



# Year of St Joseph

Joseph, the one who trusted in God to provide - WEEK THREE

*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.

Joseph and Mary travelled to Bethlehem to register in the census.  
They was no room at the Inn. Undeterred, Joseph kept looking and  
found a stable. It was here that Jesus was born..

***In times of scarcity and disappointment how have I been enabled to  
respond with creativity and resilience, trusting in God to provide?***

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

***God will carry you safely through every struggle. MM 20/11/1870***

**Let us go to Joseph the one who trusted in God to provide.**

## BREATH PRAYER

Joseph, I breathe in the resilience, hope and inner strength you showed when faced with an overcrowded Bethlehem and life as a refugee.

I breathe out this inner strength into my own vulnerability

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

Joseph, I breathe in your hope, your resilience

I breathe out a blessing on a world struggling with the daily impact of climate change, the COVID pandemic and....

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



## BLESSING

May the blessing of Joseph be with us as we place our hope and trust in Divine Providence. Joseph, as you protected Jesus and Mary in every practical way, may your blessing touch us at this time enabling us to be attentive to all in our care and those in need.

*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  
In Joseph's Care - Steve Todd*