

perhaps best translated as 'I Will Be What I Will Be.' This not only captures something of the mystery of God, it is a deeply significant moment in Scripture. To know God's name brings us into a more intimate relationship with the creator of the universe.

The third commandment handed to Moses states that the Israelites shall not "swear falsely by the name of the Lord your God." Most assume that the command prohibits the use of God's name as a swear word, but in her book, *Bearing God's Name: Why Sinai Still Matters*, Carmen Joy Imes suggests that the answer to understanding the name command starts with a better translation: "You must not bear (or carry) the name of Yahweh, your God, in vain, for Yahweh will not hold guiltless one who bears (or carries) his name in vain."

We bear God's name and honour this in the way we live out our lives. We need to reflect deeply on this and our responsibilities when naming people and their conditions.

Reflections

- Think of someone you know struggling with mental health issues. How has it impacted their identity?
- Why might attending Church be difficult for someone with a mental health condition?
- Should we discuss mental health more openly in Church and, if so, how might we do this responsibly?
- During the sermon we talked about the importance of lament in broadening the imagination of our worship. Why is lament such an important part of the Christian journey?

Resources

John Swinton's book Finding Jesus in the Storm is the go-to text for learning about the spiritual lives of Christians with mental health challenges (Norwich: SCM Press, 2020).

Swinton has appeared on numerous podcasts, such as The Weight.

Carmen Joy Imes's book Bearing God's Name: Why Sinai Still Matters (Illinois: IVP Press, 2019) is a glorious piece of popular Old Testament scholarship. If you struggle to understand the significance of the Hebrew Bible or maybe think it's all about fusty old laws, pick up a copy of this book. It will bring things into perspective for you in ways you will not have expected.

Imes is a great teacher; you get a sense of her contagious enthusiasm from her weekly videos on Exodus, Torah Tuesday.

Links to these resources are imbedded into the electronic copy. Just click on the underlined words.