

**CELEBRATING THE YEAR OF ST. JOSEPH  
SEVEN DAYS OF REFLECTIONS FOR TEENS  
BASED ON THE APOSTOLIC LETTER  
*PATRIS CORDE* (WITH A FATHER’S HEART) OF THE HOLY FATHER FRANCIS**

**DAY 1**

**Text from *Patris Corde* Number 1 - A Beloved Father**

The greatness of Saint Joseph is that he was the spouse of Mary and the father of Jesus. In this way, he placed himself, in the words of Saint John Chrysostom, “at the service of the entire plan of salvation”.

Saint Paul VI pointed out that Joseph concretely expressed his fatherhood “by making his life a sacrificial service to the mystery of the incarnation and its redemptive purpose. He employed his legal authority over the Holy Family to devote himself completely to them in his life and work. He turned his human vocation to domestic love into a superhuman oblation of himself, his heart and all his abilities, a love placed at the service of the Messiah who was growing to maturity in his home”.

Thanks to his role in salvation history, Saint Joseph has always been venerated as a father by the Christian people. This is shown by the countless churches dedicated to him worldwide, the numerous religious Institutes, Confraternities and ecclesial groups inspired by his spirituality and bearing his name, and the many traditional expressions of piety in his honour. Innumerable holy men and women were passionately devoted to him. Among them was Teresa of Avila, who chose him as her advocate and intercessor, had frequent recourse to him and received whatever graces she asked of him. Encouraged by her own experience, Teresa persuaded others to cultivate devotion to Joseph.

Every prayer book contains prayers to Saint Joseph. Special prayers are offered to him each Wednesday and especially during the month of March, which is traditionally dedicated to him.

Popular trust in Saint Joseph is seen in the expression “Go to Joseph”, which evokes the famine in Egypt, when the Egyptians begged Pharaoh for bread. He in turn replied: “Go to Joseph; what he says to you, do” (Gen 41:55). Pharaoh was referring to Joseph the son of Jacob, who was sold into slavery because of the jealousy of his brothers (cf. Gen 37:11-28) and who – according to the biblical account – subsequently became viceroy of Egypt (cf. Gen 41:41-44).

As a descendant of David (cf. Mt 1:16-20), from whose stock Jesus was to spring according to the promise made to David by the prophet Nathan (cf. 2 Sam 7), and as the spouse of Mary of Nazareth, Saint Joseph stands at the crossroads between the Old and New Testaments.

**Reflection Questions for Day 1:**

1. What churches, devotions, prayers, or images dedicated to St. Joseph are you familiar with? Learn more about St. Joseph and ask your parents or other family members if they know of any devotions or prayers to him.

2. In what areas of your life do you need to “Go to Joseph” for his intercession and guidance?

**Closing prayer** (every day for the last 40 years Pope Francis has prayed this prayer, let’s pray it with him daily!): “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.”

**Invitation for this week:** Visit a church that bears the name of St. Joseph either in person or virtually. Look at any image of St. Joseph you may find there and say a prayer to him in your own words.

## DAY 2

### Text from *Patris Corde* Number 2 - A Tender and Loving Father

Joseph saw Jesus grow daily “in wisdom and in years and in divine and human favour” (Lk 2:52). As the Lord had done with Israel, so Joseph did with Jesus: he taught him to walk, taking him by the hand; he was for him like a father who raises an infant to his cheeks, bending down to him and feeding him (cf. Hos 11:3-4). In Joseph, Jesus saw the tender love of God: “As a father has compassion for his children, so the Lord has compassion for those who fear him” (Ps 103:13). In the synagogue, during the praying of the Psalms, Joseph would surely have heard again and again that the God of Israel is a God of tender love, who is good to all, whose “compassion is over all that he has made” (Ps 145:9).

The history of salvation is worked out “in hope against hope” (Rom 4:18), through our weaknesses. All too often, we think that God works only through our better parts, yet most of his plans are realized in and despite our frailty. Thus Saint Paul could say: “To keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me: ‘My grace is sufficient for you, for power is made perfect in weakness’” (2 Cor 12:7-9).

Since this is part of the entire economy of salvation, we must learn to look upon our weaknesses with tender mercy. The evil one makes us see and condemn our frailty, whereas the Spirit brings it to light with tender love. Tenderness is the best way to touch the frailty within us. Pointing fingers and judging others are frequently signs of an inability to accept our own weaknesses, our own frailty. Only tender love will save us from the snares of the accuser (cf. Rev 12:10). That is why it is so important to encounter God’s mercy, especially in the Sacrament of Reconciliation, where we experience his truth and tenderness. Paradoxically, the evil one can also speak the truth to us, yet he does so only to condemn us. We know that God’s truth does not condemn, but instead welcomes, embraces, sustains and forgives us. That truth

always presents itself to us like the merciful father in Jesus' parable (cf. Lk 15:11-32). It comes out to meet us, restores our dignity, sets us back on our feet and rejoices for us, for, as the father says: "This my son was dead and is alive again; he was lost and is found" (v. 24).

Even through Joseph's fears, God's will, his history and his plan were at work. Joseph, then, teaches us that faith in God includes believing that he can work even through our fears, our frailties and our weaknesses. He also teaches us that amid the tempests of life, we must never be afraid to let the Lord steer our course. At times, we want to be in complete control, yet God always sees the bigger picture.

### **Reflection Questions for Day 2:**

1. What areas of my life do I see as weak? How can I look upon these weaknesses with the tender mercy of God?
2. Following the example of St. Joseph, how can I grow in faith to know that God can work in us even through our fears?

**Closing prayer** (every day for the last 40 years Pope Francis has prayed this prayer, let's pray it with him daily!): "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."

**Invitation for this week:** Experience God's mercy through the Sacrament of Reconciliation.

## **Day 3**

### **Text from *Patris Corde* Number 3 – An Obedient Father**

As he had done with Mary, God revealed his saving plan to Joseph. He did so by using dreams, which in the Bible and among all ancient peoples, were considered a way for him to make his will known.

Joseph was deeply troubled by Mary's mysterious pregnancy. He did not want to "expose her to public disgrace", so he decided to "dismiss her quietly" (Mt 1:19).

In the first dream, an angel helps him resolve his grave dilemma: "Do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit. She will bear a son, and you are to name him Jesus, for he will save his people from their sins" (Mt 1:20-21). Joseph's response was immediate: "When Joseph awoke from sleep, he did as the angel of the Lord commanded him" (Mt 1:24). Obedience made it possible for him to surmount his difficulties and spare Mary.

In the second dream, the angel tells Joseph: "Get up, take the child and his mother, and flee to Egypt, and remain there until I tell you; for Herod is about to search for the child, to destroy

him” (Mt 2:13). Joseph did not hesitate to obey, regardless of the hardship involved: “He got up, took the child and his mother by night, and went to Egypt, and remained there until the death of Herod” (Mt 2:14-15).

In Egypt, Joseph awaited with patient trust the angel’s notice that he could safely return home. In a third dream, the angel told him that those who sought to kill the child were dead and ordered him to rise, take the child and his mother, and return to the land of Israel (cf. Mt 2:19-20). Once again, Joseph promptly obeyed. “He got up, took the child and his mother, and went to the land of Israel” (Mt 2:21).

During the return journey, “when Joseph heard that Archelaus was ruling over Judea in place of his father Herod, he was afraid to go there. After being warned in a dream” – now for the fourth time – “he went away to the district of Galilee. There he made his home in a town called Nazareth” (Mt 2:22-23).

The evangelist Luke, for his part, tells us that Joseph undertook the long and difficult journey from Nazareth to Bethlehem to be registered in his family’s town of origin in the census of the Emperor Caesar Augustus. There Jesus was born (cf. Lk 2:7) and his birth, like that of every other child, was recorded in the registry of the Empire. Saint Luke is especially concerned to tell us that Jesus’ parents observed all the prescriptions of the Law: the rites of the circumcision of Jesus, the purification of Mary after childbirth, the offering of the firstborn to God (cf. 2:21-24).

In every situation, Joseph declared his own “fiat”, like those of Mary at the Annunciation and Jesus in the Garden of Gethsemane.

In his role as the head of a family, Joseph taught Jesus to be obedient to his parents (cf. Lk 2:51), in accordance with God’s command (cf. Ex 20:12).

During the hidden years in Nazareth, Jesus learned at the school of Joseph to do the will of the Father. That will was to be his daily food (cf. Jn 4:34). Even at the most difficult moment of his life, in Gethsemane, Jesus chose to do the Father’s will rather than his own, becoming “obedient unto death, even death on a cross” (Phil 2:8). The author of the Letter to the Hebrews thus concludes that Jesus “learned obedience through what he suffered” (5:8).

All this makes it clear that “Saint Joseph was called by God to serve the person and mission of Jesus directly through the exercise of his fatherhood” and that in this way, “he cooperated in the fullness of time in the great mystery of salvation and is truly a minister of salvation.”

### **Reflection Questions for Day 3:**

1. Joseph is an example of obedience. In what situations is it difficult for us to obey our parents, teachers, church, and others?
2. How can I exercise my own *fiat* (let it be done) like Mary and Joseph and grow in the virtue of obedience?

**Closing prayer** (every day for the last 40 years Pope Francis has prayed this prayer, let’s pray it with him daily!): “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.”

**Invitation for this week:** Make an intentional effort to be obedient to your parents this week, from the little things to the big things, and know that God sees your good intentions. Ask St. Joseph for his help to grow in obedience!

## Day 4

### Text from *Patris Corde* Number 4 - An Accepting Father

Joseph accepted Mary unconditionally. He trusted in the angel’s words. “The nobility of Joseph’s heart is such that what he learned from the law he made dependent on charity. Today, in our world where psychological, verbal and physical violence towards women is so evident, Joseph appears as the figure of a respectful and sensitive man. Even though he does not understand the bigger picture, he makes a decision to protect Mary’s good name, her dignity and her life. In his hesitation about how best to act, God helped him by enlightening his judgment”.

Often in life, things happen whose meaning we do not understand. Our first reaction is frequently one of disappointment and rebellion. Joseph set aside his own ideas in order to accept the course of events and, mysterious as they seemed, to embrace them, take responsibility for them and make them part of his own history. Unless we are reconciled with our own history, we will be unable to take a single step forward, for we will always remain hostage to our expectations and the disappointments that follow.

The spiritual path that Joseph traces for us is not one that explains, but accepts. Only as a result of this acceptance, this reconciliation, can we begin to glimpse a broader history, a deeper meaning. We can almost hear an echo of the impassioned reply of Job to his wife, who had urged him to rebel against the evil he endured: “Shall we receive the good at the hand of God, and not receive the bad?” (Job 2:10).

Joseph is certainly not passively resigned, but courageously and firmly proactive. In our own lives, acceptance and welcome can be an expression of the Holy Spirit’s gift of fortitude. Only the Lord can give us the strength needed to accept life as it is, with all its contradictions, frustrations and disappointments.

Jesus’ appearance in our midst is a gift from the Father, which makes it possible for each of us to be reconciled to the flesh of our own history, even when we fail to understand it completely.

Just as God told Joseph: “Son of David, do not be afraid!” (Mt 1:20), so he seems to tell us: “Do not be afraid!” We need to set aside all anger and disappointment, and to embrace the way things are, even when they do not turn out as we wish. Not with mere resignation but with hope and courage. In this way, we become open to a deeper meaning. Our lives can be

miraculously reborn if we find the courage to live them in accordance with the Gospel. It does not matter if everything seems to have gone wrong or some things can no longer be fixed. God can make flowers spring up from stony ground. Even if our heart condemns us, “God is greater than our hearts, and he knows everything” (1 Jn 3:20).

Here, once again, we encounter that Christian realism which rejects nothing that exists. Reality, in its mysterious and irreducible complexity, is the bearer of existential meaning, with all its lights and shadows. Thus, the Apostle Paul can say: “We know that all things work together for good, for those who love God” (Rom 8:28). To which Saint Augustine adds, “even that which is called evil (*etiam illud quod malum dicitur*)”. In this greater perspective, faith gives meaning to every event, however happy or sad.

Nor should we ever think that believing means finding facile and comforting solutions. The faith Christ taught us is what we see in Saint Joseph. He did not look for shortcuts, but confronted reality with open eyes and accepted personal responsibility for it.

Joseph’s attitude encourages us to accept and welcome others as they are, without exception, and to show special concern for the weak, for God chooses what is weak (cf. 1 Cor 1:27). He is the “Father of orphans and protector of widows” (Ps 68:6), who commands us to love the stranger in our midst.[20] I like to think that it was from Saint Joseph that Jesus drew inspiration for the parable of the prodigal son and the merciful father (cf. Lk 15:11-32).

#### **Reflection Questions for Day 4:**

1. God told Joseph not to be afraid. What fears are you struggling with right now that need to be surrendered to God’s care?
2. Who are the ‘weak, orphans, and widows’ in your life today that St. Joseph is inviting you to help?

**Closing prayer** (every day for the last 40 years Pope Francis has prayed this prayer, let’s pray it with him daily!): “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.”

**Invitation for this week:** Make a list of those difficult situations in your life right now that need acceptance, hope, and courage and ask for St. Joseph for his help in these situations.

## **DAY 5**

### **Text from *Patris Corde* Number 5 - A Creatively Courageous Father**

If the first stage of all true interior healing is to accept our personal history and embrace even the things in life that we did not choose, we must now add another important element: creative courage. This emerges especially in the way we deal with difficulties. In the face of difficulty, we

can either give up and walk away, or somehow engage with it. At times, difficulties bring out resources we did not even think we had.

As we read the infancy narratives, we may often wonder why God did not act in a more direct and clear way. Yet God acts through events and people. Joseph was the man chosen by God to guide the beginnings of the history of redemption. He was the true “miracle” by which God saves the child and his mother. God acted by trusting in Joseph’s creative courage. Arriving in Bethlehem and finding no lodging where Mary could give birth, Joseph took a stable and, as best he could, turned it into a welcoming home for the Son of God come into the world (cf. Lk 2:6-7). Faced with imminent danger from Herod, who wanted to kill the child, Joseph was warned once again in a dream to protect the child, and rose in the middle of the night to prepare the flight into Egypt (cf. Mt 2:13-14).

A superficial reading of these stories can often give the impression that the world is at the mercy of the strong and mighty, but the “good news” of the Gospel consists in showing that, for all the arrogance and violence of worldly powers, God always finds a way to carry out his saving plan. So too, our lives may at times seem to be at the mercy of the powerful, but the Gospel shows us what counts. God always finds a way to save us, provided we show the same creative courage as the carpenter of Nazareth, who was able to turn a problem into a possibility by trusting always in divine providence.

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 to find solutions ourselves.

That kind of creative courage was shown by the friends of the paralytic, who lowered him from the roof in order to bring him to Jesus (cf. Lk 5:17-26). Difficulties did not stand in the way of those friends’ boldness and persistence. They were convinced that Jesus could heal the man, and “finding no way to bring him in because of the crowd, they went up on the roof and let him down with his bed through the tiles into the middle of the crowd in front of Jesus. When he saw their faith, he said, ‘Friend, your sins are forgiven you’” (vv. 19-20). Jesus recognized the creative faith with which they sought to bring their sick friend to him.

The Gospel does not tell us how long Mary, Joseph and the child remained in Egypt. Yet they certainly needed to eat, to find a home and employment. It does not take much imagination to fill in those details. The Holy Family had to face concrete problems like every other family, like so many of our migrant brothers and sisters who, today too, risk their lives to escape misfortune and hunger. In this regard, I consider Saint Joseph the special patron of all those forced to leave their native lands because of war, hatred, persecution and poverty.

At the end of every account in which Joseph plays a role, the Gospel tells us that he gets up, takes the child and his mother, and does what God commanded him (cf. Mt 1:24; 2:14.21). Indeed, Jesus and Mary his Mother are the most precious treasure of our faith.

In the divine plan of salvation, the Son is inseparable from his Mother, from Mary, who “advanced in her pilgrimage of faith, and faithfully persevered in her union with her Son until she stood at the cross”.

We should always consider whether we ourselves are protecting Jesus and Mary, for they are also mysteriously entrusted to our own responsibility, care and safekeeping. 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. God trusted Joseph, as did Mary, who found in him someone who would not only save her life, but would always provide for her and her child. In this sense, Saint Joseph could not be other than the Guardian of the Church, for the Church is the continuation of the Body of Christ in history, even as Mary's motherhood is reflected in the motherhood of the Church. In his continued protection of the Church, Joseph continues to protect *the child and his mother*, and we too, by our love for the Church, continue to love *the child and his mother*.

That child would go on to say: "As you did it to one of the least of these who are members of my family, you did it to me" (Mt 25:40). Consequently, every poor, needy, suffering or dying person, every stranger, every prisoner, every infirm person is "the child" whom Joseph continues to protect. For this reason, Saint Joseph is invoked as protector of the unfortunate, the needy, exiles, the afflicted, the poor and the dying. Consequently, the Church cannot fail to show a special love for the least of our brothers and sisters, for Jesus showed a particular concern for them and personally identified with them. From Saint Joseph, we must learn that same care and responsibility. We must learn to love the child and his mother, to love the sacraments and charity, to love the Church and the poor. Each of these realities is always *the child and his mother*.

#### **Reflection Questions for Day 5:**

1. In what ways can I be creatively courageous like St. Joseph when facing difficulties?
2. In this reflection we read that today we ourselves have the responsibility of protecting Jesus and Mary like St. Joseph did. How can I do this?

**Closing prayer** (every day for the last 40 years Pope Francis has prayed this prayer, let's pray it with him daily!): "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."

**Invitation for this week:** Make an effort this week to help someone in need by volunteering in a charity organization or donating to your local church pantry or foodbank.

## **DAY 6**

### **Text from *Patris Corde* Number 6 - A Working Father**

An aspect of Saint Joseph that has been emphasized from the time of the first social Encyclical, Pope Leo XIII's *Rerum Novarum*, is his relation to work. Saint Joseph was a carpenter who



earned an honest living to provide for his family. From him, Jesus learned the value, the dignity and the joy of what it means to eat bread that is the fruit of one's own labour.

In our own day, when employment has once more become a burning social issue, and unemployment at times reaches record levels even in nations that for decades have enjoyed a certain degree of prosperity, there is a renewed need to appreciate the importance of dignified work, of which Saint Joseph is an exemplary patron.

Work is a means of participating in the work of salvation, an opportunity to hasten the coming of the Kingdom, to develop our talents and abilities, and to put them at the service of society and fraternal communion. It becomes an opportunity for the fulfilment not only of oneself, but also of that primary cell of society which is the family. A family without work is particularly vulnerable to difficulties, tensions, estrangement and even break-up. How can we speak of human dignity without working to ensure that everyone is able to earn a decent living?

Working persons, whatever their job may be, are cooperating with God himself, and in some way become creators of the world around us. The crisis of our time, which is economic, social, cultural and spiritual, can serve as a summons for all of us to rediscover the value, the importance and necessity of work for bringing about a new "normal" from which no one is excluded. Saint Joseph's work reminds us that God himself, in becoming man, did not disdain work. The loss of employment that affects so many of our brothers and sisters, and has increased as a result of the Covid-19 pandemic, should serve as a summons to review our priorities. Let us implore Saint Joseph the Worker to help us find ways to express our firm conviction that no young person, no person at all, no family should be without work!

#### **Reflection Questions for Day 6:**

1. Unemployment is an issue in many households today. How can we support those suffering from the loss of their job or lack of access to dignified employment?
2. What talents and abilities do I have and how can I use them to serve God and society?

**Closing prayer** (every day for the last 40 years Pope Francis has prayed this prayer, let's pray it with him daily!): "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."

**Invitation for this week:** Make a list of those you know (family, friends, neighbors, etc.) that are unemployed and pray daily this week to St. Joseph the Worker to intercede for them.

## DAY 7

### Text from *Patris Corde* Number 7 - A Father in the Shadows

The Polish writer Jan Dobraczyński, in his book *The Shadow of the Father*, tells the story of Saint Joseph's life in the form of a novel. He uses the evocative image of a shadow to define Joseph. In his relationship to Jesus, Joseph was the earthly shadow of the heavenly Father: he watched over him and protected him, never leaving him to go his own way. We can think of Moses' words to Israel: "In the wilderness... you saw how the Lord your God carried you, just as one carries a child, all the way that you travelled" (Deut 1:31). In a similar way, Joseph acted as a father for his whole life.

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.

Children today often seem orphans, lacking fathers. The Church too needs fathers. Saint Paul's words to the Corinthians remain timely: "Though you have countless guides in Christ, you do not have many fathers" (1 Cor 4:15). Every priest or bishop should be able to add, with the Apostle: "I became your father in Christ Jesus through the Gospel" (ibid.). Paul likewise calls the Galatians: "My little children, with whom I am again in travail until Christ be formed in you!" (4:19).

Being a father entails introducing children to life and reality. Not holding them back, being overprotective or possessive, but rather making them capable of deciding for themselves, enjoying freedom and exploring new possibilities. Perhaps for this reason, Joseph is traditionally called a "most chaste" father. That title is not simply a sign of affection, but the summation of an attitude that is the opposite of possessiveness. Chastity is freedom from possessiveness in every sphere of one's life. Only when love is chaste, is it truly love. A possessive love ultimately becomes dangerous: it imprisons, constricts and makes for misery. God himself loved humanity with a chaste love; he left us free even to go astray and set ourselves against him. The logic of love is always the logic of freedom, and Joseph knew how to love with extraordinary freedom. He never made himself the centre of things. He did not think of himself, but focused instead on the lives of Mary and Jesus.

Joseph found happiness not in mere self-sacrifice but in self-gift. In him, we never see frustration but only trust. His patient silence was the prelude to concrete expressions of trust. Our world today needs fathers. It has no use for tyrants who would domineer others as a means of compensating for their own needs. It rejects those who confuse authority with authoritarianism, service with servility, discussion with oppression, charity with a welfare mentality, power with destruction. Every true vocation is born of the gift of oneself, which is the fruit of mature sacrifice. The priesthood and consecrated life likewise require this kind of maturity. Whatever our vocation, whether to marriage, celibacy or virginity, our gift of self will not come to fulfilment if it stops at sacrifice; were that the case, instead of becoming a sign of the beauty and joy of love, the gift of self would risk being an expression of unhappiness, sadness and frustration.

When fathers refuse to live the lives of their children for them, new and unexpected vistas open up. Every child is the bearer of a unique mystery that can only be brought to light with the help of a father who respects that child's freedom. A father who realizes that he is most a father and educator at the point when he becomes "useless", when he sees that his child has become independent and can walk the paths of life unaccompanied. When he becomes like Joseph, who always knew that his child was not his own but had merely been entrusted to his care. In the end, this is what Jesus would have us understand when he says: "Call no man your father on earth, for you have one Father, who is in heaven" (Mt 23:9).

In every exercise of our fatherhood, we should always keep in mind that it has nothing to do with possession, but is rather a "sign" pointing to a greater fatherhood. In a way, we are all like Joseph: a shadow of the heavenly Father, who "makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust" (Mt 5:45). And a shadow that follows his Son.

### **Reflection Questions for Day 7:**

1. What father figures do we have in our lives for which we are thankful for?
2. How can we imitate St. Joseph in being self-gift to our families and friends?

**Closing prayer** (every day for the last 40 years Pope Francis has prayed this prayer, let's pray it with him daily!): "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."

### **Closing Litany to St. Joseph**

Lord, have mercy.	Lord, have mercy.
Christ, have mercy.	Christ, have mercy.
Lord, have mercy.	Lord, have mercy.
God our 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.
Noble son of the House of David,	pray for us.
Light of Patriarchs,	pray for us.
Husband of the Mother of God,	pray for us.
Guardian of the Virgin,	pray for us.
Foster father of the Son of God,	pray for us.
Faithful guardian of Christ,	pray for us.
Head of the Holy Family,	pray for us.
Joseph, chaste and just,	pray for us.

Joseph, prudent and brave	pray for us.
Joseph, obedient and loyal	pray for us.
Pattern of patience,	pray for us.
Lover of poverty,	pray for us.
Model of workers,	pray for us.
Example to parents	pray for us.
Glory of home life,	pray for us.
Guardian of virgins,	pray for us.
Pillar of family life,	pray for us.
Comfort of the troubled,	pray for us.
Hope of the sick,	pray for us.
Patron of the dying,	pray for us.
Terror of evil spirits,	pray for us.
Protector of the Church,	pray for us.
Lamb of God, you takes away the sins of the world,	have mercy on us.
Lamb of God, you takes away the sins of the world,	have mercy on us.
Lamb of God, you takes away the sins of the world,	have mercy on us.
God made him master of his household	And put him in charge of all that he owned.

O God, who in your inexpressible providence were pleased to choose Saint Joseph as spouse of the most holy Mother of your Son, grant, we pray, that we, who revere him as our protector on earth, may be worthy of his heavenly intercession. Through Christ our Lord. Amen.  
 Saint Joseph, pray for us.

**Invitation for this week and this special year dedicated to St. Joseph:** Meditate on the attributes of St. Joseph that we prayed in this Litany and each day ask for his intercession as you seek to grow in that particular virtue (just, chaste, prudent, etc.).