

St. Joseph's Seven Sorrows and Joys

First Sorrow & Joy

St. Joseph, chaste spouse of Mary, great was your **sorrow** when, in a state of uncertainty, you were inclined to quietly divorce Mary. But great was your **joy** when the angel revealed to you the mystery of Christ's Incarnation.

By this **sorrow** and **joy**, we ask you to relieve us of all our anxieties and doubts about our future and fill our hearts with confidence in the powerful protection of Mary, the Immaculate Mother of God.

One Our Father. Four Hail Joseph's. One Glory Be.

Second Sorrow and Joy

Glorious St. Joseph, chosen foster father of the Word made flesh, great was your **sorrow** at seeing the Child Jesus born in poverty, lying in a manger. But great was your **joy** when you beheld the Wise men recognizing and adoring Him as their God.

By this **sorrow** and **joy**, we implore you to obtain for us by your prayers, that our hearts, purified by your protection, may become a living crib, where the Savior of the world may find rest and receive our homage and in turn bless our lives.

One Our Father. Four Hail Joseph's. One Glory Be.

Third Sorrow and Joy

Glorious St. Joseph, you faithfully obeyed the law of God, and your heart was pierced in **sorrow** at the sight of the Precious Blood that was shed by the Infant Savior during His circumcision. But great was your **joy** when you gave Him the name of Jesus that would bring salvation to sinners.

By this **sorrow** and **joy**, obtain for us the grace to be freed from all sin during our life by the merits of the Precious Blood of Jesus and to die rejoicing with the Holy Name of Jesus ever engraved in our hearts and on our lips.

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Fourth Sorrow and Joy

Most faithful St. Joseph, great was your **sorrow** when, at the Presentation of Jesus in the Temple, you heard Simeon's prophecy of the future sufferings of Jesus and Mary. But how great was your **joy** when Simeon foretold that Jesus would be the Light for the revelation to the gentiles and the glory of His people.

By this **sorrow** and **joy**, we pray that by your own participation in the Cross of Our Savior, you will assist us, and obtain the grace for us, to have compassion on the sorrows of Mary, and to share in the cross of salvation which Jesus offers us for the salvation of our souls and for the whole world.

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Fifth Sorrow and Joy

St. Joseph, most watchful guardian of the Infant Jesus, great was your **sorrow** when, obeying the voice of the angel, you fled to Egypt with Mary and the Infant Jesus. But how great was your **joy** to have God Himself with you and to see the idols of the Egyptians fall prostrate before Him.

By this **sorrow** and **joy**, we pray that you help us to banish from our hearts all idols of sinful and earthly attachments so that, being like you, we may be entirely devoted to the service of Jesus and Mary, and that we may live and die for them alone.

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Sixth Sorrow and Joy

Glorious St. Joseph, head and guardian of the Holy Family, great was your **sorrow** when, upon the return from Egypt, you learned that the cruel Archelaus was reigning in Judea. But great was your **joy** when the angel of God directed you to go to Nazareth where you lived peacefully with Jesus and Mary until your happy death.

By this **sorrow** and **joy**, we ask you to assist us that we may overcome all attacks of the evil spirits, be disengaged from all fear, enjoy the peace of a good conscience and may live in security and peace under the special protection of Jesus and Mary until the hour of our death.

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Seventh Sorrow and Joy

Glorious St. Joseph, patron of the dying, great was your **sorrow** when you lost the Child Jesus for three days in Jerusalem through no fault of your own. But how great was your **joy** when you found Him conversing with the priests in the Temple.

By this **sorrow** and **joy**, we ask you to help us to never lose our Savior by sin, but if we do, grant that we may trust in His Divine Mercy and seek His forgiveness in the Sacrament of Confession, that we might always enjoy His Presence in the temple of our hearts—now—and sing of His divine mercies for all eternity.

One Our Father. Four Hail Joseph's. One Glory Be.

Priest:

**Hail Joseph, Son of David, the just and the chaste,
Wisdom is with you;
Blessed are you among all men, and blessed is Jesus,
The fruit of Mary, your faithful spouse.**

Your response:

**Holy Joseph, worthy foster-father and
Guardian of Jesus Christ and of the holy Church,
Pray for us sinners and obtain divine wisdom for us from God,
Now and at the hour of our death. Amen.**