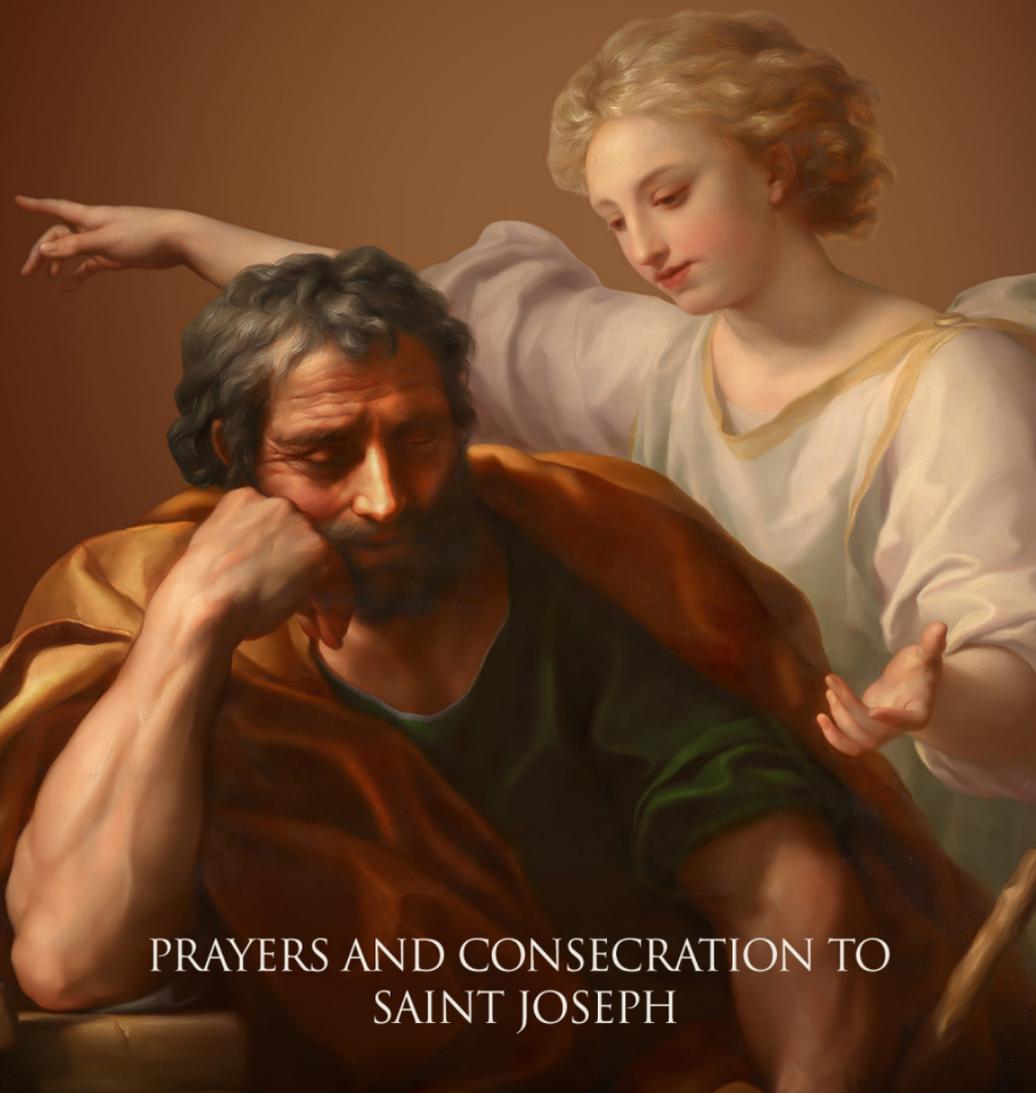


GUARDIAN OF THE REDEEMER



PRAYERS AND CONSECRATION TO
SAINT JOSEPH



GUARDIAN OF THE REDEEMER

Prayers and Consecration to St. Joseph

IMPRIMATUR

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INTRODUCTION

Let's Go to Joseph

Journeying with the saints transforms us into saints. St. Joseph, the guardian of the Redeemer, has been a part of the prayers and meditations of our ancestors for centuries. In the past 150 years, studies, discussions and prayers focusing St. Joseph have been gaining momentum. The name Joseph has the meaning “the Nourisher” and “the Increaser.” Is there anyone else who can help us grow in our spiritual life and increase divine virtues in us other than St. Joseph?

In 1870, Blessed Pope Pius IX declared St. Joseph as the ‘Patron of the Universal Church’ and in, 1955, Venerable Pope Pius XII established the title ‘St. Joseph the Worker.’ In Catholic tradition, St. Joseph is also known as the ‘Patron of the Dying.’

It was in 1889 that *Quamquam Pluries*, the only encyclical letter on St. Joseph was released. A hundred years later, St. Pope John Paul II wrote *Redemptoris Custos*, an apostolic exhortation on St. Joseph. On the 150th anniversary of the proclamation of St. Joseph as the ‘Patron of the Universal Church,’ Pope Francis promulgated his Apostolic Letter *Patris Corde*. For the very first time in the history of the Church, a Year of St. Joseph (Dec 8, 2020 - Dec 8, 2021) was declared by Pope Francis in 2020.

Through this book we endeavor to totally consecrate ourselves to Jesus through St. Joseph. However, we first need to understand three things:

What is consecration?

What is its purpose?

How is it done?

What is consecration?

It's a prayer entrusting ourselves to St. Joseph as our spiritual father and protector. We hold on to the hands of the loving father who took care of our Lord Jesus. St. Joseph never tries to attract anybody to himself. He helps us to walk in the path to heaven and prepares us for eternity. When we call God our ‘Abba,’ Mary becomes our mother, St. Joseph our father and Jesus, our brother.

Mary becomes our spiritual mother and Joseph, our spiritual father. We become members of the household of God. We need a father like St. Joseph who is adorned with all virtues. Therefore, let's go to St. Joseph!

What is its purpose?

Attacks against the family and the Church is not new in our history but, in our day and age, this fight has reached a critical level. One of the most important messages given by the Blessed Mother at Fatima was about the family. The Servant of God Sr. Lucia dos Santos wrote: "The final battle between the Lord and the kingdom of Satan will be about marriage and the family." Let's pray to St. Joseph, the Guardian of the Holy Family, to protect families and marriages. The destruction of the domestic church adversely affects the Universal Church. During this time when there is a battle raging both inside and outside the Church to destroy Christian values, we need to call upon St. Joseph, the Protector of the Universal Church. Through this consecration, we entrust the Church and our families to the powerful hands of St. Joseph.

How is it done?

Consecration to St. Joseph can be done in several ways. This can even be done simply by prayerfully repeating the ejaculatory prayer, "Jesus, through St. Joseph I offer myself completely to you." We can also consecrate ourselves to St. Joseph through the traditional prayers dedicated to him in the month of March. This 33-day preparation to consecration is based on reflections on the virtues and life of St. Joseph. This spiritual journey will enable us to become a good father, mother, son, daughter and a faithful Christian. This method is inspired by St. Louis De Montfort's total consecration to Jesus through Mary. Day 33 is our consecration day. Personal and family prayer, Confession, Holy Communion and Acts of Mercy will increase the spiritual fruit of this consecration.

Although this preparation can be started and ended on any day, consecrating yourself on a liturgical feast day of St. Joseph is highly recommended. Kindly refer to the chart given below to choose a consecration day.

The life and virtues of St. Joseph are a spiritual provision that will sustain us on our journey to the Heavenly Father's home. This

father, who so wonderfully met the material needs of the Holy Infant, will take good care of us too.

Courtesy: Apart from the apostolic letters and encyclicals already mentioned, some other books have also helped me in writing this preparation leading to consecration: Blessed Sister Maria of Agreda's *The Mystical City of God* (1978), Maria Cecilia Baij's *The Life of St. Joseph* (1997), Pope Benedict XVI's *Jesus of Nazareth* (Vol. 3, 2012), Michel Gasnier's *Joseph the Silent* (2017), and Donald H. Calloway's *Consecration to St. Joseph* (2020).

I remember with gratitude all those who have helped me in this endeavor, especially Alwin Joseph, Arun Antony and Jinto Pottackal of the Shalom family. I would also like to thank Louise Kavanagh, Anne Bella Korah, Ann Maria Mathew, Sherin Ben Joseph, Daisy George, Sherin Vincent and Seema Varghese for helping me with the English translations and proofreading.

Fr. Roy Palatty CMI,

01 May 2021

(Feast of St. Joseph the Worker)

CONSECRATION CHART		
FEAST DAY	CONSECRATION DAY	STARTING DAY OF PREPARATION
Presentation of the Lord	February 2	January 1
Solemnity of St. Joseph	March 19	February 15 *
St. Joseph the Worker	May 1	March 30
Our Lady of Fatima	May 13	April 11
Our Lady of Knock	August 21	July 20
All Saints	November 1	September 30

* *During a leap year, when there are 29 days in February, the starting date is February 16.*

** *Consecration to St. Joseph can also be done on Pentecost Sunday, starting the preparation 32 days prior to this Solemnity.*

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Order of Preparatory Prayers

1. Read Reflection for each day

2. Apostles Creed

I believe in God, the Father Almighty, Creator of Heaven and earth;

and in Jesus Christ, His only Son Our Lord,

Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried.

He descended into Hell; the third day He rose again from the dead;

He ascended into Heaven, and is seated at the right hand of God, the Father almighty; from thence He shall come to judge the living and the dead.

I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body and life everlasting.

3. Memorare to St. Joseph

Remember, O most chaste spouse of the Virgin Mary, that never was it known that anyone who implored your help and sought your intercession were left unassisted.

Full of confidence in your power I fly unto you and beg your protection.

Despise not O Guardian of the Redeemer my humble supplication, but in your bounty, hear and answer me. Amen.

4. Prayer for the theological virtues

Jesus, Mary, Joseph, to you I commend my heart and soul (3 times).

a) O Glorious St. Joseph, pray that the virtue of faith may grow and become fruitful in my soul.

1 Our Father, 1 Glory be...

O Holy Spirit, come into my heart! Open my eyes that I may see the divine works of God.

O Holy Spirit, come into my heart! Strengthen my mind that I may understand the divine works of God. May I thus seek the glory of God! May my thoughts, words and actions be sanctified and thus wholly belong to God.

b) O Glorious St. Joseph, pray that the virtue of hope may grow and become fruitful in my soul.

1 Our Father, 1 Glory be...

O Holy Spirit...

c) O Glorious St. Joseph, pray that the virtue of love of God may grow and be fruitful in my soul.

1 Our Father, 1 Glory be ...

O Holy Spirit...

5. Litany of St. Joseph

Lord, have mercy.

Lord, have mercy.

Christ, have mercy.

Christ, have mercy.

Lord, have mercy.

Lord, have mercy.

Christ, hear us.

Christ, graciously hear us.

God, the Father of Heaven,

have mercy on us.

God the Son, Redeemer of the world,

have mercy on us.

God the Holy Spirit,

have mercy on us.

Holy Trinity, One God,

have mercy on us.

Holy Mary,

pray for us.

Saint Joseph,

pray for us.

Noble Offspring of David,

pray for us.
Light of Patriarchs,
pray for us.
Spouse of the Mother of God,
pray for us.
Chaste Guardian of the Virg
pray for us.
Foster-Father of the Son of
pray for us.
Zealous Defender of Christ
pray for us.
Head of the Holy Family,
pray for us.

Joseph Most Just,
pray for us.
Joseph Most Chaste,
pray for us.
Joseph Most Prudent,
pray for us.
Joseph Most Courageous,
pray for us.
Joseph Most Obedient,
pray for us.
Joseph Most Faithful,
pray for us.

Mirror of Patience,
pray for us.
Lover of Poverty,
pray for us.
Model of Workmen,
pray for us.
Glory of Domestic Life,
pray for us.
Guardian of Virgins,



pray for us.
Pillar of Families,
pray for us.
Comfort of the Afflicted,
pray for us.
Hope of the Sick,
pray for us.
Patron of the Dying,
pray for us.
Terror of Demons,
pray for us.
Protector of the Holy Church, pray for us.

Lamb of God, who takes away the sins of the world, Spare us,
O Lord.

Lamb of God, who takes away the sins of the world, Graciously
hear us, O Lord.

Lamb of God, who takes away the sins of the world, Have mercy
on us.

V. He has made him lord of his household,

R. And prince over all his possessions.

Let us pray. O God, who, in your loving providence, chose Blessed Joseph to be the spouse of your most Holy Mother, grant us the favor of having him for our intercessor in heaven whom on earth we venerate as our protector. You, who live and reign forever and ever. Amen.







Day 1

St. Joseph, Shadow of the Heavenly Father

Scripture: “For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, “Abba! Father! it is the Spirit himself bearing witness with our spirit that we are children of God” (Rom 8:15).

Reflection: When God sent his only Son to the earth, He certainly remembered to hold him close and protect him as a loving father would do. Just as Jesus began his life holding the hands of his mother Mary, the Heavenly Father had planned for Jesus to begin his earthly life in the loving care of Saint Joseph. God gave Joseph to be Jesus’s foster father, just like he gave Mary to be his mother.

Jesus loved his foster father very much, was totally obedient to him, and imitated him very closely. Jesus loved to be known as the son of Joseph. Jesus delights in giving us also this father - who took care of Him so beautifully.

St. Joseph, who accomplished his mission with authority, love and faithfulness, was gladly called “Daddy” by Jesus, the Son of God. Jesus must have approached him countless times for various needs calling him “Daddy.” He must have frequently found comfort in those arms. Joseph was able to echo for the Child Jesus the Heavenly Father’s name and also nurture him with tender fatherly care. Joseph, the earthly father of the Child Jesus, raised him with the love and compassion of the Heavenly Father.

It is true, that Jesus being God, did not really need a father. However, the Son of God who received the human nature required a spiritual father – a father who could help him grown in wisdom and years. Joseph was a true reflection of the Heavenly Father.

One becomes a father not only by giving birth, but also by acts of loving care. How amazing is our God who chose Joseph to take care of the Word incarnate! Fathers are not born; they are created. Whenever a person takes up the responsibility of taking care of a child, in a way he becomes a father. Our world today needs fathers.

We need the spiritual fatherhood of St. Joseph so that Jesus will be formed in us.

Jesus Christ was a son who grew up loving and helping his father in Nazareth. Jesus who was able to experience true fatherly love in his foster father, desires to entrust us to the fatherly care of St. Joseph. There are no holier hands on this earth than those of St. Joseph who nurtured Jesus. O St. Joseph, you who received the grace to raise the Son of God, how blessed are you! May your fatherly love wipe away all my defects.

Prayer: O Heavenly Father, who chose St. Joseph to be the perfect model for all fathers, grant St. Joseph to be my spiritual father on my earthly journey. Amen.

(Recite the daily prayers on page 7-10)



Day 2

St. Joseph, Delight of Saints

Scripture: “For it is written, “Be holy because I am holy” (1 Peter 1:16).

Reflection: Where your treasure is, there your heart will be. It is a normal tendency to incline towards the things that we love. A relationship with Holy people will make us holy too. Friendship with the Saints will certainly aid us to become more holy.

God grants the intercession of St. Joseph to those who truly desire to grow spiritually. Jesus Christ already knows that there is none other more powerful and charming than St. Joseph, as He was raised by him with utmost wisdom and grace. Saints can carve out other saints, right? The name Joseph means person who takes care of others. He will successfully help us also to grow in our spiritual journey. St. Joseph is the delight of saints. He has a dignity and closeness to God that surpasses that of all the holy angels as he is the father of Jesus.

Who doesn't have the eagerness to become holy? However, when we realize that this involves persistent hard work, then gradually we start sliding away from this longing. But we still continue to have the desire for holiness, and this craving does not leave us. This is because the creator God has instilled in his creation the desire to grow towards holiness. The God, who exactly knows our sufferings, has given two people to his beloved ones: Mary and Joseph. Let us grow under their protection just like Jesus.

Faith is surrendering to the will of God always, and under all circumstances. We cannot attain holiness without surrendering to the will of God. O St. Joseph, is there anyone else like you who believed blindly in the will of God? When you were asked to accept Mary when she was pregnant, you did so. When you were asked to flee to Egypt with the newborn child, you did so. Later, when God commanded you to return to Judea, you did so. Let us praise and glorify our God who gifted us a father like St. Joseph to teach us obedience and humility. Holy children will be born only from a father like St. Joseph.

St. Joseph himself will take the initiative to draw any soul who reveres him to Jesus Christ. He does not attract anyone to himself. Silently, he leads everyone to Christ the king. When he sees a soul ascending the steps of holiness, he silently rejoices. St. Joseph teaches us how to be self-giving, and how to peacefully fulfill the will of God.

Let us approach St. Joseph to help us take control of our five senses, and also to recapture the divine love we have lost. Let us

invoke St. Joseph when our own earthly desires overwhelm us, and when we struggle with the temptations of the evil one. When the spiritual light grows dim in our innermost journey, the light of St. Joseph will surely shine as a guiding light for us. We can also become holy with this father, who is the model of holiness for many saints. The same God who raised Joseph to sainthood and gave him to be the husband of the Virgin Mary, will also surely give to all those who thirst for holiness, this sacred man as our guide and role model.

Prayer: O St. Joseph, the model and intercessor of saints, please lead me in the path of holiness. Amen.

(Recite the daily prayers on pages 7-10)



Day 3

St. Joseph, An Obedient Father

Scripture: “When Joseph awoke, he did as the angel of the Lord had commanded him and took his wife into his home” (Matthew 1:24).

Reflection: Obedience is an extremely valuable gift. God’s grace is indeed needed to turn away from one’s own wishes and submit to the wishes of another. It is easy to obey those whom we have trust. Joseph had very strong faith in God. His faith aided him to obey God’s words with no questions asked. If we are unable to obtain this valuable gift of obedience during the journey of our lives, then we will not be able to do so at the very end of our lives either.

Since he had learnt to live his life obeying God's commandments, Joseph was able to seriously consider the directions God gave him in his dreams.

God had granted everything to the first parents in Paradise. Enjoy all the fruits in paradise, only do not eat the fruit of one tree. If you consume that fruit you will die. However, Satan approached, tempting them not to listen to God's words. Did God really say, 'You shall not eat from any of the trees in the garden'?' (Genesis 3:1). The cunning snake tricked mankind with this one question. He made it seem like God was someone you could not trust and was inconsiderate of the freedom of man. Moreover, by making God a liar, the father of lies became god, and God became a liar. Satan became the freedom giver and God became the harsh person.

O faithful St. Joseph, we understand how well you respected God! The first parents did not have faith. You received the instructions from God with such faith and trust! It certainly is your faith filled heart that enabled you to obey God's words that you heard in your dreams.

We see that four times God used angels to speak to Joseph (Matthew 1:20, 2:13, 19, 22). The Angel of the Lord told Joseph to accept Mary as his wife, instructed him to flee to Egypt with the infant and his Mother, directed him to return to Israel, and to dwell in a city called Nazareth. St. Joseph accepted in his heart things that could not even be comprehended intellectually. Obedience is being submissive out of love - what else can it be? That is the only way humankind can be made free.

It is only with sound faith in God, that one can lovingly obey God's commandments and messages. While Jesus secretly lived in Nazareth with his "Dad", he learnt a great deal from him. Jesus learned at the school of Joseph to do the will of the Father. Remember, at Gethsemane Jesus was able to submit to God's will, and also obeyed Him even if it meant his death.

In this era where God's commandments and the Church's decrees are all thrown away for the reason of freedom, let us

seek refuge in Joseph. Joseph was an obedient father. It is not possible for a father to teach his children God's commandments that he himself does not follow. Children will not feel like trusting a God in whom their father does not have faith. Let us pray for the faith of Joseph.

Prayer: O St. Joseph, help us to realize that true freedom can be experienced only when we obey God and the Church. Amen.

(Recite the daily prayers on pages 7-10)



Day 4

First Sorrow - St. Joseph resolves to leave Mary

Scripture: “Joseph her husband, since he was a righteous man, yet unwilling to expose her to shame, decided to divorce her quietly” (Matthew 1:19).

Reflection: Love is painful, and sincere love causes deeper pain. The more you love someone, the deeper the pain of separation. The news of Joseph's decision to leave Mary, whom he had chosen to marry, is so painful to us, because in the whole of humanity, there isn't anyone who loved so purely. Their complete self-giving love made them so close that there was virtually nothing between them.

It was during this time that Joseph had his first trial. We need to meditate on this in a deep way to understand the mental state of this righteous man. The marriage was decided, and Joseph was

betrothed to Mary, but even before they could live together, Mary was with child. Here Joseph has no doubt about the sanctity of Mary because she was whiter than snow. But at the same time, now she is pregnant. On one side was her sanctity, and on the other side he could not completely disbelieve his eyes. The last rites of their marriage were yet to take place.

Joseph sobbed in the presence of God: “Heavenly father, how can I overcome this trial? I don’t seem to understand anything. I am being swept by the waves of sadness. Please explain to me the secret of the changes that are happening in her. How to face other people with Mary - that is not my worry. I just don’t understand the things that you have done in her- that is what upsets me. You know that the thought of divorcing her feels like death to me. What must I do?”

Not able to bear hearing the cries of Joseph, even the angels shut their ears. Every minute that passed, felt like a decade to him. Here is the man writhing in mental agony, who a little while ago, thought that he was the happiest person in the world because he received such a holy and compatible person as his life partner. When he sees her, he feels his heart is tearing into pieces.

Mary, on the other hand, understood the pain that Joseph was going through. However, there was nothing she could do in this situation. Joseph repeatedly thought of asking Mary. But he just couldn’t. Man should not be revealing divine secrets, it should be God. Days passed with Joseph not questioning Mary’s love.

Joseph contemplated: When you choose a soul, would you take them through such agony? Divine visions or the songs of angels - nothing is there these days. Nonetheless, let me quietly divorce Mary because in the midst of people, she should not be condemned. Besides, I am not worthy of receiving this divine secret. Let me wait aside for God’s mercy.

With a disturbed mind and half awake, this blessed soul started praying: “Please don’t leave me, use me to obey you and serve you. You gave me my Mary. I am returning her to you. Let your

will be done.” Abraham was made the father of a multitude of nations because of his willingness to sacrifice his son; St. Joseph was made the father of the new covenant people because of his willingness to distance himself from his own beloved wife.

It is at that moment, when behold, the angel of the Lord appeared with a revelation and said: “Joseph, do not be afraid to take Mary as your wife, for it is through the Holy Spirit that this child has been conceived in her.” Joseph’s first sorrow turned into joy.

Prayer: O dear St. Joseph, help all our married couples and families so that they may love and understand each other. Let holy and loving relationships be formed in our midst. Amen.

(Recite the daily prayers on pages 7-10)



Day 5

Second Sorrow – The Poverty of Jesus’ Birth

Scripture: “And she gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn” (Luke 2:7).

Reflection: Which father’s heart won’t be hurt when he is unable to do good for his children? Let us meditate on Joseph and feel his pain in his inadequacy to provide even a decent crib for the Son of God, this baby who had been longed for and prayed for over many generations.

Joseph and Mary shared with each other the path of poverty

that God had chosen: “The prosperous and just King chose us, poor people to be his parents? What can we provide, we poor ones living in utter poverty? But our poverty has not dimmed our happiness. We thank God for that.”

It was when they were preparing a beautiful crib in anticipation of the arrival of the Son of God, that the decree of the Roman Emperor went out that the whole world should be enrolled, each to his own town. And Joseph too went up from Galilee, from the town of Nazareth, to Judea, to the city of David that is called Bethlehem, because he was of the house and family of David (Luke 2:1-4). The weather was very bad. And Mary was fully expectant too. Would it be possible to leave her at home by herself? If she comes with me, will she be able to withstand the tough journey with all its hardships? Having the practice of always submitting everything to the will of God, Joseph surrendered this too for God’s decision. He felt like God was urging him to take Mary along with him.

His next task was to find an animal that Mary could journey on. The only animal he could find was a donkey! So, their journey began with Mary travelling on a donkey. While travelling Joseph kept comforting her: “My beloved, God will take special care of you until we return home. Let us believe that only after we are back home, will it be time for you to deliver the baby.”

Joseph prayed: “King of all ages, please do not make me witness the birth of our future Savior outside my house. Please help us to be back at our home before he is born.”

However, when they reached the town of Bethlehem, they realized that the time had come for her to have her child. Joseph was terrified. None of the places where he knocked were opened. One can only imagine his distress at not being able to provide a decent place for his beloved’s delivery. He may have even wondered if it was his own incompetence for things to turn out this way. Finally, God brought to his memory, the existence of a cave outside the town. He then started walking, aiming at that destination.

He felt great pain that he could only prepare a stable for the birth of the God of the universe. Despite that, his heart was filled with love and thankfulness whenever he saw Mother and baby glowing much brighter than the sun. Joseph's days became more blessed taking care of the baby when Mary rested, and looking after both of them.

O, great St. Joseph, when our plans fail, we become insane, we complain. However, even when poverty and sufferings followed you and your family one after the other, how humbly you dealt with it! You gifted your inner pains to your Baby. Please teach us your ways too.

Prayer: O St. Joseph, please pray for me that I may have the grace to bear my crosses cheerfully. Amen.

(Recite the daily prayers on pages 7-10)



Day 6

Third Sorrow – The Circumcision

Scripture: “When eight days were completed for his circumcision, he was named Jesus, the name given him by the angel before he was conceived in the womb” (Luke 2:21).

Reflection: When fraudulent people are punished, we may not be affected by it. We will comfort ourselves saying that he deserves the punishment for his malpractice. Even though many generations had passed, and many sacrifices were made, the evil effects of sin had not left. Hence, those born in the Hebrew community had to follow the law of circumcision. This was so that they could be

freed from sin.

But isn't the Divine Child without sin? Since the Heavenly Father's favorite child was Son of God, Joseph could have thought such rite unnecessary. But he knew the time had not yet come for the Messiah to be revealed. Since God became man however, he has to abide by all the laws. Tears began to well up in Joseph's eyes. When the eighth day came about, it was time to present the child for circumcision. What is happening here is the foreshadow of the holy blood he was going to shed, and the terrible sufferings that he was to undergo for the salvation of all mankind. Joseph meditated on three aspects of this great suffering that the child was to undergo: Making himself equal to sinful human beings by surrendering himself to the ritual of circumcision done as a sign of reparation for original sin; consciously taking on the pain of circumcision out of love; and the first time his blood is being shed.

This is the pain of surrendering to the will of God, which is precisely the purpose for God becoming man. The cries of the child echoed within Joseph as the first sound of the pain of the coming days of suffering that he would have to undergo. Flint knives were used for circumcision (Joshua 5:2) which were made from actual rocks.

But Joseph understood that what Jesus received was for the circumcision of others. From now on, whoever bathes in Jesus's blood will find salvation in Him. "O fortunate one, you treasured for me the blessing of being the father of the Word made flesh. You gave me a gift that I am not at all worthy for. Help me to be your own forever."

As the thought that it is the Lamb of God that he is holding close and caring for painfully strikes Joseph, the thought of salvation of the coming generations delighted him.

The priest asked: "What is the name of the child?" Joseph pronounced the name he and Mary had received from heaven: "You shall call his name Jesus." The place was filled with the songs of the angels and the praises from Heaven. At the same time, the

hell trembled. Joseph and Mary were seeing all of this as it was happening right in front of their eyes. In giving name Jesus to the child, Joseph affirmed that he has legal rights over the child.

Prayer: O St. Joseph, please grant us too the deep love you experienced when you held in your arms the Divine Child, the Lamb of God. Amen.

(Recite the daily prayers on pages 7-10)



Day 7

Fourth Sorrow - The Prophecy of Simeon

Scripture: Then Simeon blessed them and said to his mother Mary, “This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed- and a sword will pierce your own soul too” (Luke 2:34-35).

Reflection: Forty days after the birth of baby Jesus, the time came to present the child to the Lord at the temple as required by the Law. It is the time when God himself is being presented in a temple that is made by man. This is the first earthly journey of the Savior. Mary and Joseph arranged everything for the trip.

As they walked amidst the scenic nature, holding the God of the universe in their arms, who can describe the joy that they experienced in their hearts! “O Lord, how blessed we are!” - Mary and Joseph may have been exclaiming in their hearts. “Not only do we know the Savior, but we have also become one of his own. There are no words to express gratitude for God’s abounding compassion and mercy... They remembered David’s song: “How can I repay the Lord for all the blessings He has bestowed on me?”

I will raise the cup of salvation and call on the name of the Lord” (Psalms 116:12) .

The child, in Mary’s arms and escorted by Joseph, entered for the first time that city which one day would drive Jesus, like Isaac carrying the wood for the sacrifice, outside its walls to Golgotha.

Once they reached the temple, they got busy with the rituals for the offerings. The priest who lived there, Simeon, who had been praying and eagerly waiting for the Messiah, took the child in his arms. Simeon was a godly person who believed that he would not see death until he had seen the Messiah. He raised baby Jesus to the Lord saying, “My eyes have seen the salvation which you prepared in the sight of all the people.” Upon gazing at the child Jesus, Simeon looked at Mary and said: “This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed- and a sword will pierce your own soul too.”

Instantly, like a mirror, Mary was able to see the sword of sadness that would befall her in the coming days. Even though the prophecy was for Mary, it was Joseph’s heart that was completely broken. In times of suffering, those who love each other endure it together. The fact that Joseph would not be there to share in the suffering that his beloved would have to endure in the future, hurt him even more. He held Mary close. They considered that the agony that the Holy family was enduring could give a sense of hope and love for many broken families in humankind.

On that day they also met a prophetess named Anna who had been waiting for many years at the temple worshipping day and night with fasting and prayer. She was Mary’s teacher too. Joseph and Mary sought her blessing.

O glorious Joseph, we are glad to share in the happiness of spiritual life. However, when pain comes, many times we try to move away. Sorrow is the mother of joy. The sword that Mary took upon her heart that day, may have caused you so much sorrow. We cannot stand the smallest pain that our loved ones undergo, the

reason being that we do not desire any sorrow for our cherished ones. No husband would have loved his wife the way you loved Mary. You gladly accepted the pain that stemmed from love. Not only that, but you also actually rejoiced when you came to know that these afflictions would assist the salvation of humankind.

Prayer: O Holy St. Joseph, please help us to accept with gladness the many afflictions that are destined for us in the journey of life. Amen.

(Recite the daily prayers on pages 7-10)



Day 8

Fifth Sorrow - The Flight into Egypt

Scripture: “Joseph rose and took the child and his mother by night and departed for Egypt” (Matthew 2:14).

Reflection: When Joseph was quietly getting ready to rest, once again the angel of the Lord came in another dream: “Rise, take the child and his mother, flee to Egypt.” The shock that this directive caused in Joseph was intense. The message was to take the child who was not yet ready for long journeys and Mary who needed much care and depart that very night itself. As per the command of Herod, the search for the divine child in order to destroy him was to commence immediately.

Deeply disturbed, Joseph explained the situation to Mary. Being submissive to the will of God without questioning anything, they departed that night itself and started their journey with their essential belongings. Like fearful refugees their flight to Egypt began...

Herod was the King who even murdered his own children when he feared they would become a threat to his governance. The news that the King of Israel, the Messiah was born, greatly troubled King Herod. Meanwhile the Holy family left their hometown and loved ones and are racing to save their lives.

O loving Joseph, I wonder what was going on in your mind at that time! You were not even able to return to Nazareth and give the baby the beautiful crib you had prepared. “If my son is having to undergo so much suffering as a baby, how much pain will he have to suffer in the coming years...” The Messiah who came to save mankind, is now cuddled tightly on Joseph’s chest to evade the sword. They are also covering his mouth so that the sound of his cries is not heard.

The night felt like weeks. A trip from familiar surroundings to completely unfamiliar surroundings. A trip departing from Jerusalem, the symbol of divine presence, to the land of Egypt full of slavery and idol worship. Chills, hunger and thirst haunt them all at once. Some nights passed where Joseph made it to the morning with Mary and the baby on his lap. Homeless and nameless, they were like wandering nomads.

Simeon’s prophecy of the sword gradually began to drastically affect the Holy family. The heavens did not really do any special miracle during this journey. We don’t see Heaven sending angels to protect the divine baby. “O Most Holy Lord, who can understand your ways? You are a God who, when a prophet was hungry, provided him food through birds and angels, who sent the pillar of cloud and pillar of fire to lead God’s people through the wilderness, but granted only faith to the Holy family in their journey. When they travelled like wandering beggars, aimless foreigners; and when they had to put their head down like fools, you silently watched... How can we understand you, who calmly loves and hurts us...?”

However, the presence of this Holy family in Egypt completely changed the history of the nation. The Divine Child began to redeem sinners and heal the sick. Demons began running away

terrified. In a land of idols, Mary and Joseph spread the good news of the living God.

Prayer: O St. Joseph, please help us to always remember the truth that we are expatriates on this earth and that our true abode is in Heaven. Amen.

(Recite the daily prayers on pages 7-10)



Day 9

Sixth Sorrow - The Return from Egypt

Scripture: “Rise, take the child and his mother and go to the land of Israel, for those who sought the child’s life are dead.” He rose, took the child and his mother, and went to the land of Israel” (Matthew 2:20-21).

Reflection: Amidst utter poverty and complete hardship, the Holy family makes headway in an unfamiliar town. When Mary is at home with baby Jesus, Joseph works at his carpentry job. Jesus began to grow. The laughter and cries of the growing child filled Joseph’s evenings with much joy. Time and again when the child came to him calling him “Daddy,” Joseph would explain to him all about the Heavenly Abba. God blessed the days of the Holy family in times of hardship and migration.

As Jesus advanced in age, Joseph and Mary were so happy. After the glaring heat of the day, when Joseph came home, the moments they shared together were beautiful, sharing the Word of God and praying and in the silence of the night caressing the hands of Jesus together. Joseph pondered: “These hands - so many sick

people are to be healed by these hands. My son will be the solace to so many people. My son who only knows to love, my Jesus!”

It was now time to leave Egypt and go to the land of Israel. Joseph received the next message in a dream: “Return to your hometown. Herod who sought the child’s life is dead.” It is to be noted that it was to Joseph that God informed the intricate details of their travel. God always conveyed all divine messages to the head of the Holy Family. Responsibility is given according to the call of each person - not even once did they fail to fulfill the wishes of their Heavenly Father.

Now that they were accustomed to life in Egypt, it must have been very stressful to begin another journey. It was time for Joseph to return with Jesus and Mary. He was unsure of the way to Nazareth. Nevertheless, they bid goodbye to their loved ones and left the house.

In our spiritual journey, God usually only allows us sufficient light to see the next footstep. This is so that we depend more on him and seek his protection more. If we depend only on ourselves, the likelihood of taking a wrong turn increases.

When the journey was moving forward, bad news reached Joseph. Herod’s younger son Archelaus was reigning over Judea in place of his father Herod. The Lord instructed in a dream: Go to the region of Galilee and dwell in a city called Nazareth.

O great father Joseph, in the midst of a journey filled with hardships, how peacefully you moved on. Even when you were undergoing extreme sorrow, you moved forward holding close to you the ultimate joy of Paradise. Even when the source of Living Water was with you in your travels, how much you ached for drinking water. Even though the Bread of Life was with you, how long you wandered seeking your daily bread. We also need your spiritual courage. Nurture us too with your hope.

Prayer: Since Jesus was with you in your journeys, St. Joseph, you were sure that you would not get lost. In this life full of suf-

fering, help us also to hold on to Jesus firmly. Amen.

(Recite the daily prayers on pages 7-10)



Day 10

Seventh Sorrow – The loss of Child Jesus

Scripture: “Thinking that he was in the caravan, they journeyed for a day and looked for him among their relatives and acquaintances, but not finding him, they returned to Jerusalem to look for him” (Luke 2:44-45).

Reflection: It was typical for Joseph to go to the temple of Jerusalem for the feast of the Passover. When Jesus was 12 years old the Holy family went together for the feast - a feast that lasted seven days. They were returning home after the seven days of celebration.

Mary was with the other fellow women travelers, and Joseph was with other men acquaintances. Mary thought that Jesus was with Joseph, and Joseph thought Jesus was with Mary. Both of them wished that Jesus was with each of them. Not only that, but they also loved talking to other people about their son Jesus.

When they arrived at their resting place in the evening, they realized that Jesus was not with either of them. They both considered it their failing not being able to protect their own son. Imagine the anguish and distress they experienced on losing Jesus!

More than any agony, this sorrow truly broke Joseph’s heart. As Joseph endured the other sorrows, he understood the reasons for those sorrows. However, he did not know the reason for this

particular sorrow. Typically, if you know the reason why you have to endure any kind of suffering, then you may be able to bear that suffering, but what if you had no idea why?

Besides, Jesus was in their midst during other sorrows. Now Jesus is not with them. “Did he leave me because I didn’t have the holiness needed to care for him? Or could it be because he was offended by my behavior?” That father’s sadness turned into weeping: “My Jesus, my son, where are you? Where are you hiding yourself? Please tell me if there is anything in me that is causing you to be separated from us. Your mother is holy. My son, I am unable to move even an inch without your loving presence!”

The moment they realized Jesus is missing they started searching for him. They frantically asked whomever they saw about Jesus’ whereabouts. What felt like journeying in the light, now felt like dragging through the night. They walked in silence, their souls were weighted down with sorrow. Joseph’s pain was as great as Mary’s. In the earthly paradise Adam had blamed God, and Eve had blamed the serpent. Here, each one took the blame and excused the other. Neither wished to humble or make the other responsible for the trail that overwhelmed both.

O Jesus, where were you in those days? Had you been that day to Gethsemane, the place where, in the coming years, you will sweat blood in immense pain? Did you travel to the nearby hill, Calvary? In your twelve years of age itself, were you wandering around seeking the places that you would need to submit to your Abba?

When they reached the temple of Jerusalem and saw Jesus there, the sorrow of Joseph and Mary vanished. They rejoiced over their son who was listening about his Abba.

Dear St. Joseph, please remember that our era is one where very often children are being stolen from the palm of their parents. Our children are getting lost outside of the Church, not inside the Church. There are so many mothers and fathers in great emotional distress when they see their children being misguided by worldly ideologies. When Jesus was lost for three days, you underwent

so much agony. In this time, could you please return to us our children who have strayed from Jesus for many years? May you give the sorrow in your heart for this intention?

Prayer: Glorious St. Joseph, you kept the Lord close to you in all situations of agony, please fill us too with your hope and love. Amen.

(Recite the daily prayers on pages 7-10)



Day 11

St. Joseph, A Graceful Father

Scripture: “But a shoot shall sprout from the stump of Jesse, and from his roots a bud shall blossom. The spirit of the LORD shall rest upon him” (Isaiah 11:1-2).

Reflection: After the bride of the Holy Spirit, Mary, is there anyone that the Holy Spirit rested so much on? Holy Mary would have found happiness in Joseph who always surrendered to the voice of God. Joseph was always attentive the will of God and never failed to act on it.

Righteousness dwells in those who obey the Holy Spirit. Sanctity is loving God and one another. Their sin will be made distant. There will be growth in good deeds. Graces will bear fruit in their life. The Holy Spirit is present wherever Jesus is present. Since Joseph was with Jesus, the Holy Spirit was present wherever Joseph was present. That precious dove of Heaven could never leave the presence of Joseph, who always obeyed the Holy Spirit, took even his dreams seriously, and never hurt the Holy Spirit even once. You may ask, how can we accomplish this? Pray peacefully. The minds and hearts that do not pray will not be able

to decipher the intentions of the Holy Spirit.

Do not be afraid if you are wondering whether this can be accomplished amidst a busy life. You just need to experience the presence of God in your life situations. Your heart just needs to be one with God in your prayers.

Sanctity is everyone's right. People who are in any kind of divine vocation can become holy. Saint Joseph was not a priest or a prophet. He was just a simple carpenter. But the heavenly spark definitely fell on Joseph much more than any other religious person during that time. When we receive the Sacraments with faith, when we participate in prayers with hope and when we exercise love in our relationships with one another, the indwelling Spirit in us grows immensely. Let us renounce anything that does not please the Holy Spirit. Then, the spark that was in this righteous man, will also be ignited and grow in us. When we consecrate ourselves to Joseph, he will mold us to be docile to the Holy Spirit.

Joseph possessed all seven gifts of the Holy Spirit. These were necessary for him in order to be the protector of both Mary and Jesus. He, whom God has entrusted to be our protector, will transmit these gifts to us too. Let us seek the help of Joseph to be filled with these seven gifts so that we can attain perfection.

I need the Spirit of Wisdom to be able to decipher what is temporary and what is permanent. I need the Spirit of Understanding that helps brighten my intelligence to recognize the divine truth, the truthful way. I need the Spirit of Counsel for thoughts that please God, and to choose God's ways. I need the Spirit of Fortitude to be able to accept the crosses of my daily life and for the courage to renounce all things that are against eternal salvation. I need the Spirit of Knowledge to help me to know God and to understand myself. I need the Spirit of Piety to obtain sweetness and happiness in serving God. I need the Spirit of Fear of the Lord to grow in deep love and sovereign respect for God in me.

Joseph was completely obedient to the Holy Spirit who dwelt in him powerfully. Let's go to Joseph who provides bountifully to

those who ask him. Joseph will increase the Holy Spirit in your life.

Prayer: Dear St Joseph, who is filled with divine gifts, please help us to lead grace- filled lives. Amen.

(Recite the daily prayers pages on 7-10)



Day 12

St. Joseph, Helper of Marian Devotees

Scripture: “Then he said to the disciple, “Behold, your mother.” And from that hour the disciple took her into his home” (John 19:27).

Reflection: Mary was entrusted to the care of John as he stood at the foot of the cross. From then on, the disciples received Mary into their own homes and hearts. However, long before this, Mary was received into the heart and home of Joseph! Joseph lived and died in the presence of Mary, his everlasting soul partner and Jesus. Let us welcome Mary just as we welcome Joseph.

Mary was someone who lived a life of chastity from her childhood. In the midst of that, she received the Word from God about her marriage to Joseph. God’s ways are so profound! We may not be able to fathom them. When she revealed this to the priest, he said: “Dear daughter, the Lord is pleased with your righteous wishes. However, it is God who is giving you a fit husband from the line of David.”

Mary only knows how to say Amen to the will of God. Joseph explained to his betrothed: “My dear bride, I am very thankful to our heavenly God for his mercy in choosing me, a man of no

worthiness, to be your husband. Merciful God showed me mercy to lift up the humble at the right time.” She humbly replied: “My most dear Master, to enter into this state of life, the God Almighty has granted me you as my husband. I am blessed.”

O glorious Joseph, allow me to love you just as Mary loved you. Joseph was the husband who knew the glory of his wife. He contemplated: “She is the mother of the Son of God. The Ark of the Covenant. In the Old Testament, the Ark of the Covenant remained in the house of Obed-Edom for some time, and the Lord blessed him immensely. If so, how much more blessed it is for the real Ark of the Covenant to be carried during an entire human life! The Lamb for the sacrifice, the Altar and the Ark of the Covenant, are all here in my home!”

No one has more fervency than Joseph to bring you to Mary and to the Son of God. In addition, Jesus is very happy when he sees someone loving his father. Jesus knows that his father will take care of them just as he took care of him. In the same way, Joseph too is very happy when he sees someone loving and respecting Mary, because he knows that they are respecting the Queen of heaven. A soul who comes to her will never fail to see the face of the King of kings. Who else has fully understood the election of Mary as the Mother of God and her glory? The heart and home of Joseph were filled with the light of Mary’s presence.

Mothers are greatly needed in this world. If she is absent, then the splendor of the house will vanish. Let us pray to St. Joseph to grant us good mothers like Mary. St. Joseph knows that the surest, easiest, and fastest way to the King is through the Queen.

Prayer: O Holy Joseph, the abode of Marian devotees, please intercede for us to Jesus to send to this earth holy mothers like Mary. Amen.

(Recite the daily prayers on pages 7-10)



Day 13

St. Joseph, Pillar of Families

Scripture: “Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff comfort me.” (Psalms 23:4)

Reflection: The Holy Family is the image of the Trinity. The Trinity is the relationship between the Father, Son and Holy Spirit. Joseph, Mary, and the Son of God entrusted to their care, together make the Holy Family. One family is in Heaven, and the other on Earth. One is the family of God, and the other is the earthly family of the Son of God. They were the trinity of Nazareth. They were filled with love and self-giving. Families will become like the Holy family when we love each other in a self-giving way.

In one way, isn't the Holy family of Nazareth the first church family? When we become a member of this family, we also become a member of the heavenly family.

Can you become a child in the hands of Joseph? He will unite you to the Holy family. He will care for you like the son or daughter of God. Only parents like Joseph and Mary will receive children similar to Jesus. Only children like Jesus will receive parents like Joseph and Mary. How can this happen? We need to cultivate love, understanding and trust between each other. Love each other with self-giving love forgetting oneself. Seek the guidance of the Holy Spirit.

See, how respectfully and humbly Mary took upon her the blessing of giving birth to the Son of God! How nobly Joseph undertakes the care of the Son of God and his mother and protects them! Let us meditate on a dialogue: Baby Jesus looks at Joseph,

smiles and says: “My dear Papa, do you know how much I love you? How I love to be in the arms of my father! I am able to experience protection in these hands at all times.”

Know that the feeling of safety that children experience in the arms of their parents makes them so full of courage.

Joseph says to Mary, entrusting baby Jesus to her: “Mary, you take care of the baby. He will be able to experience the utmost happiness and satisfaction in your most holy and chaste arms. Your presence is always cheerful for him.”

A family where each one competes with the other in loving and understanding. A family that is not tired of giving encouragement and humbling themselves. They remain as one during the pains of poverty and the hardship of migration. No evil strength could break the chain of love between them. What a beautiful Holy family! Let us seek refuge in Joseph in this era where the sacredness and holiness of families are being lost. The future of children is regressing because of the unwise behavior of the fathers and the unloving care of the mothers. The disrespectful behavior of children breaks the hearts of parents.

Let us turn towards Joseph. O Holy St. Joseph, look upon the increasing divorce rates, the spread of conflicts, and the loss of faithfulness. O, caretaker of the Holy Family, who sees how the world is accepting the laws of same-sex marriage and abortion. Can you watch peacefully when family relationships that keep Jesus away are getting destroyed? Do take the initiative to help us. Beloved St. Joseph, the pillar of the family, teaches us the importance of motherhood, fatherhood, and children.

Prayer: O St. Joseph, caretaker of the Holy Family, please nurture our families with love, trust and holiness. Amen.

(Recite the daily prayers on pages 7-10)



Day 14

St. Joseph, Protector of the Holy Church

Scripture: “And so I say to you, you are Peter, and upon this rock I will build my church, and the gates of the netherworld shall not prevail against it” (Matthew 16:18).

Reflection: You who are the caretaker of the Holy family, O St. Joseph, did you ever think that God would appoint you as the protector of the Holy Church? Who else has the strong hands to protect baby Jesus and Mary from all evil? There is no one to replace your holiness, simplicity and courage. Today’s Church and God’s children are going through the same temptations and evils that the Holy Family faced. Let us seek refuge in Joseph.

Mary is the first image of the Church. Mary, who submitted herself completely for the Word to become flesh. Mary, who followed her son Jesus all the way to the cross, who prepared the scattered disciples for Pentecost, who adorns and prepares the Church for the second coming of Christ. It is to Joseph that God entrusted Mary because no one would have loved her as much as Joseph. We thank you Heavenly Father, for appointing St. Joseph himself, capable of giving so much love and protection, as the protector of the Holy Church. We are sure that our journey to heaven will be completely safe in these holy hands. Just as he loved Mary, Joseph loves the Church.

Even though there are many saints and blessed in the Holy Church, it was St. Joseph who was proclaimed as the Patron of the Universal Church by Pope Pius IX in 1870. He will protect the Holy Church just as he protected the Holy Family. The Church is defended not by sword or an army, instead by testimony of the holy life led by God’s children. The highest ranks in the Church are not held by those who possess authority and power. Instead, by the holy ones, including men, women, young and old. The Church waits adorned with holiness for the second coming of Christ.

O righteous St. Joseph, please see that today the Church is swaying roughly in gusts of wind. The nations and constitutions who formerly stood for the sake of your beloved Jesus, today not only do they not bear that name, but instead are showing more interest in completely distancing themselves from Godly values. The Church also seems to fail in taking a strong stand for moral values. The day in which we live are filled with scandal, confusion, and division. Let us look at St. Joseph and beg for the mercy of God. The worldly powers stand outside the Church and start attacking. Inside the Church we see the work of the spirit of the world is increasing. Please remind us once again that the Church is a divine organization led by sinful human beings. Please teach us that the Church is our Mother, and that the glory of the Church is sanctity. Joseph will protect the Holy Church just as he protected baby Jesus and Mary when they accepted the divine instructions and faced the plots of the evil powers against the Holy family.

Today the Church experiences a winter, but we can be sure that spring won't be too far away. Since we are witnessing the passion and death of the Church now, the resurrection is near.

Prayer: O St. Joseph the protector of the Holy Church, please defend the Church. Please take care of the shepherds. Please protect the believers. Amen.

(Recite the daily prayers on pages 7-10)



Day 15

St. Joseph, Noble Offspring of David

Scripture: “An angel of the Lord appeared to him in a dream, saying, “Joseph, son of David, do not fear to take Mary your

wife, for that which is conceived in her is of the Holy Spirit” (Matthew 1:20).

Reflection: It is absolutely fortunate to be born in a noble family. From all the prophecies about Messiah, it’s evident that He would be a descendant from the tribe of Judah. Behold, the Lion of the Tribe of Judah, the Root of David has triumphed (Rev.5:5). Joseph was the progeny of this royal legacy. The history of redemption portrayed in the new testament begins by describing the ancestral history of Joseph. The entitlements and privileges of this royal ancestral lineage were passed on to Jesus through Joseph. Therefore, when Jesus is hailed as the “son of David, it becomes very fitting that Joseph is remembered due to the merit of his lineage. The Gospels refer to only two persons as “Son of David”: Joseph and Jesus.

O, most glorious Joseph, we are delighted to remember that the name and the legacy of the Son of God was formed through you. How great is the acclaim that the Heavens bestowed on you! When we remember you now, we are enchanted by the memory of all the traditional hymns you chanted into the ears of Jesus: “Hear, O Israel! The Lord our God is Lord alone! You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.” (Mark 12:29-30). This would merely be one example from all those you sang for Him.

Joseph, who is chosen to be the earthly head of the Holy Family is the fullness of the patriarch Joseph. According to Pope Leo XIII, Patriarch Joseph is indeed a foreshadow of St. Joseph, the guardian of the Holy family. This resemblance is evident merely not in the name, but also in the life journey. Both Josephs’ parents were called Jacob and Rachel. Just as Patriarch Joseph was the subject of special affection of his father Jacob, St. Joseph was specially loved by our heavenly Father. Patriarch Joseph was sold by his brothers to be a slave, while St. Joseph was plundered by relatives after the death of his parents. In line with traditions of the time, it is believed that St. Joseph had to flee from his hometown to Jerusalem.

Another remarkable resemblance is that God spoke to both of them in their dreams. To the older Joseph, God gave the gift of being able to interpret dreams and thus foretell his own destiny. That latter Joseph, too, received in dreams the directions of God wished him to follow. Both of them were holy and just in the eyes of God. Both Josephs, by a chain of providential circumstances, were led into Egypt. When Patriarch Joseph stood faithful before God by not touching the wife of his master, St. Joseph proved his faithfulness too by being a chaste guardian of the spouse of the Holy Spirit. The first Joseph had stored grain in the granary for the Egyptians and for his family. So, too, the second Joseph was charged with providing bread for the family at Nazareth, and later he was to be given the mission to safeguard the eternal Bread of Life. Patriarch Joseph became the refuge to his father and brothers. Likewise, St. Joseph is the haven and consolation for all the believers. In the way God appointed patriarch Joseph as the lord of Egypt, he designated St. Joseph as the lord of all the believers.

Prayer: Dear St. Joseph, the noble son of David, help me and my family to understand and accomplish the mission of our lives. Amen.

(Recite the daily prayers on pages 7-10)



Day 16

St. Joseph, Light of Patriarchs

Scripture: “For you were once darkness, but now you are light in the Lord. Live as children of light, for light produces every kind of goodness and righteousness and truth” (Eph. 5:8-9).

Reflection: Isn’t God the Perpetual Light? Sun, moon, and stars

may be considered the epitomes of God's creation. The Moon and all other planets illuminate themselves by receiving light from the Sun. The Sun alone does not have any shadows. In essence, there is no substitute for Sun. Is there any darkness not dissolved by the Sun? How long can the shrouds of dark clouds hide Sun from our sight?

Lucifer was the guardian of Light, the one who was ordained to disseminate light. Forgetting the fact that he was merely a keeper, he tried to ordain himself above God, the perpetual Light. Behold the words of Prophet Isaiah: "How you have fallen from the heavens, O Morning Star, son of the dawn! How you have been cut down to the earth, you who conquered nations! In your heart you said: "I will scale the heavens; Above the stars of God, I will set up my throne; I will take my seat on the Mount of Assembly, on the heights of Zaphon. I will ascend above the tops of the clouds; I will be like the Most High!" No! Down to Sheol you will be brought to the depths of the pit! (14:12-15).

Pride and disobedience tossed Lucifer into the trenches of eternal darkness. The carrier of light became the idol of darkness! This marks the starting point of the everlasting animosity between him and all the wayfarers and bearers of Light.

The long array of Patriarchs originating from Abraham culminates in St. Joseph. All the patriarchs of the Old Testament foreshadowed the paternal light of God shining through the fatherhood of St. Joseph. He is the last of the patriarchs of the Old and the first of the saints of the New. Though the Light of God was vividly reflected on the faith of Abraham, the obedience of Isaac and the Wisdom of Solomon, its fullness is manifested in St. Joseph. Jesus, the Eternal Light, practically grew up in his hands. Yes, the Light found abode in his arms. Blessed are you who gathered the Eternal Light in a loving embrace! Oh, dear father, the light inside of you is brighter than a thousand Suns!

St. Joseph joined with the Fire to become an ember of fire. The one who became light by keeping the Light close at hand. When the Eternal Light foreseen by the patriarchs and proclaimed by

the prophets came to the world, St. Joseph availed himself to this Eternal Light with extreme humility and obedience. Only light can preserve light, not darkness. Therefore, the incarnation of Jesus required a father who could be the bearer of light.

Darkness couldn't overpower the light in St. Joseph. In comparison to all the patriarchs who ardently waited for the arrival of Jesus, how great is St. Joseph who held Jesus in his arms and fostered Him? Let's find our Savior in the light of this father of ours.

Christ said, "You are the light of the world" (Matthew 5:14). Yes, Joseph indeed is the Light. Let us call St. Joseph to light our world which is drowning in the whirls of darkness. Dear father, do not let the darkness triumph. Be our refuge when dark nights and hopeless days engulf the flames of Light in us.

Prayer: Dear St. Joseph, the light of patriarchs, help us to conserve and stir up the flame God has lit in our souls. Amen.

(Recite the daily prayers on pages 7-10)



Day 17

St. Joseph, An Accepting Father

Scripture: "We accept good things from God; should we not accept evil?" (Job 2:10)

Reflection: Meditate on our mighty God who transforms barren deserts into thriving oases and brings forth fresh water out of hard rocks. Life is not always a walk in the park, it involves treading through stony ways as well. It is the same God who allows smooth and straight paths in our life, while permitting us to waddle on rock-strewn trails. When we learn to traverse both these ways

with composure, we evolve to become His ideal children. Even though God entrusted the most Holy Virgin Mary into St. Joseph's hands, he allowed St. Joseph to be tormented by her pregnancy. Though he suffered doubts and anxiety, he completely trusted the message of the angel. Joseph accepted Mary unconditionally.

Haven't you faced difficult times which were beyond your comprehension? The unexpected demise of a beloved person, torments of illnesses of unknown origin, misery, misunderstandings, downfalls, or defeats. All these misfortunes fall beyond human understanding. We should learn to receive good as well as bad times from God's hands. Otherwise, we may stumble in our spiritual journey. Nor should ever think that believing means finding facile and comforting solutions. Our spiritual journey becomes fruitful only when we receive every sustenance God provides us without grumble or grievance. Let us learn this lesson from St. Joseph.

The mystery of the incarnation was not vividly revealed to St. Joseph when God gave the Virgin Mary as his spouse. Therefore, the Incarnate Word in her womb evoked both sorrow and joy in St. Joseph. On one hand, the joy at the arrival of the Messiah, whom the patriarchs and matriarchs anticipated for centuries. But on the other hand, he was deeply troubled by the thoughts of unworthiness to be entrusted with the Mother of God and the Messiah. It was not at all easy for Joseph to resolve to leave her. Even in the midst of these afflictions, he called upon God's name and submitted himself to the divine direction given in his dream. Perhaps he spoke to God earnestly; "O Lord, the true refuge of afflicted, I am unable to comprehend the state of affairs around me. Still, I submit myself entirely to your will." O most revered St. Joseph, when we find ourselves troubled by incomprehensible circumstances, reveal your heart to me, which freely accepted everything from God.

When God decides to exalt someone, He may permit a period of abandonment. When the soul goes through this deprivation for a period of time, it grounds itself firmly in the trust of God to advance in its spiritual journey. The co-travelers might have ridiculed St. Joseph for taking his fully pregnant wife to Jerusalem. They

might have hurt him with rude assumptions like; “How could a man be so discourteous? Who would take a full-term pregnant wife for such a strenuous travel? He must really be lacking empathy and love!” What response can be given to such people? Another incident that inflicted deep torment on St. Joseph was when he lost child Jesus in the temple. What can a mere man do, when God himself keeps silent?

Even when we feel that everything has failed and that nothing is going right, we should not be afraid. God can bring out beautiful blossoms even amid a difficult and unpaved pathway. Practice accepting the life circumstances which we cannot change. St. Joseph was certain that the God who called him was faithful. Let us pray to our Lord, who turns every misfortune into a blessing. The spiritual path that Joseph traces for us is not one that explains, but accepts.

Prayer: Oh, dear St. Joseph, help us to trust in God in all circumstances of our life, and especially on those moments when God’s ways do not line up with our limited understanding. Amen.

(Recite the daily prayers on pages 7-10)



Day 18

St. Joseph, Lover of Poverty

Scripture: “Blessed are the poor in spirit, for theirs is the kingdom of heaven” (Matthew 5:3).

Reflection: The Holy Family embraced poverty throughout their life. Joseph was a carpenter who worked for daily wages and his wife Mary was a stay-at-home mom. According to the Law of Moses, the firstborn needed to be presented in the Temple with

appropriate offerings in addition to completing the requirements for purification of the mother. “When the days of her purification for a son or for a daughter are fulfilled, she shall bring to the priest at the entrance of the tent of meeting a yearling lamb for a burnt offering and a pigeon or a turtledove for a purification offering. The priest shall offer them before the LORD to make atonement for her, and thus she will be clean again after her flow of blood. Such is the ritual for the woman who gives birth to a child, male or female. If, however, she cannot afford a lamb, she may take two turtledoves or two pigeons, the one for a burnt offering and the other for a purification offering. The priest shall make atonement for her, and thus she will again be clean” (Leviticus 12:6-8). St. Joseph offered the latter, because they couldn’t afford the lamb.

O, Jesus, the divine Son, you have been observing all these incidents. During your public life, you were full of praise for the poor widow who deposited two small copper coins as offerings in the Temple! St. Joseph also offered all his life savings in the Temple for blessed Mary. The poor widow did the same thing by dropping everything she had in the Temple. God acclaims those who offer everything to God without setting aside anything for themselves. God’s providence is their only asset. Despite his poverty, St. Joseph had total faith in God’s provision.

How did you find sustenance on the journey to Egypt? Was it by selling the gold, incense, and myrrh offered by the wise men? The holy family must have praised God immensely for His providence. Yes, our God will never abandon those who trust in Him. It’s His mighty hand that brought food for Daniel in the lions’ den, fed Elijah through a raven at the spring of Kerith, provided manna and quail for Israel in the wilderness. He will neither leave you nor forsake you.

Why did God, the master of everything in the whole universe, allow His beloved Son to be born into poverty? Joseph told Mary, “Behold how our Holy God is embracing poverty? In order to be close to the poor, he became poor. Yes, he loved the poor so much, that he became poor too. Would he be born to us if we were not poor? Would we be able to experience the joy of divine mysteries

then? Mary replied, “Certainly not! God has opened our eyes to recognize our nothingness. How can we even live for a moment without God’s mercy?”

The Holy Family found themselves lacking even the basic necessities despite working hard for sustenance. The poor in spirit are those who have God alone as their portion. To gain everything, we have to recognize our nothingness first; absolute renunciation to inherit the whole. O, God help me to embrace poverty and nothingness.

Poverty is a weakness. Nevertheless, God’s power works best in weakness (2 Cor.12:9). Thus, we are made capable of finding happiness in weakness rather than in strength. When we are strong, we may feel that we don’t need God’s help. Whenever we accept our nothingness, God presents himself as the sweetness of our souls and the strength of our hands.

Prayer: O, St. Joseph, who led the holy family recognizing God alone as your wealth, help us to be poor in spirit. Amen.

(Recite the daily prayers on pages 7-10)



Day 19

St. Joseph, Most Vigilant

Scripture: “Joseph rose and took the child and his mother by night and departed for Egypt. He stayed there until the death of Herod, that what the Lord had said through the prophet might be fulfilled, ‘Out of Egypt I called my son’” (Matthew 2:14-15).

Reflection: Slumber in sin is one of the greatest blows that original

sin inflicted on man. The Son of God came to wake humanity from this sinful sleep. “Awake, O sleeper, and arise from the dead, and Christ will give you light” (Eph. 5:14). Jesus purchased for us the grace of living in the presence of God. He invited us to rise from the drowsiness of sin to the revival of goodness.

We become vigilant when we live in God’s grace. That’s why Pharaoh handed over the administration of the Kingdom to Joseph, the son of Jacob, who was prudent and wise. God gave him the grace of wakefulness. He foresaw the great famine, and the distress people will endure. To overcome the years of famine, he prepared for it with granaries which didn’t fall short.

The Joseph in the New Testament guarded and defended Jesus, the true Bread from heaven for all human beings. He adhered to every instruction given by God to protect the child and mother. God saw that Jesus, the Savior, and Mary would be safe in the hands of the ever-vigilant Joseph. Therefore, St. Joseph is the protector of the Church as the Church is nothing but the extension of Christ Himself. Only those who are vigilant about the enemy are put in charge of most Holy things. Remember the advice - do not throw pearls in front of pigs.

Every believer has to be vigilant. We need to be vigilant to avoid evil, and to devote ourselves to good work (Prov. 4:16, Tit. 3:8). Remember what God says to Cain “If you act rightly, you will be accepted, but if not, sin lies in wait at the door: its urge is for you, yet you can rule over it” (Gen. 4:7).

How many virtues have been forfeited by us due to lack of watchfulness and prudence? St. Joseph followed the ways lit by the angels and thus saved the Holy Family from the sword of Herod. He was alert while awake, in sleep, and in darkness. The tribulations the Holy family endured are many. They fled to Egypt to rescue the child but the trials in Egypt were probably worse. But the invincible self-control, fortitude, and courage of Joseph overthrew the works of the devil.

Gracious Father, we are also aware of our guardian angels. Still,

sometimes we are unable to listen or obey them. We have closed our ears to God's voice. When our hearts fall short of holiness, the springs of life dries up. And we fall asleep. Help us to be awake and alert. O loving St. Joseph, may you be our father so that we may reach at the heavenly safely. May we entrust ourselves to your diligent care and support.

We need this alertness to respond productively to the needs of others. God guides those who choose to live in His presence. Let us glorify our God who saves us with his angels from falling into the trenches of evil and draws up those who fall into that abyss.

Prayer: O, most vigilant St. Joseph, help us to discern the signs of the times and live wisely. Amen.

(Recite the daily prayers on pages 7-10)



Day 20

St. Joseph, Guardian of Life

Scripture: A thief comes only to steal and slaughter and destroy; I came so that they might have life, and have it more abundantly (John 10:10).

Reflection: Life is an invaluable gift from God. We are the caretakers of life, the ones who appreciate, respect, and nourish it. Every child born is a sign that God hasn't given up on humanity yet. Still, we cannot ignore the culture of death that kills our society. The cultures that don't respect life are on their path toward extinction.

A mother's womb is the safest place for a child. During this

time, the fetus receives the breath and food from the mother. Yet, are you not frightened to see the mothers who perceive their child as a threat to themselves and a society that is reluctant to welcome a child? Yes, every act against life, especially the outrageous ones to unborn children who are unable to defend for themselves, wounds humanity immensely.

The pivotal scene of St. Joseph's story is his efforts to save the new-born child and his mother. Joseph offered his life entirely to serve the divine child born of Mary. The birth of every child is a good news, whereas the birth of Jesus was the good news for the whole of humankind itself. Nevertheless, Herod and his troops riled against child Jesus. Many infants were killed at Herod's orders and some lineages must have come to an end during that terrible time.

The Holy family fled to Egypt on receiving instruction from God's angel. The long tiring journey, the hunger, the wandering and dismay were all efforts made for safeguarding life. We can stand for life only when we appreciate it. If it was the wailings of a few innocent children that ascended from Bethlehem then, now the silent cries of thousands of unborn children soar from the earth every single day. Who will teach us that this onslaught on life in fact will be debilitating to all of humanity?

O loving St. Joseph, you have suffered so much for a child who was not born of you. You could have asked God to save His own son. You could have ignored the message of angels. You could have given up hope while wandering like a refugee. You could have argued against God and Virgin Mary. Nevertheless, O, great father, you have shown us how to be a father. You have taught us how to guard the lives of others by denouncing one's own life.

Nowadays, nations are competing to pass bills to destroy unborn children. Children being hindrances to modern life have become the popular precept. Should we defend a child born out of marriage bonds? Should we deliver a child who is not welcomed? Should we protect a child conceived out of a deceptive relation-

ship? Should we receive a child who may become a liability to family and society? Life is slaughtered amid these questions. Let us receive prudence from St. Joseph, patron of the unborn, to safeguard every sprout of life that God installs in us from its moment of conception.

Prayer: St. Joseph, the faithful guardian of life, there are many among us who are wounded by being henchmen and butchers of life. Make us guardians of life. Amen.

(Recite the daily prayers on pages 7-10)



Day 21

St. Joseph, Patriarch of Hope

Scripture: “The Lord, your God, who goes before you, is the one who will fight for you, just as he acted with you before your eyes in Egypt, as well as in the wilderness, where you saw how the LORD your God, carried you, as one carries his own child, all along your journey until you arrived this place” (Deut. 1:30-31).

Reflection: Just like God instructed Israel, St. Joseph instructed Jesus. He taught him to walk, helped him to learn the Holy Scriptures, instilled a kind and tender temperance in him, chanted prayers for and with Him, and set examples to be courageous in plights. It’s not sure whether God provided supernatural providences to the Holy Family from the birth of Jesus till the beginning of His public life. A mother, a father, and a son truly confronting life thus creating miracles amidst them. Joseph was the true ‘miracle’ by which God saves the child and his mother. How great is God’s trust in us! He sends us forth freely after training our hands for

war, and our fingers for battle (Psalm 144:1).

Joseph and his family didn't walk on comfortable roads. He had to go through an inner struggle even before starting a life with Mary. He spent countless sleepless nights. He was troubled by thoughts of unworthiness to be the father of the divine child born of Mary and desired to distance himself from her out of reverence. It was then that the angel of God affirmed him saying, Joseph, do not be afraid to take Mary as your wife, for the child within her was conceived by the Holy Spirit. These words instilled in him not only the paternal rights but also the might of hope. From that moment onwards he walked unshaken in all the crises as God's words echoed in his ears: "Do not be afraid."

'If at times God seems not to help us, surely this does not mean that we have been abandoned, but instead are being trusted to plan, to be creative, and find solutions ourselves.' Every problem we encounter turn into a possibility by trusting in divine providence.

When the Lord had said to Abraham to "Leave your country, your people and your father's household and go to the land I will show you"; he went without knowing where he was going (Gen 12:1, Heb 11:8). He reasoned that the one who called him is more faithful than himself. Similarly Joseph received no vivid directions while taking Mary as his wife, or while fleeing to Egypt or after returning to Nazareth. When we realize that the God who called us will provide for us, we will not be frustrated.

Dear father, we are living in a desperate world. The virus of hopelessness is more contagious than pandemic virus. The beacon of hope is wavering in the calamitous state of the world with broken marriages, divorces, soaring suicides, unemployment, spiritual lukewarmness and decay of values. We are terrified by the degradation in the political and spiritual sectors. O Father, you know our concerns about future generations. Our frailness chases us in our personal lives. Our families are broken due to infidelities. We are debilitated in desperate times. Be our help, Holy father, who guarded the savior.

Prayer: O St. Joseph, the haven of the hopeless, the help of

the destitute, the refuge of the sick, impart to us the hope heaven has instilled in you. O Patriarch of hope, come to rescue us, your children, from the whirlpool of hopelessness. Amen.

(Recite the daily prayers on pages 7-10)



Day 22

St. Joseph, Most Pure

Scripture: “No balance can weigh the value of a chaste heart” (Sirach 26:15).

Reflection: Our gracious father St. Joseph, God blessed you with a pure heart as white as snow. You devoted yourself entirely to be at the service of Mary and to nurture the Son of God. You lived your whole life in God and God in you. Our hearts struggle to cling to purity. Our hearts are breaking when we do not do the good we want, but we do the evil we do not want. We fail to offer to God our bodies which are temples of the Holy Spirit. We commit more sins than the temptations we overcome. O most pure Joseph, help us with your fatherly affection.

We have not safeguarded our childhood holiness and the innocence of adolescence. We have stumbled in our youth. We seek refuge in you gracious father, to be filled with new grace and to a pure heart. Joseph helps us to set ablaze the holiness in us. Those who are pure in heart, see God. (Mat. 5:8) Who would have seen the Son of God in the eminent way St. Joseph did?

We need to purify the love in our hearts. Undivided love is the purest and holiest. The heart which loves and wants everything is divided. ‘Love the Lord your God with all your heart and with all your soul and with all your strength and with

all your mind'; and 'love your neighbor as yourself' (Luke 10:27). We love God; nonetheless, not wholly. While embracing creation and creator simultaneously we lose our purity. One should incessantly cleanse our love with sacrifices and prayer.

Where will we belong when the Lord weighs our hearts? Holiness is the life of the soul and the queen of virtues. The golden dove of heaven loves to nest in pure hearts. When we give our hearts entirely to God He dwells there. Joseph was filled with the fragrance of purity. He offered his heart entirely to God even before he was called to be the father of the Savior. Heaven exulted when the Son of God was entrusted in the hands of Joseph to be nurtured.

Our ancestors stumbled by the offences of the eyes. They failed to control the senses which is the fortress of the soul. The eyes which saw God were stranded in the luster of creation. Whereas Joseph and Mary didn't take their eyes off the child they held in their hands. Their lives were filled with the fragrance of purity by this divine gaze.

St. Joseph is a powerful intercessor in the battle for purity. If temptations against purity batter our mind, heart, and soul, let us cling to St. Joseph! He is capable of increasing the virtue of chastity in our hearts.

Joseph asked Mary, "O my beloved! How blessed are we? Our eyes have seen, and our ears have heard our Savior!" They looked at the child and chanted together; "O Love, the incarnated essence of divine Love, never allow us to separate ourselves from you."

Prayer: O most pure Joseph, set ablaze the light of holiness in me.

(Recite the daily prayers on pages 7-10)



Day 23

St. Joseph, Chaste Spouse of the Virgin

Scripture: “Husbands, love your wives, just as Christ also loved the Church and gave Himself up for her” (Ephesians 5:25).

Reflection: Marriage should sprout, grow, and bloom in love. Presumably, two persons could live together without love, but they can’t assume the roles of husband and wife. It’s the husband’s responsibility to love his wife, keep her close to his heart and walk with her in her sorrows. A husband should be a caring father, an alert guardian and a manly life partner.

Each family is engaged in building our home. When couples are able to mutually listen and share, the domestic church adorns herself. Just like good fathers, we need good husbands. Children are the gifts of God and symbols of His trust in this union of love between a husband and a wife. However, God might not bless every marriage with children. Still, there should be no less love. It’s a special calling to love and serve each other more intensely. They can love and care for the children of God while preserving their marital bond.

Joseph was the most perfect husband. He was called to protect and to guard Mary and the sacred mystery incarnated through her. He loved his wife just as Christ loves His Church. He loved her dearly without exerting any dominance or oppression. He loved her by complete self-giving, meditative silence and being of service to her.

God reminded Joseph: she is “like the star among the clouds, like the full moon at the festal season, like the sun shining upon the temple of the King, like a rainbow appearing in the cloudy sky; Like blossoms on the branches in springtime, and like a lily

by running waters” (Sir.50: 6-8). Love her deeply because she is the delight of God: the most beloved and perfect among all the creatures. Nobody was ever born like her; nobody will ever be born like her again.

These are the words each husband should say to his wife. Nobody was ever born like you, nobody will ever! My beloved, the soul of my soul! O, blessed Joseph, obtain from God the grace for all husbands to love and respect their wives like you did.

God wants all men to be like St. Joseph. Most men are called to marriage, while some are called to consecrated celibacy. Both vocations are necessary. Without marriage, there are no children. Without priests, there are no Sacraments. So just as the husband is the guardian of the domestic church, priests are the husbands or guardians of the Holy Church. They are specially called to protect the church from evil and to nurture her with goodness and holiness. In their chaste love for the virginal Church, they must be guardians, defenders, and protectors of the beauty entrusted to them.

They are the ones who are at her service till the second coming of Christ to love the Church as Christ loved her. It’s not dominance or authority which makes the priests good husbands or guardians. Instead, it is by giving and devoting their life entirely to her. The ideal husband of the Church is the one who suffers the most for her. St. Joseph was the husband who suffered intensely for Mary.

Priests are hurting the Church by offering prayers without love, celebrating Holy Masses without self-sacrifice and providing services without compassion. It is time to beg her pardon.

Prayer: O most chaste husband of Mary, grant us good husbands in families and good priests in the Church. Amen.

(Recite the daily prayers on pages 7-10)



Day 24

St. Joseph, Patron of the Dying

Scripture: “Precious in the sight of the Lord is the death of his faithful ones” (Psalm 116:15).

Reflection: It is indeed blessed to live like St. Joseph. However, it is even more blessed to die like St. Joseph. How divinely beautiful it is to hold onto Blessed Virgin Mary’s arms and to die in the bosom of his beloved Son. The death of St. Joseph is, therefore appealing to anyone who wants a ‘happy death.’ He is ‘refuge of the dying.’

There are three reasons why death can be dreadful. First and foremost, we love our earthly life so much. Secondly, there is an inconceivable pain when the soul detaches from the body. Finally, the uncertainties of life after death and final judgement, instills fear and anxiety in our minds. Also it is not easy to depart from our loved ones forever.

Satan always tries to get a dying soul into the depths of despair and sorrow. There are souls who turn to God in repentance at the time of their death. It is always the last attempt of the evil to prevent these dying souls from repenting. That’s why we are advised to recite the ‘Jesus Mary Joseph (JMJ)’ prayers. We must entrust ourselves to St. Joseph.

Jesus was there to prepare Joseph for his death. Likewise, our loving Joseph will be there to prepare us for death. It was Joseph who held in his arms the Infant Jesus in Bethlehem. However, it was Jesus who held Joseph in his arms at the hour of his death. How Glorious is your death, O St. Joseph! Joseph will protect us from unprepared and sudden death. This loving father, who peacefully entrusted his soul to Jesus, would assist us not only

during our lives, but also at the time of our deaths. Let us have recourse to St. Joseph!

St. Joseph died before Jesus began his public ministry because, thereafter, the world should know that Abba is the true father of Jesus! Jesus entrusted his Holy Mother to John at the time of his crucifixion. She must be the Mother of the Church. If Joseph was alive, he would surely have been at the foot of the Cross. He had carried several crosses in his life while protecting and nurturing the Holy Family. Maybe that's why Abba Father decided that Joseph should not be broken-hearted seeing the torment of crucifixion and the death of his beloved son.

O Jesus, my Savior, into the bosom of your heavenly Father, you gave up your Spirit and it was while reclining unto your bosom, that your beloved foster father gave up his soul. Help us to entrust our souls to you under the protection of Joseph.

St. Joseph prayed: 'O my child, my Jesus, as your heavenly Father gave your body into my hands the day you came into the world, so on the day I leave the world I give my soul into your hands.'

O Jesus, did you weep when your beloved father died? You couldn't control your grief when your dear friend Lazarus died; you surely would have felt sorrow at your father's demise. With a heavy heart, you must have closed your beloved father's eyelids and made all the arrangements for his burial. Joseph, who received all your love and respect in life, became one with you in death.

Love demands death of self and of all wants and desires. Joseph loved Jesus, he died loving him. To have a blessed life and death, I too need to walk the same path like St. Joseph. There is selfishness and arrogance in my love. Lord, help me to die to myself.

Prayer: Blessed St. Joseph, patron of the dying, protect us from sudden and unprepared death. Amen.

(Recite the daily prayers on pages 7-10)



Day 25

**St. Joseph,
Most Courageous**

Scripture: “I have told you this so that you might have peace in me. In the world you will have trouble, but take courage, I have conquered the world” (John 16:33).

Reflection: Joseph was not only the earthly father of our Savior but also his most faithful disciple. Many disciples share the joy of their master but fail to share his pain. They like to feast with him but are not ready to fast. They will be present for the miracles but flee from the passion. But Joseph partakes in all the pain of Christ, the master and the son.

St. Joseph expressed his valor, not in words but in deeds. Embracing his beloved, amidst suffering and trials he showed true courage. Joseph valiantly protected, his son and his wife Mary without stumbling or trembling in the midst of threats. In his every step St. Joseph demonstrated fortitude - a sublime gift of the Holy Spirit. Fortitude is a cardinal virtue that strengthens the will and gives a person courage and a firm resolve to do God’s will, even in the midst of great suffering.

Wasn’t it courage that compelled St. Joseph to find a place for the birth of the Holy Infant and to flee to Egypt, with the mother and the son? Even though all the doors of the inns in Bethlehem were closed in front of him, St. Joseph was not weary; he was not disheartened! He did not question God! Instead, he found a manger in Bethlehem for the birth of his son.

O Joseph, our strong and venerable father, we know that

holiness can be attained only by courage. Believers who succumb to all temptations, stumble in crises, and live-in fear of provocations cannot be holy. We remember how you and the Holy Family lived in Egypt with its slavery, poverty, and idol worship. St. Joseph, increase in us the virtue of fortitude!

We are only brave in utterances, but we often fail to act due to fear. We are not able to face scandalous trials and to overcome intimidating situations. We are neither hot nor cold! We like to comfortably tread in the same path that others have already taken and live a life much like everybody else. We are unsuccessful in following God's will. We ardently desire to walk undeterred, in treacherous circumstances, to glorify Jesus. St. Joseph, beloved patriarch, help us and strengthen us!

“If God is for us, who is against us?” (Romans 8:31). St Joseph had a firm conviction that the Son of God will be with him to overcome all adversity; his soul was strengthened by this confidence. This serene saint battled evil in an exceptional way. The devil was a threat to life since the beginning of time; in particular, against the life of the Son of God. We need fortitude and strong faith to stand up for the culture of life. Joseph was imbued with exceptional faith and valor. He paid no heed to the worthless words of men. He convinced himself that the one who conquered the world, Christ, is with him and in this conviction, he found strength.

Prayer: St. Joseph, who enfolded the Holy Virgin Mary and our Savior in his courageous arms, help us to obtain the strength to courageously face the struggles of our lives. Amen.

(Recite the daily prayers on pages 7-10)



Day 26

St. Joseph, Head of the Holy Family

Scripture: “Then he went down with them and came to Nazareth, and was obedient to them” (Luke 2:51).

Reflection: How blessed is fatherhood? God has gloriously blessed St. Joseph to be the foster father of Jesus and the head of the Holy Family. Jesus grew up under the care of Joseph and Mary. He was obedient to them: a life of docility! He, who is above all the laws, submitted himself to the law through his incarnation.

We fail in surrendering ourselves to the will of God. Jesus taught us through His life that being submissive is not frailty, but strength. It is not the weapon of the weak but the virtue of the powerful. Jesus was submissive to his Father. Mary was submissive to her holy husband. Mary says: “you are the head of the family. Whatever you ask of me, I will do it. It is indeed a blessing to be chosen as the wife of a virtuous man like you! Your presence grants protection and strength to me and our child.” St. Joseph is humbled by his Immaculate spouse. He says: “O my beloved, I thank the Lord Almighty for exalting you in his Glory! He, who is greater than the whole universe emptied himself to dwell in your womb! How blessed is thy womb! It is my delight and joy to be in your presence!”

The loving favors that Mary bestowed upon her husband was exceptional. By preparing food and welcoming him from the carpentry workshop, she was a perfect wife to Joseph. Her profound familial life shone through the exemplary service that

she gave her husband. Fatherhood was duly respected in the Holy family. By perceiving the attributes of their vocation, the father-mother-son relationship was vibrant. Each one assumed their role to make their home a paradise on earth.

We face a crisis of manhood in our time. This could be corrected if men begin to imitate St. Joseph. His fatherly example shows that strength, authority, and headship are meant to be at the service of others. Jesus and Mary delighted in the headship of St. Joseph.

O Blessed St. Joseph, as head of the Holy Family, you advised and instructed Virgin Mary. You gracefully shared with her the dreams that were given by God. Mary in return, solemnly listened to your dreams. The reverence and respect that you had for each other made even the angels shy!

Nevertheless, look upon our situation now! The number of parents who do not have any authority over their children are constantly increasing. Both inside and outside of their homes, children are haunted by the thoughts that they are lonely and orphaned. Families lose their peace trying to establish each other's superiority and by seeking respect for oneself. Relationships are broken; love is lost!

Needless to say, the head of the family deserves respect, but it is his responsibility to lead a life that demands respect. It is not because a man is superior to a woman that St. Joseph was chosen to be the head of the Holy Family. Who among humankind was more blessed and virtuous than the Virgin Mary? Nonetheless, St. Joseph was highly regarded by the Holy Family.

Fatherhood is not about imposing dominance but serving and protecting. The man dies to self and prioritizes his family's need over his own. He is ready to help, protect and defend. In good times and in bad, he is ready to lay down his life for those who have been entrusted to his care. Only good fathers can shape good families!

Prayer: St. Joseph, head of the Holy Family, be the spiritual

head of our families! Amen.

(Recite the daily prayers on pages 7-10)



Day 27

**St. Joseph,
Guardian of the Virgins**

Scripture: “He who did not withhold his own Son, but gave him up for all of us, will he not with him also give us everything else?” (Romans 8:32).

Reflection: God has kindly granted the virtue of purity to all. Moreover, He generously rewards those who practice the virtue of purity in their personal lives. This is a matter of great significance in spiritual warfare. We are all called to be holy. We belong not to ourselves, but to God. This realization that the ownership of our lives is with God helps us to handle our lives in a pure manner.

Our body is the temple of the Holy Spirit. When two people meet, two temples meet each other. We stand in need of repentance for engaging in worthless pursuits, losing sight of the God-given vocation in our lives. Mary and Joseph are two sanctuaries. Consider how beautifully they nurtured Jesus! Time and again, we fragment this house of God with negligent behavior and reckless acts. Let us have recourse to Joseph, who fostered our Savior!

Chastity is a vocation: a call for those who choose to consecrate their lives for the Kingdom of God. The meaning of vow is to give merit to words in holiness and fidelity. Those who consecrate

themselves to God's Kingdom must live for it. From a young age, St. Joseph had taken the vow of celibacy and by God's mercy, he was immensely faithful to the Blessed Virgin Mary. Depending on the vocation of a person, God provides necessary graces to fulfill it. Joseph prayed: 'Lord, God of Abraham, Isaac and Jacob, you created me for yourself alone. Do not let me find delight in anything other than you! You alone rule over me! My God, I am yours. Make use of me according to your will.' St. Joseph had abandoned himself to God, and because of that it was effortless for him to follow God's will. He did not hesitate to take Mary as his wife even though she had taken the vow of virginity beforehand. That is because, God has the right to ask anything of a consecrated life. For that reason, we are not our own!

St. Joseph was the chaste guardian of the Virgin Mary and they together lived for the eternal celibate, Jesus! The Divine Providence who chose Joseph for Mary, further handed her over to the chaste disciple John, at the foot of the cross. God immensely cares for the celibate. Nonetheless, many consecrated lives stumble on impurity and get shattered. There are passing emotions and permanent relationships. Do not wreck your eternal relationship with God for the sake of passing things. In St. Joseph, everyone has a guardian and a protector.

St. Joseph consecrated his life to God at the prime of his youth. St. Joseph, you were able to abide by God, who is the author of all bliss. While surrendering my life, I know, there are desires left in me that are still not offered up. My dark desires compel me to fall into sin. I fear that I still have not given myself completely to Jesus. St. Joseph, will you come to my aid?

Prayer: Guardian of the virgins, detach from me all the wrong desires and disillusionments and let Jesus possess me completely. Unite me to Jesus. Amen.

(Recite the daily prayers on pages 7-10)



Day 28

St. Joseph, Most Just

Scripture: “For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven” (Mathew 5:20).

Reflection: Being just means ‘giving to another his due.’ We ought to give what is due to God, to our fellow beings and even to ourselves. When family members act justly in love and tenderness towards each other, it brings about a strong sense of righteousness in the household. We are called to act justly not only to human beings but also to God and His commandments.

St. Joseph was an ordinary sort of man on whom God relied to do great things. He did exactly what the Lord wanted him to do, in each and every event that went to make up his life. When God seeks out ordinary people to accomplish an extraordinary task, it is certain that he visualizes something remarkable in them. Let us consider David, lacking in athleticism and combat skills, he had to stay behind as a shepherd, when all his brothers took off to the battlefield. But to everyone’s surprise, he was sought for the royal crown. His fidelity was acknowledged by God. Likewise, the extraordinary righteousness of St. Joseph exalted him in the eyes of God.

St. Joseph did not fail to offer his portion to God. When others went to the temple to present offerings, he gave himself as an offering along with material things. Love demands self-offering. The injustice of presenting only an offering and not oneself should be contemplated and self-examined. Joseph can be seen as Abraham in the New Testament.

Venerable Joseph, we often bear the righteousness of Pharisees. It begins and ends in rites and rituals. We know that God is not pleased by imperfect offerings. Nevertheless, we fail to offer

ourselves completely. Your succor is greatly needed, increase in us the virtue of justice.

We should be perfectly just to God and our neighbors. Let us meditate on how Joseph being righteous, intended to leave Mary privately. Who but St. Joseph could comprehend the sanctity and fidelity of Virgin Mary? He never assumed that Mary got pregnant from a wrong relationship. This man of God could never doubt her innocence. Love believes all things (1 Cor 13:7). Joseph's love for Mary has no room for doubt.

However, St. Joseph was exceedingly humbled by what God accomplished in Mary. Am I ever worthy to approach the Holy Woman who carries in her womb the Son of God? He knew that Mary belonged to God. Will I be able to take this Ark of God as my wife? Like Simon Peter who cried "depart from me for I am a sinner" and like the centurion who exclaimed, "I am not worthy for you to enter under my roof," Joseph decided to distance himself from her. This was his sacred move towards being just to Mary and God.

St. Joseph highly esteemed the ways of heaven; his righteousness was imbued with love and mercy. Aren't we obliged to be more just toward our spouses and children? Shouldn't we give more respect to our brethren? Let us proceed to St. Joseph.

Prayer: St. Joseph, most just, pray that we may grow in the virtue of justice. Help us to examine our lives to see if we are really open to all that God wants of us. Amen.

(Recite the daily prayers on pages 7-10)



Day 29

St. Joseph, Model of Workmen

Scripture: "Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from

me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light” (Mathew 11:28-30).

Reflection: Labor is honorable and pleasing to God. Recall how God entrusted the first parents with the Garden of Eden for them to cultivate and care of it (Genesis 2:15). Labor is not a curse but a blessing. When we engage in labor in this wonderfully created world, God permits us to enhance its beauty. We perform several duties in the vineyard of God. Also, work is a means of participating in the work of salvation.

All the central characters in the Scripture were engaged in some sort of labor. Among them were shepherds like those from Abel to Abraham and cultivators like Cain and his descendants. If Abraham, Moses, and David were shepherds, our Lord Jesus was a carpenter and many of the disciples were fishermen.

We engage in some kind of work to lead a dignified life. Idleness is the devil’s workshop! During his early life, the Son of God worked as a carpenter along with St. Joseph. As with all those who work hard to make two ends meet, He with his well-built hands, labored along with Joseph. St. Joseph taught Jesus to work with tools. Likewise, he will bring about a sculptor in us. How marvelous are your works O God, Divine Sculptor of the cosmos, who let Your Son be mentored by a humble earthly sculptor!

Our Lord desired to do manual labor for sanctifying work and to teach us that work is honorable and pleasing to God. Jesus, the great carpenter, who chiseled wood and carved stone became the sculptor of our human hearts.

O St. Joseph, you diligently labored to support and protect your family. Many people live only for work. These are the ones who forget to live. Workaholics are of no benefit to themselves, the family, or society. Teach us, O St. Joseph, to understand that labor is only for livelihood and we should always strive to glorify God in everything we do. In our race to earn daily bread, we should not lose the bread of Eternal life. Let us go to St. Joseph, who will teach you how to be a diligent worker.

Whenever Jesus is identified as a carpenter's son (Mathew 13:55), there is indeed a bitter tinge of rejection in it. Nevertheless, when the carpenter and his son spoke, all were astonished. It is not the work you do but your sincerity and fidelity that determines your value. Some serve in kitchens while some serve at the Altar. Both are valuable in the eyes of God as they both seek His glorious will. The priest at the altar and the mother in the kitchen are both imbued by the wisdom of the one God. The Son of God deliberately chose the humble occupation of a carpenter so that no one may feel belittled by their occupation and St. Joseph became his mentor.

Prayer: Beauty of this world that we enjoy is achieved by the labor of many. O St. Joseph, patron and model of all workers, help us to work diligently and faithfully in God's vineyard. Amen.

(Recite the daily prayers on pages 7-10)



Day 30

St. Joseph, Terror of Demons

Scripture: "Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith" (1 Peter 5: 8-9).

Refection: We are in a spiritual battle. We must fight against our likes and dislikes. Moreover, it is a battle against the spirit of this world and the forces of darkness. St. Joseph is our mighty succor in the spiritual battle. This saint alone is endowed with the glorious title 'Terror of Demons.' Every warrior has a weapon. The lily St. Joseph holds in his hand is a mighty spiritual weapon, a sword of purity and holi-

ness. The purity of St. Joseph is a weapon against the filth and perversions of the devil. Satan is a filthy, and perverse creature. Purity repulses and pierces him.

Purity has always terrorized the devil; he is annihilated in the proximity of purity. After all, darkness cannot endure the light. Satan was excluded from the knowledge of all particulars of the birth of the Son of God. However, when he realized that the Holy infant was born, he schemed to kill the infant through Herod. St. Joseph was predestined to protect the Child and his Holy Mother and how perfectly he fulfilled his mission!

The Holy Family must have conquered many evil forces on their exile to Egypt. Wasn't this journey of the Holy Family in fact a procession of the most Blessed Sacrament? Wherever the Holy Sacrament travelled, evil forces were capitulated.

Few moments of adoration of the Blessed Sacrament transform even the most hardened hearts. Certainly, no person would have unceasingly adored our Lord like St. Joseph. Who else on earth was blessed like him, who could exercise fatherly freedom and authority over Jesus, the Son of God? He was not a man who made decisions based on passing emotions. Owing to his heroic patience, prudence and gentle nature, St. Joseph does not succumb to the temptations of evil.

St. Joseph's sleep was Satan's greatest fear. In his sleep, St. Joseph was in conversation with God and, when he wakes up, he promptly accomplishes all that God asked of him in sleep. Satan is not able to stop him. Whether St. Joseph is awake or asleep, all hell trembles before the father and king of the Holy Family. He protects us from all demonic attacks.

At the end of our lives, many people are susceptible to despair. Satan brings with him deadly temptations that one has fallen in the past or those not yet overcome. This is to disturb the tranquility of the final moments of life and to prevent us from lifting our hearts to eternal light. For this reason, we pray the

‘Jesus Mary Joseph’ (JMJ) prayer. These Sacred names undo the power of evil. St. Joseph, Terror of demons, will squash such despair and all things that stand in opposition to the hope found in the Risen Christ.

Let us call on St. Joseph’s assistance in our spiritual battle. He who conquered the evil with his humility and purity will surely be our aid. O St. Joseph, by being humble and holy like you, we will be victorious in our spiritual struggles. Look upon our weak nature which makes us fall so often! Defend us just as you defended the Holy Family!

Prayer: O St. Joseph, pray for me, assist me, and defend me from evil forces. Amen.

(Recite the daily prayers on pages 7-10)



Day 31

St. Joseph, Guardian of the Redeemer

Scripture: “Then the king will say to those on his right, ‘Come, you who are blessed by my Father. Inherit the kingdom prepared for you from the foundation of the world’” (Mathew 25:34).

Reflection: Our Redeemer did not need Joseph to get conceived in Mary’s womb and be born on this earth. However, he needed a guardian on His trail of development. To be a guardian is to be a defender, protector, or keeper. Joseph was not a biological father of Jesus, yet he embraced fatherhood by being the caretaker of the Savior. ‘Fathers are not born, but made. A man does not become a father simply by bringing a child into the world, but by taking up

the responsibility to care for that child. Whenever a man accepts responsibility for the life of another, in some way he becomes a father to that person.' Hidden are those mighty hands that take care of us! We often do not recognize their ministries.

The love of fathers is incomprehensible; they do not convey much. Concealing their own grief and afflictions, they often seek the happiness of their loved ones. Behind those tender protective hands, there is a life of continuous sacrifice.

Traditionally, in a family, the man is responsible for the sustenance of his wife and children. St. Joseph lovingly provided for Mary and Jesus. Those who helped Jesus in his public life are often contemplated upon. Lazarus's family, Simeon who helped Him on the way of the Cross, Joseph of Arimathea who arranged the tomb, the disciples and many more. Then how can one forget St. Joseph who sacrificed his entire life for Jesus?

Let us recall Jesus's words regarding the last judgement: "I was hungry, you gave me food. I was thirsty, you gave me drink. I was a stranger, you gave me shelter. I was naked, you clothed me. I was sick, you took care of me. I was in prison, and you visited me." O venerable Joseph, these were the words uttered by Jesus to His loved ones with a grateful heart. However, none of these have literally given any food, water, shelter, or clothes to Him, yet our Savior commended them so generously. Nonetheless, every day, it was your blessed hands that gave Him food, water, and tender loving care. While wandering as a foreigner in Egypt, it was in your bosom that the Little Savior found refuge. It was your cloak that clothed His nakedness. We exalt the Lord Almighty for you, O St. Joseph, who is highly favored by Heaven to be chosen as the caretaker of Jesus!

Beneath a boiling pot, there are always smoldering cinders. To nurture Jesus, St. Joseph sacrificed himself as the smoldering cinders. In order to nurture and protect, it is imperative to take up this pain. We see the pain you endured, O St. Joseph, when you could not procure food for the Holy Family or when you could not acquire a job in Egypt. How perilous were those

days! Yes, the hands that care are meant to be perilous. The plight those hands undergo to tend to the needs of their loved ones are indeed diverse.

The prophecy that “this child will be the cause of rise and fall of many” must have greatly disturbed Joseph. He understood that Simeon’s prophecy meant that when the time came for Mary’s heart to be pierced, she would be without him. The widowed Mary must have felt completely alone at the foot of the cross.

O St. Joseph, remember all those fathers who could not nurture their children or be a helping hand to their loved ones. Who but You can fathom the agony of those fathers who wonder if all their hard work and dedication for their children is all in vain? Joseph, our exalted patriarch, hold us close in your caring arms.

Prayer: St. Joseph, Guardian of the Redeemer, here we are, we are all for you; may you be all for us. Show us the way, strengthen us in every step and lead us to where Divine Providence wants us to go. Amen.

(Recite the daily prayers on pages 7-10)



Day 32

St. Joseph, Comfort of Migrants

Scripture: “So, you too should love the resident alien, for that is what you were in the land of Egypt” (Deuteronomy 10:19).

Reflection: The Holy Family had fled to Egypt much like frightened refugees. There are several reasons behind migration: to migrate to a foreign land due to war, poverty, persecution, or other insecurities. In these situations, they risk their lives

to escape misfortunes and hunger. Days pass by with a deep longing for their native land and for the reunion with their dear ones.

‘Why did you come here? What do you intend to do here? You must be a criminal! That’s why you have been deported from your land!’ These might be some of the many unfair public judgements Joseph had to face in the land of his exile. St. Joseph held his Holy family close amidst all of these. ‘The Son of the Almighty came into our world in a state of great vulnerability. He needed to be defended, protected cared for and raised by Joseph.’

A migrant family’s life takes a perilous path of numerous uncertainties like living in a strange land, raising their children in an unfamiliar culture, defending their faith against all odds, finding a livelihood etc. They are constantly haunted by fear, anxiety, and insecurity. Nevertheless, amidst all the troubles, the consoling presence of the Son of God and the Blessed Virgin Mary provided strength to St. Joseph. Beyond the troubles of this refugee life, there is a God waiting for you. Surely, this belief gives strength to all of us.

In Egypt, the Holy Family would have been received by some ‘good Samaritans.’ Who were these people, divinely favored to support and serve the Holy Infant and the family, disregarding their country, language, and racial differences? O Jesus, my redeemer, was the parable of the good Samaritan, you told years later, inspired from your life in exile?

O Venerable St. Joseph, we meet strangers every day. We need spiritual courage and strength to welcome and to live amiably with them, and to share your love with them. When you journeyed with the Son of God in Egypt, you were carrying out a procession of the most Blessed Sacrament in a land, where divine worship was implausible. This certainly sanctified that country and demolished evil forces. Loving father, when we move about with the Holy Communion received daily, we also are carrying out a procession of the most Blessed Sacra-

ment. Sanctify our lands! Permit us to reveal God, the father of orphans and the defender of widows, to others.

We are all strangers and foreigners on this earthly realm until we embrace our heavenly abode. St. Joseph stands as an example of resolute trust and a great intercessor of immigrants. He conveys the same message carried to him by the angel: “do not be afraid.” Having made such a perilous journey himself, St. Joseph shows us that God will walk with each of us too, wherever our journey takes us. Also, contemplating of eternal life helps us to confront the afflictions of this mortal life.

Prayer: O loving St. Joseph, Patron of Immigrants, intercede for all the migrants and refugees. Protect and comfort them. Help us to share the love of Christ. Remind us always that we are also foreigners here on earth. Amen.

(Recite the daily prayers on pages 7-10)



Day 33 Consecration Day

(It is recommended to make a sincere confession and receive Holy Communion this week)

I offer my heartfelt thanksgiving to the Holy Trinity for permitting me to conclude my journey of 33 days, accompanied by the guardian of the Redeemer and protector of Holy Church, St. Joseph. Today, I hereby renew and confirm my baptismal vows.

I (name), in union with the intercession of the Most

Holy Virgin Mary, Holy Angels and all the Saints, consecrate myself to St. Joseph. Most beloved Jesus, I am completely yours through your guardian, St. Joseph. All that I possess, is now completely yours!

O glorious Joseph, be my Spiritual guide and protector. I detest and renounce Satan, his works and all his empty promises. I firmly resolve to love and follow Jesus, the Incarnate Word, by carrying my life's crosses and being faithful to Him. Permit me to actively participate in the ministerial services of the Holy Church. May I advance in my spiritual journey by reciting the beautiful chant of the holy names 'Jesus, Mary, Joseph.'

O reverend father, you helped Jesus grow in wisdom and age. Likewise, be my father and guide me in my spiritual voyage. Cultivate in me purity of heart, humility, love of God and love towards my neighbor. Like you, I desire to be submissive to the will of God. I entrust myself to your protection in my journey towards heaven. Accept me as your own possession.

O St. Joseph, exalted patriarch, guide me in my life, accompany me in my final moments and intercede for me to the Savior on the day of judgement. Amen.

(Recite the daily prayers on pages 7-10)





APPENDIX

1. 15 ways to receive plenary indulgence during the Year of Saint Joseph:

(These acts must be accompanied by sacramental confession, Eucharistic Communion, and prayer for the pope's intentions, the usual conditions to obtain any plenary indulgence)

- According to the decree issued by the Apostolic Penitentiary on Dec. 8, there are 15 ways to receive an indulgence in the Year of St. Joseph:
- Participate in a spiritual retreat for at least one day that includes a meditation on St. Joseph.
- Pray for St. Joseph's intercession for the unemployed that they might find dignifying work.
- Recite the Litany of St. Joseph for persecuted Christians. Byzantine Catholics have the option of an Akathist to St. Joseph.
- Entrust one's daily work and activity to the protection of St. Joseph the Worker.
- Follow St. Joseph's example in performing a corporal work of mercy. These include feeding the hungry, giving drink to the thirsty, clothing the naked, sheltering the homeless, visiting the imprisoned, visiting the sick, and burying the dead.
- Perform one of the spiritual works of mercy, such as comforting the sorrowful, counseling the doubtful, instructing the ignorant, admonishing the sinner, bearing wrongs patiently, forgiving injuries, and praying for the living and the dead.
- Pray the rosary together with one's family in order that "all Christian families may be stimulated to recreate the same atmosphere of intimate communion, love and prayer that was in the Holy Family."
- Engaged couples can also receive an indulgence from praying the rosary together.

- Meditate for at least 30 minutes on the Lord’s Prayer, because St. Joseph “invites us to rediscover our filial relationship with the Father, to renew fidelity to prayer, to listen and correspond with profound discernment to God’s will.”
- Pray an approved prayer to St. Joseph on St. Joseph Sunday, the Sunday after Christmas in the Byzantine Catholic tradition.
- Celebrate the feast of St. Joseph on March 19 with an act of piety in honor of St. Joseph.
- Pray an approved prayer to St. Joseph on the 19th of any month.
- Honor Joseph with an act of piety or approved prayer on a Wednesday, the day traditionally dedicated to St. Joseph.
- Pray to St. Joseph on the Feast of the Holy Family on Dec. 27.
- Celebrate the feast of St. Joseph the Worker on May 1 with an act of piety or prayer.

2. Prayer to Saint Joseph (by Pope Leo XIII)

To you, O blessed Joseph,
do we come in our tribulation,
and having implored the help of your most holy Spouse,
we confidently invoke your patronage also.

Through that charity which bound you
to the Immaculate Virgin Mother of God
and through the paternal love
with which you embraced the Child Jesus,
we humbly beg you graciously to regard the inheritance
which Jesus Christ has purchased by his Blood,
and with your power and strength to aid us in our necessities.

O most watchful guardian of the Holy Family,
defend the chosen children of Jesus Christ;
O most loving father, ward off from us
every contagion of error and corrupting influence;
O our most mighty protector, be kind to us
and from heaven assist us in our struggle

with the power of darkness.

As once you rescued the Child Jesus from deadly peril,
so now protect God's Holy Church
from the snares of the enemy and from all adversity;
shield, too, each one of us by your constant protection,
so that, supported by your example and your aid,
we may be able to live piously, to die in holiness,
and to obtain eternal happiness in heaven. Amen.

3. Prayer to Saint Joseph (Pope Francis, Patris Corde)

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son;
in you Mary placed her trust;
with you Christ became man.

Blessed Joseph, to us too,
show yourself a father
and guide us in the path of life.
Obtain for us grace, mercy, and courage,
and defend us from every evil. Amen.

4. Prayer to Saint Joseph

(The prayer Pope Francis has been praying for the past 40 years)

Glorious Patriarch Saint Joseph, whose power makes the impossible possible, come to my aid in these times of anguish and difficulty. Take under your protection the serious and troubling situations that I commend to you, that they may have a happy outcome. My beloved father, all my trust is in you. Let it not be said that I invoked you in vain, and since you can do everything with Jesus and Mary, show me that your goodness is as great as your power. Amen.

5. Prayer of Saint Joseph

(A prayer said to have been received by St. Joseph from an Angel)

O my God, I love You. Grant me the grace to begin this day according to Your Holy Will.

O my God I love You. Grant me the grace that all the words I speak may be pleasing to You.

O my God I love You. Grant me the grace to have this food in accordance with Your Will.

O my God I Love You. Grant me sufficient Grace to complete this journey conforming to Your Will.

O my God I love You. Grant me Your grace to fulfill all my duties according to Your Holy Will.

My God I love You. O God of Abraham, Isaac, Jacob and 'Joseph'! Hear my prayer. Amen.







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