



SAINT JOSEPH SEVEN-DAY FAMILY DEVOTIONAL

For Intentional Fatherhood



MARCH 19, 2022

PRESENTED BY THE FRATERNITY OF ST. JOSEPH MEN'S GROUP, ST. THOMAS AQUINAS CHAPTER

Authored by Ray Haywood
Placed by the authority of Pastor Matthew Codd
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Acknowledgments

To God, who measures out in proper doses, the deposit of faith to His body, the Church, through apostolic succession, handed on to the generations by our priests, His Eucharistic face in salvation history.

To St. Joseph, the just model of fatherhood. There are great things ahead to be accomplished in his name in the life of our Church in this the third millennial story of salvation history.

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To my wife, Natalie, and my sons, Nicholas and Frank. We are loved and covered in grace through our yes meaning yes!

Dedicated to

St. Joseph

*The first paternal father, through the union of marriage,
in the Universal Church.*

*Through St. Joseph accepting and taking his place in the Holy Family,
the New Covenant and the sacraments were revealed to us as truth and
handed down to us as a precious gift from his foster son Jesus Christ
for all followers of Christ to share in as
our eternal and everlasting foundation of faith.*

*St. Joseph, pray for us, that we should follow in your example, seek out truth,
and take our rightful place in the families we lead as we, too, selflessly choose
to hand on the precious gifts of the New Covenant that we all share in together.*

How to Use this Devotional

The Message of Intentional Fatherhood

This Saint Joseph devotional is meant to guide the morally intentional father in his God-given role as head of the family. What is *intentional fatherhood*? An intentional father is deliberate in his thoughts, words, and actions as he builds a solid foundation of faith upon which his family can grow. Learning to become a competent, intentional leader of a family is the true masculine journey.

This devotional not only aids the father in understanding his role as head of the family, but it also aids him in understanding the role of his wife as a mother, the heart of the family, as well as the role of their children in completing the trinity of the family (three in one) that God designed.

Jesus Christ chose to enter the world within the Holy Family of Joseph and Mary. The *Catechism of the Catholic Church* teaches that “the Christian home is the place where children receive the first proclamation of the faith. For this reason, the family home is rightly called ‘the domestic church,’ a community of grace and prayer, a school of human virtues and Christian charity” (CCC 1666).

Humility, obedience, and discipline are just a few of the virtues that the family must cultivate in order to receive the guiding graces of the sacraments and continue to grow spiritually, handing on the deposit of faith through the generations, as God intended.

As fathers, before we can intentionally lead, we must first humbly follow. This week-long devotional encourages fathers to seek out awareness of the guiding virtues, through the just model of St. Joseph, and to explore how to intentionally form these virtues into every part of their masculine journey.

The wisdom of life experience shares that many young fathers who lose hold of their faith when they enter the physical world and all its material attractions (the gathering stage), while leaving the spiritual realm behind, find out later in life that their misguided approach led to mistakes that wounded their family and blinded them to their true eternal identity as beloved children of God.

As this guide moves you through a week of discernment, you and your family will come to a better understanding of the important virtues explored, and the experience will become woven into your hearts and wills, instilling the fortitude needed to successfully navigate life’s challenges ahead.

For the morally intentional father, this journey will focus on learning, in humility, not only how to overcome his own faults but also to love his family beyond their faults and their humanity, mirroring the unconditional love of our Heavenly Father.

St. Joseph’s Seven Guiding Graces of Family Life

St. Joseph, most just, intercede and guide this father and the family for whom he is accountable through these daily devotionals over the coming week in discernment of the following virtues:

- Sunday - Humility
- Monday - Obedience
- Tuesday - Discipline
- Wednesday - Prudence
- Thursday - Patience
- Friday - Suffering
- Saturday – Charity

St. Joseph, pillar of families, pray for us.

Sunday



HUMILITY

The virtue by which a Christian acknowledges that God is the author of all good. Humility avoids inordinate ambition or pride and provides the foundation for turning to God in prayer. Voluntary humility can be described as “poverty of spirit.”

Glossary of the *Catechism of the Catholic Church*



Humility, in our Heavenly Father’s will for His family, can be seen in the lives of our **priests**.

As our spiritual fathers, ordained by God through apostolic succession, priests wholly dedicate their lives to building up the Church in the name of Christ. Priests preserve for God’s family the full deposit of faith through Sacred Scripture and Sacred Tradition; they celebrate the Holy Mass by which the Paschal sacrifice of Christ is renewed; and they offer the gifts of the Holy Spirit through the seven sacraments of divine, life-giving grace, which include Jesus Christ himself (body, blood, soul and divinity) in the most Holy Eucharist, the source and summit of our faith.

In God’s divine design for His family, through Jesus’ hands at the Last Supper, the Apostles were commissioned as our first priests by His command to them to “do this in memory of Me.” Sacred Tradition teaches that after the Paschal Mystery (CCC 571), the Apostles encounter the first New Covenant workings of the Holy Spirit at Pentecost (Acts 2:1-11). Through the laying of hands, the Apostles fulfill Jesus’ command in the Sacrament of Holy Orders. Through the miracle of transubstantiation (CCC 1376), Christ offers Himself entirely – body, blood, soul and divinity – at the hands of our ordained priests, as they transcend time, bringing us back to Calvary in the sacrifice of the Holy Mass (Lk 22:19-20 CCC1536). Sacred Tradition teaches us that the Apostles were commanded to measure out the Word of God to all of us through Sacred Scripture (Acts 1:6-9).

As through the Apostles, at the hands of Jesus Christ Himself, in that same measure, our spiritual fathers measure out to us – the faithful – in proper doses, the lessons of the New Covenant teachings of Jesus Christ (Mk 4:21-24). The sacraments are the efficacious signs of grace, instituted by Christ and entrusted to the Church, by which, through the priests, divine life is dispensed to the faithful (CCC 1131-1133). The contents of our hearts are the means by which our lives will be measured as we navigate the journey of working out our family’s salvation.

We need to be intentional in sharing with our families that the first place we are to look for examples of humility as Catholics is in the lives of our spiritual fathers – the Apostles and our priests.

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For Intentional Fatherhood

This objective truth is found in apostolic succession by God's divine design as the priests are the first called by Jesus in the New Covenant. The priesthood represents the Eucharistic face of God, as priests sacramentally stand in for Jesus during the Sacrifice of Mass. The passion at Calvary is fulfilled and embodied in the Eucharist during the culmination of the Mass. The Real Presence of Jesus is meant to ignite our hearts and nurture us in our physical lives. We are made impenetrable in holy fellowship and become one in the Body of Christ in His Universal Church. As faithful laymen, we should share in this understanding of the authority that our priests hold in salvation history and find value in intentionally handing on this truth to our family and future generations of Catholics.

Seeking out and mirroring the humble heart of St. Joseph is how intentional fathers can ensure their family's safe passage.

St. Joseph as a Model of Humility

If we look to St. Joseph as a model of humility, we can witness his humble approach to his vocation as foster father to the Son of God. The just man of St. Joseph completed his mission so well, and with such humility, that we know very little of his life. Nothing in his life was about him; he lived his life for God and placed his family before himself. St. Joseph is the perfect example of God's divine design for the role of the father in the sanctity of the trinity of the family. With this awareness in mind, St. Joseph is the perfect model of fatherhood. All fathers, spiritual and paternal alike, should submit to turning to St. Joseph for intercessional prayer as they meet life's trials in their own vocations. We should all want to be another Joseph!

Practical Ways to Mirror St. Joseph's Humility

Let others speak before you at family dinners, work meetings, social gatherings, etc. Quietly fix something in the home without seeking recognition. Invite your family to join you for a holy hour of Adoration. Reach out to a priest for advice before making an important family decision. Ask the Holy Spirit to guide you in other acts of humility.

St. Joseph Devotional Prayer for Humility

Heavenly Father, in Your providence we look to our spiritual fathers as being Your chosen first examples of humility in the New Covenant. At Your command, we willfully join them in the source and summit of all goodness in the sacrifice of the Holy Mass, our communal holy fellowship where Your priests reveal to us Your Eucharistic face. Help us to be intentional in presenting our family's petitions on the altar during the offertory. Guide us through the intercession of St. Joseph to live in humility of spirit in our thoughts, deeds, and actions, so that we too can share in the divine benefits of Your sacramental gift of grace, an undeserving favor bestowed upon all who humble themselves before Your holy presence in the Eucharist. Sow into our wills the good seed of humility. Allow the Holy Spirit to work in us so deeply that Your Eucharistic face is seen in all that we do. We pray that through the witness of Your priests we grow deeper in faith in a renewed commitment to the sacrifice of Your Holy Mass. May we find a peaceful resolve in the awareness of not only believing in, but also belonging to, the Body of Christ, Your all-enduring everlasting Universal Church. We ask this through our Lord Jesus Christ, who lives and reigns with the Father and the Holy Spirit, One God, forever, unto ages of ages. Amen.

Follow by praying the Litany of St. Joseph

Monday



OBEDIENCE

The submission to the authority of God which requires everyone to obey the divine law. Obedience to the Church is required in those things which pertain to our salvation; and obedience is due to legitimate civil authority, which has its origin in God for the sake of the common good and the order of society. The fourth commandment obliges children to obey their parents.

Glossary of the *Catechism of the Catholic Church*



Obedience, in our Heavenly Father's will for His family, can be found through the guiding graces of the **sacraments**.

Stepping closer to our faith through the Sacrament of Reconciliation, where confession and penance restore us in grace and full communion with God, is where, through our obedience, we find His never-ending mercy. The state of grace bestowed upon us through the Sacrament of Reconciliation is meant to divinely strengthen our wills by removing the crushing weight of sin and vice from our lives. Our union with God's will places us in a state of grace that reveals to us the objective truth needed to successfully navigate our physical lives while working out our salvation. We meet Jesus and become children of God through the sacraments.

St. Joseph as a Model of Obedience

If we look to St. Joseph as a model of obedience, we can quickly see this virtue in his selfless response to the challenges that he faced in his physical life. He was challenged with accepting Mary being with child, being the foster father to the Messiah, fleeing to Egypt, and returning to Nazareth, all of which was conveyed to him through a series of dreams. Simply put, he was challenged with navigating the first ever role of fatherhood in the New Covenant! He accomplished all of this without having the divine knowledge of 2,000 years of Church history that we all share in today. We are blessed with access to the revealed truths of our New Covenant teachings, our deposit of faith. We are rich in the faith that is handed on to us apostolically, and which nurtures and guides us through our reception of the grace-filled sacraments. This was not the case for St. Joseph. As fathers, we can learn from St. Joseph's obedience as he fulfilled his daily obligations as a husband, father, and worker amid a chaotic world beyond his understanding.

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For Intentional Fatherhood

Our own obedience to God's will can be found in our humble acceptance of our vocation as the father of a beloved child of God. We are called to look at our children as Joseph looked at Jesus: as divine. There is divinity in our calling as fathers of the New Covenant. We will be held accountable for the way we practice the virtue of obedience in our role within our families in the history of salvation. Obedience to God's will is essential for the sanctity of the family.

Practical Ways to Model St. Joseph's Obedience

Follow reasonable duties, requests, and directions without questions or rebuttal. If you are uncertain about the basis for the Church's position on a doctrine of faith or morals, educate yourself by reading the Catechism or other Church documents. If you have not been to Confession in a long time, contact your priest to discuss making a full confession in private or during the parish's scheduled time for the Sacrament of Reconciliation. Ask the Holy Spirit to guide you in other acts of obedience.

St. Joseph Devotional Prayer for Obedience

Heavenly Father, help me to guide our family in the just model of St. Joseph, by always walking faithfully in Your direction. Through childlike obedience, help us to be intentional in staying close to the Your perfect path. Instill in our hearts the desire to want to know You more deeply through our renewed commitment to the Sacrament of Reconciliation. Help us to become steadfast and unwavering in our commitment to sin no more, while resting peacefully in the state of grace. We ask this through our Lord Jesus Christ, who lives and reigns with the Father and the Holy Spirit, One God, forever, unto ages of ages. Amen.

Tuesday



DISCIPLINE

Christ the Lord, in whom the entire Revelation of the most high God is summed up, commanded the apostles to preach the Gospel...which He fulfilled in his own person and promulgated with his own lips. In preaching the Gospel, they were to communicate the gifts of God to all men. This Gospel was to be the source of all saving truth and moral discipline.

Paragraph 75 of the *Catechism of the Catholic Church*



Discipline, in our Heavenly Father's will for His family, can be found in **the Sacrifice of the Mass**.

Understanding the parts of the Mass (primarily, the Liturgy of the Word and the Liturgy of the Eucharist), as well as understanding that the Mass is not about us, is where we as children of God can find the discipline needed to actively participate in this most holy form of worship given to God.

"Take the Good News out into the world." The heart of parenting comes through seeking out guidance from the Gospel, "the source of all saving truth," to encourage our children and ourselves to grow in discipline. As the principal sacramental celebration of the Church, the Mass renews the Paschal sacrifice of Christ, and the faithful are bound to participate in the Mass on Sundays and holy days of obligation (CCC 2192). Through active participation in the liturgy of Holy Mass, we learn how to love all of God's children past their faults. It is here that we become well formed, fed physically and supernaturally by the Word of God and the Bread of Life, and equipped with the discipline needed to face the trials ahead as they present themselves in our lives and the lives of our families. Through our participation in the Holy Mass, we are actively obeying Jesus' command to, "Do this in memory of me" (Luke 22: 17-19). The graces instilled in the Eucharistic celebration renew us and bring us into full communion with God.

St. Joseph as a Model of Discipline

If we look to St. Joseph as a model of discipline, we can find it in the way he answers his call to be the protector and provider of the Holy Family. As the first father in the New Covenant, St. Joseph was given the authority to care for the Bread of Life, Jesus Christ. As fathers in the New Covenant, we are now called to answer Jesus' command to hand on the Bread of Life to our families. The order, form, and tradition found in the Mass are meant to provide us with the discipline needed to prepare our families, the domestic church, to receive Jesus Christ, the Word Made Flesh, the Living Bread of Life, and to become one in the Body of Christ through the Eucharist.

Practical Ways to Model St. Joseph's Discipline

If you have missed attending Mass on Sundays or holy days of obligation without good cause, go to Confession and ask God to show you how to practice this life-giving form of worship with greater discipline. Review the readings before Mass with your family to better prepare your hearts to receive the Gospel message. Plan family vacations and business trips within driving distance of a Catholic church so that you can fulfill your obligation to attend Mass even while away from home. Ask the Holy Spirit to guide you in other ways to practice a spirit of discipline regarding your family's participation in the Holy Mass.

St. Joseph Devotional Prayer for Discipline

Heavenly Father, we thank You for Your divine gift of family. With an understanding that we will be held accountable for the children that You have placed in our care, fortify us to become steadfast in studying Sacred Scripture in the Liturgy of the Mass. Grant us the discipline needed to actively teach our children how their lives can be fulfilled by encouraging others to become one in the Body of Christ, through the Eucharist. In the just model of St. Joseph, give us the strength and discipline needed to be intentional in working out our family's salvation. Through acceptance and childlike obedience help us to become steadfast in our commitment to hand on our Sacred Tradition by mirroring all that we do in our lives through what is revealed in Holy Mass. We ask this through our Lord Jesus Christ, who lives and reigns with the Father and the Holy Spirit, One God, forever, unto ages of ages. Amen.

Wednesday



PRUDENCE

The virtue which disposes a person to discern the good and choose the correct means to accomplish it. One of the cardinal moral virtues that dispose the Christian to live according to the law of Christ, prudence provides the proximate guidance for the judgment of conscience.

Glossary of the *Catechism of the Catholic Church*



Prudence, in our Heavenly Father's will for His family, can be found in God's providing for us safe passage through the **deposit of faith**.

In the New Covenant, Jesus establishes apostolic succession to preserve the full deposit of faith, the revealed truths found in the written words of Sacred Scripture and the practices of Sacred Tradition, to help us work out our salvation, that is, to discern the true good and choose the correct means to achieve it.

Jesus Christ chose not to journey alone in His physical life. He called the Apostles, through their vocation to the ministerial priesthood, to bring the Good News to us so that even when He ascended to heaven, His authority and teachings would remain with us always (Mt 28:19-20). In keeping with our baptismal calling to the common priesthood of the faithful (CCC 1547), we, too, will be held responsible for handing on the deposit of faith to future generations (1 Cor 15:3).

St. Joseph as a Model of Prudence

If we look to St. Joseph as a model of prudence, we can see this virtue in his prudential approach of securing and providing for the safe passage of Jesus and Mary in their physical lives. By accepting his God-given role as husband and father to the Holy Family, he surrendered his will to the needs of his family. He selflessly gave them a place of honor before himself in all matters. His faith guided his will to accept the unknown challenges ahead and to trust that God would show him the correct path forward. His daily decisions, made with God's will in mind, led to good results for us all. We should all want to be "another Joseph" in his prudential approach. God's divine design for the vocation of fatherhood is modeled after the heart of St. Joseph.

Practical Ways to Model St. Joseph's Prudence

As part of your family's dinner table conversation, invite everyone to share a challenge they faced during the day and discuss how they discerned the true good in how to respond to the situation. Place a picture of the Holy Family or statue of St. Joseph in a prominent place in your home to encourage contemplation and prayer. Ask the Holy Spirit to guide you in other acts of prudence.

St. Joseph Devotional Prayer for Prudence

Heavenly Father, we thank You for Your divine gift of the deposit of faith. Help us to be intentionally prudent in handing on to the children You have placed in our care an understanding of the deposit of faith found in both Sacred Scripture and Sacred Tradition. Help us to become steadfast and unwavering in Jesus' teachings and the place they hold in salvation history. In the just model of St. Joseph, grant us the prudence needed to instill the deposit of faith to future generations of Catholics. We ask this through our Lord Jesus Christ, who lives and reigns with the Father and the Holy Spirit, One God, forever, unto ages of ages. Amen.

Thursday



PATIENCE

Our Father “desires all men to be saved and to come to the knowledge of truth.” He is “[patient] toward you, not wishing that any should perish.” His commandment is “that you love one another; even as I have loved you, that you also love one another.” This commandment summarizes all the others and expresses his entire will.

Paragraph 2822 of the *Catechism of the Catholic Church*



Patience, in our Heavenly Father’s will for our families, can be found through our seeking out the wisdom of God’s providence in all of salvation history to save mankind through Jesus Christ and His **New Covenant teachings**.

If we are intentional in working out our salvation, we will come to know Jesus Christ through the New Covenant teachings. It takes patience to understand that working out our salvation is meant to take our lifetime, whatever amount of time God give us. If, in humility, through time and trial, we choose God’s will for our family over our own will, then He will bless us by revealing how He has provided guidance at every moment of our lives, through divine providence, for our greater good.

We need to find peace and hope in the patience needed to understand God’s providence when things are not going as *we* planned. In our humanity, we have limited sight, and we often don’t see how God is moving in our lives. We need to have faith in God, who sees all things from eternity, and who is now guiding all things in the New Covenant through the workings of the Holy Spirit in our lives.

With this awareness in mind, contemplate your life experience and reflect on where God’s divine providence can be seen. This view of wisdom, through time and trial, should place within you a peaceful resolve of patience for the future. In discerning these providential moments, grasp the movement of the hand of God in your family’s life, and be intentional in sharing this knowledge with your children as these moments are realized. Become steadfast in instilling this wisdom into your family’s hearts and wills, and you will see the practice of patience, a fruit of the Holy Spirit, help your family successfully navigate the trials ahead with a peaceful mindset.

As a family, make a firm resolution that you will be patient, love one another, and trust in God’s providence that all your needs will be met through the New Covenant teachings of Jesus Christ.

St. Joseph as a Model of Patience

If we look to St. Joseph as a model of patience, we can see this spiritual fruit in his prudential journey as the first father of the New Covenant. He obeyed what God asked him to do, time after time, to protect and provide for Jesus and Mary without understanding fully where his efforts would lead in his own lifetime, much less in the generations to follow. We can connect to the heart of St. Joseph by mirroring his patience as we become more intentional in navigating our family's journey to learn and to live out the New Covenant teachings. This steadfast and unwavering mindset will fortify our resolve to make good decisions that will lead to good results, which will become woven into the hearts and wills of our families, forming their character and resolve. Through the workings of the Holy Spirit, we can become another St. Joseph in the New Covenant, and we can be the reflection of patience needed for our families to accept that God's providence is by divine design and always working for our greater good.

Practical Ways to Model St. Joseph's Patience

Drive the speed limit and obey all traffic laws for an entire day. Invite someone to go ahead of you while waiting in line at the grocery store. Pray the rosary for your children while waiting for them to finish practice or return home by curfew. Learn about the prayerful practice of *Lectio Divina* and use this form of divine reading to more deeply contemplate select passages of holy scripture. Ask the Holy Spirit to guide you in other acts of patience.

St. Joseph Devotional Pray for Patience

Heavenly Father, guide our family's journey through the New Covenant teachings with the understanding that everything in our lives happens for a reason and that all has been foreseen and permitted in Your divine providence. Instill in our hearts the desire to discern Your will in our lives and the fortitude to abandon the unrest of the day to your care. With childlike devotion, help us to willfully surrender all matters into Your hands. Help us to rest easy in the peaceful resolve that, in your providence, we need not fear the path ahead. In mirroring St. Joseph, grant us the patience needed to willfully work out our salvation in God's divine providence for our family. We ask this through Our Lord Jesus Christ, who lives and reigns with the Father and the Holy Spirit, One God, forever, unto ages of ages. Amen.

Friday



SUFFERING

“Was it not necessary that the Christ should suffer these things and enter into his glory?” Jesus’ sufferings took their historical, concrete form from the fact that he was “rejected by the elders and the chief priests and the scribes,” who handed “him to the Gentiles to be mocked and scourged and crucified.”

Paragraph 572 of the *Catechism of the Catholic Church*



Suffering, in our Heavenly Father’s will for His family, can be found in the lives of our **saints**.

By Jesus’ establishment of the New Covenant through His Paschal Mystery (the Passion, Death, and Resurrection of our Lord Jesus Christ), Jesus’ redemptive work to free us from the weight of sin and the constraints of death is accomplished. The blood sacrifices of animals in the Old Covenant are no longer necessary as “sin offerings.” As Jesus foretold, in the Resurrection, He would rebuild the temple in three days (Jn 2:19) and what was once closed by sin would now be open through Divine Mercy.

Through the bloody sacrifice offered by the Anointed One, the gates of heaven are now open to the faithful souls of the Old Testament and to all who follow Jesus in His New Covenant teachings. Now, in union with the communion of saints in heaven, we become one in the Universal Church, as the Church Militant, Penitent, and Triumphant, transcending all ages through the miracle of transubstantiation (CCC 960-962). Fulfilled through the Sacrament of the Eucharist, we become one body in Christ. The Bread of Life, the Real Presence of Jesus’ body, blood, soul, and divinity, is God’s plan for man’s salvation in the New Covenant, which is providentially revealed to us in the entirety of The Lord’s Prayer.

We need to be intentional in sharing with our families this memory of Christ’s suffering, His Passion at Calvary, which is fulfilled and embodied in the Eucharist during the Sacrifice of Mass. The Real Presence of Jesus is meant to ignite our hearts and nurture us in our physical lives. In the New Covenant, the gates of heaven are opened. The prophets of the Old Covenant now join the saints of the New Covenant as guideposts for our encouragement and perseverance. They are our brothers and sisters triumphant in the Body of Christ in the Universal Church, to whom we can now turn in prayer, to intercede for us in our times of suffering as we intentionally work out our family’s salvation (1 Pet 5:6-10).

St. Joseph as a Model of Suffering

If we look to St. Joseph as a model of suffering, we can discern his anguish in hearing, on the day of the purification and presentation, the prophecy of Simeon, that the child is destined for the fall and rise of many in Israel and that the child would be an object of contradiction and persecution, and that a sword of sorrow shall pierce Mary's heart (Lk 2: 34-35). This wasn't the first time that St. Joseph was made aware of the suffering his family would have to experience. He accepted the challenges ahead and learned how to endure suffering as he met those challenges in humility.

As fathers, we put limits on the unlimited love of our Father in our denial to accept suffering. If we, as fathers, seek to journey with St. Joseph in our family's suffering, we will see, in God's providence, that our acceptance of suffering with Christ will have transcendent effects on our families and communities.

Just as our Heavenly Father fortified and guided St. Joseph through the angels in his suffering, He offers the saints, through the movement of the Holy Spirit in the New Covenant, to fortify us in our moments of suffering. We can turn to our patron saints to guide us through periods of suffering in our physical lives. The saints show us examples of how to suffer well, in humility, just as St. Joseph did as the first father in the New Covenant. Our mirroring of the saints' unconditional love and sacrifice will instill within our families the unconditional love of the Father that will set us free to suffer like Joseph, to share in Christ's sufferings, and as a result, to heal us in all our suffering.

Practical Ways to Model St. Joseph's Suffering

When faced with a trial you cannot control, turn immediately to prayer. Teach your children to pray to their guardian angel. Pray a novena to God through a particular saint for a special intention. Encourage someone you know who is suffering from grief or illness with a card, a call, or a visit. Combine prayer with fasting to lead someone who is suffering *apart* from Christ toward the healing power of God's mercy. Ask the Holy Spirit to guide you in other ways to suffer with Christ.

St. Joseph Devotional Prayer for Suffering

Heavenly Father, guide our family in prayer as we look to St. Joseph and our saints to understand what is gained when we choose to suffer with Christ. With childlike obedience in seeking out Your will for our family, help us to grow in our daily sufferings as we learn to love others and ourselves past our faults. In modeling the saints, embolden our hearts to turn away from the temptation to deny suffering or to suffer apart from Christ. Help us to become aware of the wounds of original sin that we all must suffer in our physical lives, and help us to grow closer to Jesus through the example and intercession of the saints of the New Covenant. We ask this through our Lord Jesus Christ, who lives and reigns with the Father and the Holy Spirit, One God, forever, unto ages of ages. Amen.

Saturday



CHARITY

The theological virtue by which we love God above all things for his own sake, and our neighbor as ourselves for the love of God.

Glossary of the Catechism of the Catholic Church



A charitable heart, in our Heavenly Father's will for His family, can be found in **community**.

By God's design, charity is a virtue that is taught to us at the hands of our loved ones in our formative years. Beginning with baptism, the sacraments serve as the God-given, grace-filled tools by which we become part of the family of God, the community of faith.

As children of God, our first example of a charitable heart can be found when we come together as a community in holy fellowship during the Sacrifice of Mass. In this community of believers, we present our gifts of bread and wine, along with our petitions, on the altar of our Lord, where the Eucharist unites us with the Communion of Saints in the Body of Christ, His Church.

Through the Liturgy of the Mass, our families, our domestic churches, are transformed by the love story of Sacred Scripture and the Eucharistic celebration, which enable us to cultivate virtue and use our God-given gifts to help each other along the way in our daily lives. Through charitable hearts, we support our brothers and sisters with our time, treasure, and talents. These gifts of self-giving love instill a peaceful resolve into the lives of our families as they grow in sanctity through regular participation in the sacred liturgy.

Charity is our link to community; a charitable heart connects us. With our hearts fully nourished by the liturgy of the Word and the Eucharist, we take the good news of the Holy Mass into the world and become witnesses to the Gospel in our daily lives.

Practical Ways to Model St. Joseph's Charity

Bring flowers to your wife. Help your children organize gently used clothes and toys to donate to charity. Pray for the souls in purgatory. Prayerfully consider the proper tithe to your parish and diocese in light of your family's financial resources. Light a candle in church for a family member's special intention. Ask the Holy Spirit to guide you in other acts of selfless charity.

St. Joseph as a Model of Charity

If we look to St. Joseph as a model of charity, we can discern this in his freely giving his “yes” to all the unknowns presented before him in his vocation of foster fathering the Son of God, the Word Incarnate, and raising Him in the faith in the community of Nazareth. We fathers, spiritual and paternal alike, need to seek out the charitable heart of St. Joseph and follow his selfless example in acceptance of our own vocations within our communities. In the same measure by which we measure, God reveals more of his divine providence for our families when we respond to our vocations with charitable hearts. It is in our “yes” to His call to our vocations as husbands and fathers that we begin to understand, in part, the boundless charitable heart of our loving and merciful Father. In his vocation as head of the Holy Family, St. Joseph becomes the pillar of families and the protector of the Holy Church. In our vocations as spiritual and physical protectors of our families, we take our rightful place in salvation history as co-creators of God’s divine design of transforming grace. When we fight against this vocation, we stumble and blind ourselves to our true calling. As St. Augustine, one of the early Church Fathers, reminds us, our hearts are restless until they rest in God.

St. Joseph Devotional Prayer for Charity

Heavenly Father, as we mirror the charitable heart of St. Joseph, help us to “be open” to selflessly sharing our time, treasure, and talents within our communities as we intentionally cooperate with Your will for the sanctity of the family. In the time between holy fellowship, let the grace-filled sacraments that form our wills guide us in the way that we should live and interact with our neighbors in the public square. Let our vocations form our ministries as we take the Word out into the world. Let the Liturgy of the Mass teach us how to, in our brokenness, love others and love ourselves beyond our faults. Let Your food for the journey, the Eucharist, heal us and strengthen us in the obedience and discipline needed to work out our family’s salvation. Help us to be intentional in leading our families and communities in the virtues of charity and humility as courageously as St. Joseph. We ask this through our Lord Jesus Christ, who lives and reigns with the Father and the Holy Spirit, One God, forever, unto ages of ages. Amen.

Follow by praying the Litany of St. Joseph

Fraternity of St. Joseph Men's Group

The intent behind creating this week-long St. Joseph Devotional is to place value on the guiding graces of the New Covenant teachings on our young fathers while they are in the gathering stage of life. The devotional will provide these morally intentional journeymen, and their families, with a knowledge of their faith that will lead them to not only believing in, but also belonging to the Body of Christ – His One, Holy, Catholic, and Apostolic Church.

Community is what binds us. We can't do this journey alone. Jesus Himself called the Apostles and their successors to bring the New Covenant teachings to the ages. The core mission of the Fraternity of St. Joseph (FSJ) is to encourage the building up of a band of brothers equipped to face the trials ahead while handing on the deposit of faith to their families, communities, and future generations of Catholics.

Band of Brothers Prayer

Heavenly Father, in the just model of St. Joseph, help us to turn to you in humility, and through obedience and discipline, place you back into our hearts, our wills, our families, our faith communities, and ultimately our public square. We ask this through our Lord Jesus Christ, who lives and reigns with the Father and the Holy Spirit, One God, forever, unto ages of ages. Amen.

St. Joseph Family Devotional Binding Prayer

Mother Mary, most pure, loving father St. Joseph, I give myself totally to you as your possession to make of me and all that I am and have whatever is most pleasing to you. Guide me and my family, through the Holy Spirit, to your loving son Jesus, that through Him we may bring the greatest possible glory to God our loving Father. Amen!

Recite the FSJ Journeymen binding prayer daily to become steadfast in sharing the gift of self, which will be woven into the hearts and lives of the families touched by the morally intentional journeyman. Let your Yes mean Yes!

Consecration to Mary and Joseph

In your journey to become a just man, another Joseph, consider consecrating yourself to Mother Mary first, then to St. Joseph. Placing our wives and children before ourselves in all that we do is God's will for the head of the family. We should all look toward St. Joseph as the perfect embodiment of fatherhood here in the physical realm.

St. Joseph, most just, intercede for the prayers of this intentional journeyman's family. Amen!

Consecration Resources:

- How to Make Your St. Louis de Montfort's Total Consecration to Jesus through Mary (Catholic Company)
- 33 Days to Morning Glory (Fr. Michael Gaitley, MIC)
- Consecration to Joseph (Fr. Donald Calloway, MIC)

Prayer to St. Joseph, Patron of the Universal Church

St. Joseph was the first father ever to be challenged with accepting and understanding the Universal Church (meaning the Body of Christ both in heaven and on earth). He did this without any knowledge of what the New Covenant was to reveal. In the face of adversity, St. Joseph selflessly composed himself in a spirit of humility. With unwavering faith, he answered his call to action within the Holy Family.

We can all grow in our understanding of the New Covenant by learning from the example of St. Joseph, who employed his free will by trusting and following the will of God. St. Joseph shows all fathers how to be selfless. Through his example, we can make the hard choices required to hand on all that is known and shared through the New Covenant and the sacraments as the foundation of our faith. We are accountable to God to lead our families. If we do this well, with intent and perseverance, like St. Joseph, then we can take our rightful place at the table of God as good and worthy servants.

This prayer to St. Joseph can help all spiritual and paternal fathers, through the inevitable adversity they will face, as they work to preserve the sanctity of the family.

Prayer to Saint Joseph, Patron of the Universal Church

O Glorious Saint Joseph, Patron of the Universal Church, I implore thee to obtain from the Hearts of Jesus and Mary, the preservation of our remnant Catholic Community and all its members, from all division, dissension, and discord.

Do thou, faithful Guardian of the Holy Family, grant that our spiritual family, all the members of our remnant Catholic Community, shall ever be united in the Bonds of Faith and Charity, and shall remain always of One Heart, Mind and Soul in the Hearts of Jesus and Mary.

Saint Joseph, special Protector of our Community, do thou guide, bless, and protect us against the attacks of all our enemies and detractors. Through Our Lord Jesus Christ, Who lives and reigns with the Father and the Holy Spirit, One God, forever, unto ages of ages. Amen.

Let's re-read and focus on one line from the prayer: "from all division, dissension, and discord." If you believe in Jesus Christ, you are my brother in the Universal Church, and nothing divides us from this truth. No one who believes in Jesus Christ is excluded. Wherever we are, on our spiritual paths, we are all called to treat each other with unconditional love and respect. We are all God's children, diverse and unique in our own ways, but sharing a common journey toward our eternal home and a seat at our Father's table. Faith always leads to love.

St. Joseph, pray for us.

SAINT JOSEPH SEVEN-DAY FAMILY DEVOTIONAL

For Intentional Fatherhood

Litany of St. Joseph

Lord, have mercy. *Lord, have mercy.*
Christ, have mercy. *Christ, have mercy.*
Lord, have mercy. *Lord, have mercy.*

Jesus, hear us. *Jesus, 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.*
St. Joseph, *pray for us.*

Renowned 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 Virgin, *pray for us.*

Foster father of the Son of God, *pray for us.*

Diligent protector 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 strong, *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 artisans, *pray for us.*

Glory of home life, *pray for us.*

Guardian of virgins, *pray for us.*

Pillar of families, *pray for us.*

Solace of the wretched, *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 Holy Church, *pray for us.*

Lamb of God, who take away the sins of the world, spare us, O Lord.
Lamb of God, who take away the sins of the world, graciously hear us, O Lord.
Lamb of God, who take away the sins of the world, have mercy on us, O Lord.
He made him the lord of his household. And prince over all his possessions.



Let us pray, — O God, in your ineffable providence you were pleased to choose Blessed Joseph to be the spouse of your most holy Mother; grant, we beg you, that we may be worthy to have him for our intercessor in heaven whom on earth we venerate as our Protector: You who live and reign forever and ever.

Saint Joseph, pray for us.