I was bored and didn't have anything to do"
- Lust and Impurity are Goliath
 - Loud, Repeated, Intimidating
 - They try to make you feel weak
 - "You come to me with a sword, with a spear, and with a javelin. But I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied." (1 Samuel 17:45)
 - It's not me against the temptation - it's my Lord against the temptation - and my Lord is bigger.
 - But I must call upon His name
- "Whoever calls on the name of the Lord shall be saved" (Joel 2:32)

What is my first response to a sinful thought? To a temptation? To an image I wasn't expecting to see? I come to you in the name of the Lord.

"If you celebrate a feast and are joyful, say: Jesus;
if you worry and suffering: Jesus;
if the sons and daughters laugh: Jesus;
those who touch water: Jesus;
those who must flee from barbarians: Jesus;
those who see wild beasts or other frightening things: Jesus;
those who have pain or illness: Jesus;
those who have been taken captive: Jesus;
those who were unjustly judged and suffer injustice: Jesus.
The name of Jesus alone is on their lips and is their salvation and their life: He and His Father."
(St Shenouda - A Catechesis against Apocryphal Texts)

Three Stations:

1. **Recognize**: How does temptation work in the mind?
2. **Respond**: Immediately with the name of the Lord Jesus, not negotiation
3. **Rule**: Build a rule of life so purity becomes sustainable and becomes my way of life

Revision #2

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