

DAY BY DAY WITH SAINT JOSEPH

MINUTE MEDITATIONS FOR EVERY DAY
CONTAINING A SCRIPTURE READING,
A REFLECTION, AND A PRAYER

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Illustrated



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AVE courage! It is I, do not be afraid. JAN.

—Mt 14:27 21

A Courageous Man

REFLECTION. The Apostles were in a boat, already some distance from shore, battered by waves and strong wind. Jesus came walking toward them on the water and spoke these words to them.

Entrusted with the care of Mary and Jesus, St. Joseph had to be a courageous man. He protected them from Herod who was seeking to kill the Child.

PRAYER. *Brave St. Joseph, help me to have courage and not be afraid.*



N ALL of your prayers and entreaties, pray always in the Spirit. JAN.

—Eph 6:18 22

Joined in Faith

REFLECTION. In the Apostles' Creed, we express our faith in the Communion of Saints. There is a loving, prayerful bond between those of us on earth and those in heaven.

A petition in the Litany of St. Joseph summarizes this belief. "As we enjoy his protection on earth, may we have the help of his prayers in heaven."

PRAYER. *St. Joseph, pray for us now and at the hour of our death.*



IT IS more blessed to give than to receive.

FEB.

—Acts 20:35

14

A Cheerful Giver

REFLECTION. On Valentine's Day we give something special to another, perhaps even a marriage proposal. Love and joy accompany the giving.

Mother Teresa of Calcutta vowed to give herself totally to God and the poor. Yet despite a very disciplined life and severe darkness in prayer, contemporaries recalled that she was “full of fun” and “enjoyed everything that went on.”

PRAYER. *St. Joseph, help me to be a cheerful giver.*



ASK that supplications, prayers, petitions and thanksgivings be offered for everyone, for kings and for all in authority . . .

FEB.

15

—1 Tim 2:1

Praying for Presidents

REFLECTION. In her massive study, *Team of Rivals*, historian Doris Kearns Goodwin detailed how simple “honest Abe” was actually a brilliant politician and astute president.

He required great courage and strength to keep the relatively young but divided country together and great wisdom to deal with the sensitive issue of slavery. No wonder St. Paul urged prayers for those in authority.

PRAYER. *St. Joseph, may we be faithful in praying for all our government leaders.*



THE kingdom of heaven is like a mustard seed . . .

JULY

—Mt 13:31 25

“Birds of a Feather Flock Together”

REFLECTION. The mustard tree looks like a large bird’s nest, a messy combination of twigs and branches, and like the bird’s nest it attracts a variety of birds.

It’s a good metaphor for the Church. We are messy at times, but God dwells in the mess and can do wonders despite our shortcomings.

PRAYER. *St. Joseph, protector of the Church, guide us despite our shortcomings to do good to our neighbor for the glory of God.*



HOW will I praise those godly men and women, our ancestors, all in their own time.

JULY

—Sir 44:1 26

They Are in Our DNA

REFLECTION. Shall we make today “Grandparents Day?” Saints Anne and Joachim were the grandparents of Jesus. What more appropriate feast than this on which to honor our grandparents?

Jesus must have shared their DNA. I’d like to think that we do, too. Time passes quickly but the heart never forgets.

PRAYER. *St. Joseph, may we always hold in reverence those who have gone before us.*



IF YOU have faith as tiny as a mustard seed, **AUG.**
... nothing will be impossible for you.

—Mt 17:20 **12**

Faith Is Not Magic or Automatic

REFLECTION. Faith is not about performing Herculean tasks. Faith begins with belief in oneself and belief in oneself ultimately leads to belief in the abiding presence of God in all situations and circumstances.

It is a movement deep within the soul that alters the way we respond to life—and death.

PRAYER. *St. Joseph, help us to speak and act with confident faith.*



IESUS said to them, “Who do you say that I am?” **AUG.**

—Mt 16:15 **13**

Who Is Jesus for You?

REFLECTION. We may know a great deal about Jesus through our study of His life and message, but only through prayer and meditation on the Gospels can we come to know Jesus in a personal way that enables us to answer this question from the heart.

PRAYER. *St. Joseph, help us to know Jesus as you knew Him.*