



Year of St Joseph

Joseph, the one who lived with uncertainty - WEEK TWO

*Take a comfortable position and settle into a
20 minute prayer for the Year of St Joseph*

Gaze on this image.... allow it to speak to your heart.



Joseph, the one to whom God spoke through dreams....

Joseph, the one who listened “to the whisperings of God
in his heart.” (MM 1868)

Joseph, who lived with uncertainty trusting in God to provide.

Joseph, who in trust and with courage acted on God’s word.

You are invited to journey with Joseph, to listen to him and
open yourself to the divine as he did.

So let us “go to Joseph....”

Let us “go to Joseph....”



Come to quiet.

Gaze on this image - allowing yourself to sink into it.
Be aware of what is rising in your heart.

God spoke to Joseph’s heart in a dream.

*“Joseph get up, and take the child and his mother with you and
escape into Egypt. Stay there until I tell you...” (Matthew 2:13)*

Joseph awoke, got up and with Jesus and Mary set out for Egypt.

***What is my experience of trusting in times of uncertainty
amidst fear of the unknown?***

What is the wisdom for my life’s journey at this time....?

Let us go to Joseph the one who lived with uncertainty.

BREATH PRAYER

Joseph, I breathe in your prayer-filled trust in Divine Providence, in times of immense uncertainty.

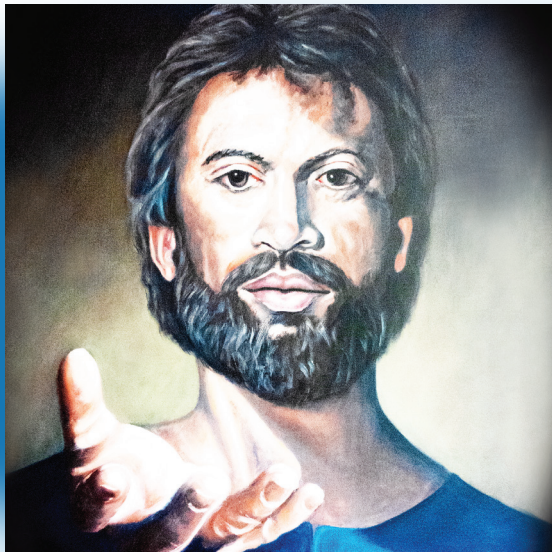
I breathe out this trust as a blessing on the fear and anxiety I feel at this time.

(Continue to pray this prayer for some moments in rhythm with your breath)

Joseph, I breathe in your life empowering trust.

I breathe out this trust as a blessing on those who see only darkness and no way forward – those without a job....those unable to pay rent.... those....

(Continue to pray this prayer for some moments in rhythm with your breath)



BLESSING

May the blessing of Joseph be with us in the uncertain times in our lives which cause fear and anxiety. May prayerful silence enable me to live with trust in the face of uncertainty.

May God Bless you and keep you strong and help you in your anxieties.

MM 3/12/1900

SONG FOR JOSEPH *Kathy Sherman csj*

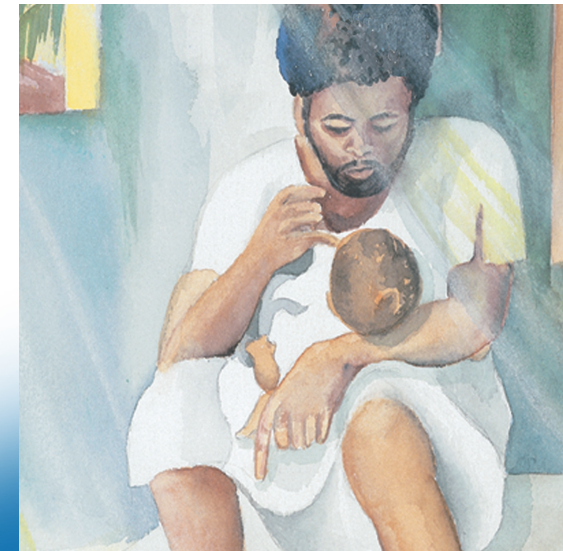
*Husband of Mary; Father of Jesus,
Joseph beloved of God.
Lover of goodness; dreamer of dreams,
Lowly, yet chosen of God.*

*Teach us to listen and not be afraid
To trust as you did in God's way. (R)*

*You were real; laughed and cried
You were gentle yet strong
Your faith and your prayer kept you free. (R)*

*Your love for Mary; your courage in darkness
You gave so that others could live. (R)*

*Your hand held life carefully; you had nothing yet everything
You are a witness for all. (R)*



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Song for Joseph - Kathy Sherman csj
Joseph painting - Pat Williams. In Joseph's Care - Steve Todd*