



# *Year of St Joseph*

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## Joseph the Worker



*Take a moment  
and come to quiet... in prayer*



# Week ONE

## Joseph, the one who listened

*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.

*“There where you are, you will find God.” (MM 1871)*

God spoke to Joseph’s heart in a dream.

*“Joseph, do not be afraid....*

*Take Mary home as your wife.....” (Matthew 1:20)*

When Joseph awoke he did as God had asked.

*In the quiet, in my daily encounters in my life, how does  
God speak to my heart?*

*What is God’s invitation to me.....?*

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

***Let us go to Joseph the one who listened.***

## BREATH PRAYER

Joseph, I breathe in the grace of your listening so sensitively to God's word to you in crucial moments of your life.

I breathe out this grace as a blessing on the searching places of my own heart.

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

I breathe in this grace of your deep listening.

I breathe out this grace as a blessing on our anxiety ridden world, filled with questioning and deep longing.

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



## BLESSING

May the blessing of Joseph be with us, opening our ears and hearts, that we may hear the gentle inner voice of intuitive wisdom.

May Joseph's example of listening evoke in us a deep desire to listen contemplatively in all circumstances of our lives.

**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)*





## Week TWO

### Joseph, the one who lived with uncertainty

*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*



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## Week THREE

Joseph, the one who trusted in God to provide

*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.

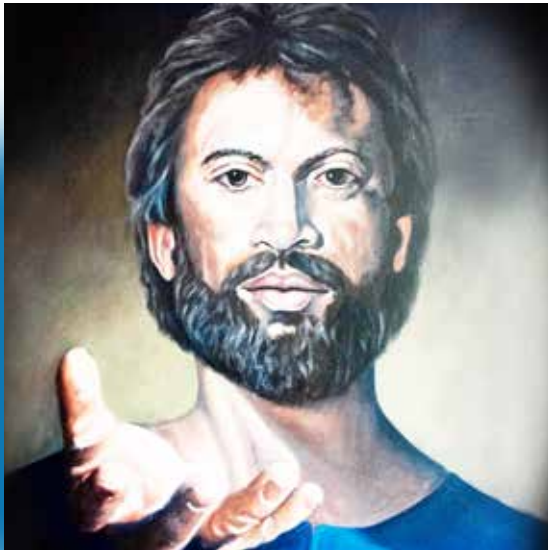
I breathe out this inner strength into my own vulnerability

*(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*

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## Week FOUR

Joseph, the one who lived with trust and courage

*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.***



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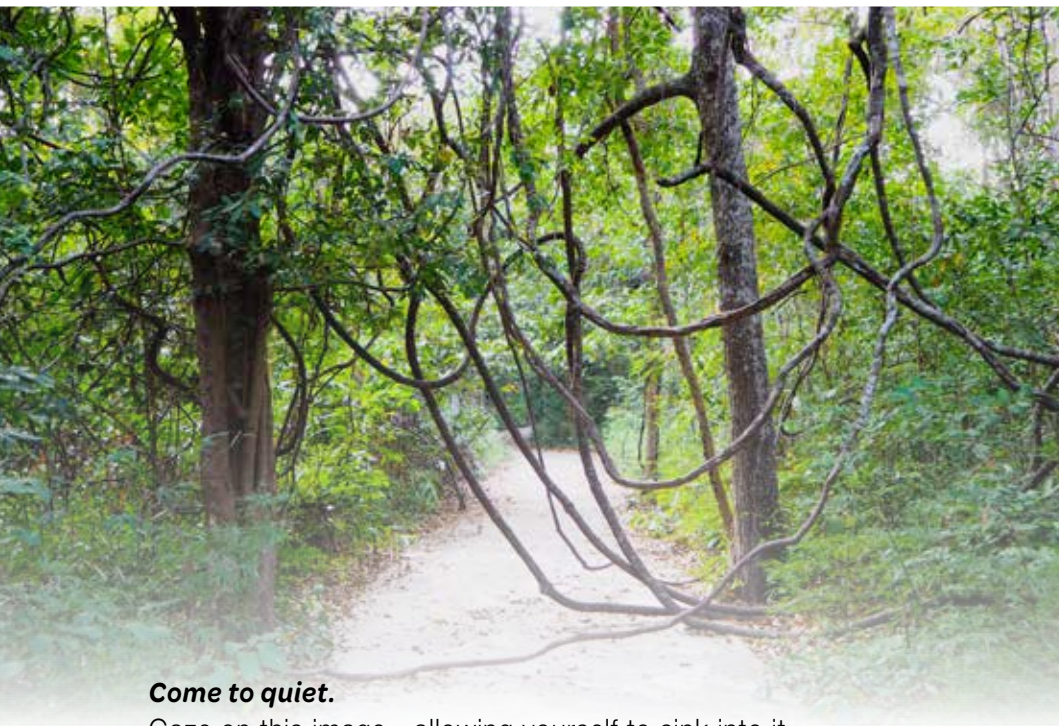
Joseph, who lived with uncertainty trusting in God to provide.

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, take Jesus and Mary back to your land Israel.”

Joseph awoke, got up and with Jesus and Mary set out to return to Israel.

*When in my life have I been called to step out, to go beyond the known?*

*What did this stepping out require of me?*

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

*When I could not see my way God kept my heart full of trust to make all come right* MM 20/11/1870

***Let us go to Joseph the one who lived with trust and courage.***

## BREATH PRAYER

Joseph, I breath in the courage  
and trust your journey of love and  
protection asked of you.

I breathe out this courage and  
trust as a blessing on the fears and  
doubts I hold within.

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

Joseph, I breathe in the grace of  
your courage and trust once more,  
and breath out this grace as a  
blessing on those who are struggling  
with powerlessness....feeling  
alone....grieving loved ones....

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



## BLESSING

May the blessing of Joseph be upon us, enabling us to listen to  
the whispers of God in our hearts and to have the courage to respond.  
May Joseph's example of trusting in God give us inspiration to go  
and do the same.



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***Acknowledgements***

*Music, paintings and images used with permission*  
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*Joseph painting - Pat Williams.*  
*Sitting on the beach - depositphotos*





Sisters of Saint Joseph  
*of the Sacred Heart*