

Year of Saint Joseph Father's Day Novena (June 11-19)

This year, Pope Francis has made it the year of St. Joseph. St. Joseph is the foster father of Jesus, who took Jesus as his own son, and cared and loved Mary his wife. St. Joseph has many patronages that have been given to him, but probably the most important one is that of fathers. In our day and age, there is a crisis in fatherhood, and what it means to be a faithful, holy, and loving man serving his family with dignity and respect. As we prepare to honor our fathers, and all fathers in our society, let us pray for all fathers through the intercession of St. Joseph, that they may follow his example of fatherhood.

Each day, begin with offering the daily reflection, followed by the Litany prayer, and Our Father, Hail Mary and Glory Be.

Litany Prayer to St. Joseph

O Saint Joseph, whose protection is so great, so strong, so prompt before the throne of God, I place in you all my interests and desires.

O Saint Joseph, do assist me by your powerful intercession and obtain for me from your divine Son all spiritual blessings through Jesus Christ, Our Lord, so that having experienced here below your heavenly power, I may offer my thanksgiving and homage to the most loving of fathers.

O Saint Joseph, I never weary of contemplating you and Jesus asleep in your arms. I dare not approach while He reposes near your heart. Hold Him close in my name and kiss His fine head from me, and ask Him to return the kiss when I draw my dying breath. St. Joseph, patron of departing souls, pray for me. Amen.

Day One of the Novena - St. Joseph, Powerful Intercessor

Dear St. Joseph,

After Mary, you're the most powerful intercessor before God. In a sense, Jesus remains obedient to you and will listen to you as you bring my intentions to Him. Because of this, I especially want to entrust myself to your fatherly care, just as Jesus Himself did. And while in the past, I may have brought to you one of my intentions here or there, this time I want to do something new. This time, I want to give you all. In other words, St. Joseph, I'm not here to offer you a regular "novena" for just one of my intentions. Rather, I want to forever entrust to you all of my needs and cares, trusting that you will bring them, with Mary, to your Son, Jesus.

Dear St. Joseph, as the best of fathers, as the one God chose to be the virginal father of Jesus, I believe that you know what I need better than I do myself. So go ahead, St. Joseph. I give you permission to care for me as your child. In doing so, I trust that you will do everything in your power to make my life into something beautiful for God. I trust that you will watch over me and that your prayers will guide me, bless me, and protect me. I trust that you will now care for me with the same love and tenderness with which you cared for Jesus.

Saint Joseph, Powerful Intercessor, please pray for me and all my intentions.

Day Two - St. Joseph, Loving Spouse of Mary

Dear St. Joseph,

I'm thinking about the angel's words to you, "Do not be afraid to take Mary for your wife" (Mt 1:20). Saint Joseph, you weren't afraid. You trusted God. And now you truly are the husband of Mary. After Jesus, you are the dearest person to her heart! Well, St. Joseph, as my spiritual father, I now ask you to speak to Mary about me, about my life. If you kindly adopt me as your spiritual child, then I know all the more that Mary will take me to her heart as well. Both of you truly are my spiritual parents. And just as any good father wants to see his children love their mother, I know that you will help me to know and love my spiritual mother more. By your powerful prayers, I ask you to help me realize what a gift I have in Mary. Pray for me that I will better appreciate her motherly role in my life. Saint Joseph, I know that you love her. I know it makes you happy to see her children love her with all their hearts. Therefore, as I prepare to consecrate myself totally to your fatherly care, I give you permission - in fact, I'm pleading with you: Help me to appreciate my Mother Mary even more.

Saint Joseph, Loving Spouse of Mary, please help me to love my spiritual mother even more.

Day Three - St. Joseph, Good Provider

Dear St. Joseph,

As the foster father of Jesus, you provided for his human needs. Through the work of your hands, he had food to strengthen him, a house to give him shelter, and clothes to keep him warm. Now, from heaven, you're still working, St. Joseph. Indeed, the loving labor of your prayers provide for all the members of the Body of your Son. But as I'm preparing to consecrate myself completely to you, I ask you to please provide for me and for my loved ones in a special way. Through your prayers, please make sure that we always have food to eat, a roof over our heads, and clothes to wear. Also, please pray for us that in times of abundance, we will never forget God. Pray for us that we will always be grateful for God's gifts and that we will never be a slave to things like food or money, pleasure or power. Finally, help us always to remember and be generous with the poor.

Saint Joseph, with you as my spiritual father, I will do my best not to give in to useless anxiety about my job, money, or material things. I believe you will always make sure I have what I need, and as a good father, I ask that you indulge me a bit by even providing for my material wants, provided they don't take me away from Jesus.

Saint Joseph, Good Provider, please provide for my needs through your powerful prayers.

Day Four - St. Joseph, Strong Guardian

Dear St. Joseph,

When I think that God gave me my guardian angel and St. Michael to daily watch over me and defend me, I'm not afraid. But then, when I think that you, you who are even more powerful before God, are my spiritual father, when I think that you are the "Terror of Demons," when I think of how you protected the Baby Jesus from Herod, then I am completely at peace (or, at least I know I should be).

Saint Joseph, please pray that I will have the peace that comes from trusting in your fatherly protection. Saint Joseph, I believe that you will protect me from my enemies, seen and unseen. I believe that you will protect me from bodily and spiritual harm. I trust in your fatherly care. Saint Joseph, I will do my best not to give in to fear, knowing that you are praying for me in a special way as a child who has formally consecrated himself to your fatherly care.

Saint Joseph, Strong Guardian, please defend me with your prayers.

Day Five - St. Joseph, Who Did God's Will

Dear St. Joseph,

You did God's will. Dare I say you did it perfectly? Saint Joseph, I want to also do God's most perfect will. But on my own, I will fail. I need your help. I trust that with you as my spiritual father, you will guide me to always do God's most perfect will. Truly, St. Joseph, I want to reach the degree of glory that God has prepared for me in heaven. I want to bear fruit that will last. I don't want to let God down. I want to be a saint. Help me, St. Joseph. You see how weak and sinful I am. But teach me, good father. Help me to follow the commandments and please make my heart sensitive to the inspirations of the Holy Spirit. I know that as I entrust myself to your care, you will guide me and show me how to always do God's will. I give you permission to redirect the stream of my life if it ever departs from God's most perfect will.

Saint Joseph, who did God's will, please always keep me in God's most perfect will.

Day Six - St. Joseph, Who Suffered with Love

Dear St. Joseph,

As the day draws closer when I will fully consecrate myself to you, as I draw closer to you, I can't help but notice the scars on your heart, how you suffered with love. You suffered darkness and confusion when Mary was found with child. You suffered the sacrifice of your flesh as you lovingly offered up the absence of bodily intimacy in marriage. You suffered a sword in your heart, with Mary, when Simeon foretold the passion of your Son. You suffered stress and uncertainty when you had to escape with your family to Egypt and live as an immigrant. You suffered crushing anxiety when your 12-year-old Son was lost for three days. You daily suffered fatigue and bodily aches from your manual labor. Worst of all, your fatherly heart grieved at knowing that you could not be there for Jesus and Mary when their darkest hour would one day come.

Saint Joseph, thank you for what you suffered in God's service, in union with your Son, for my salvation. I love you, St. Joseph. Thank you for your yes. Now, please help me to suffer with love as you did. When I suffer, help me not to complain. Help me not to forget love. Help me not to forget others. Dear St. Joseph, through my suffering, watch over my poor heart: May it not harden but rather become more merciful. Help me to remember all God's children who are suffering in the world, and help me to offer my suffering for them and for the good of the Church. I am counting on you, St. Joseph. I know you will be with me, helping me to suffer with love.

Saint Joseph, who suffered with love, please help me also to suffer with a love like yours.

Day Seven - St. Joseph, Pure of Heart

Dear St. Joseph,

I said I want to be a saint, and saints need to be pure not only of body but of soul. Regarding purity of body, St. Joseph, guard me, protect me, and defend me from temptations against purity. I rely on you, St. Joseph. Don't let me fall. Don't let my eyes or thoughts wander. If they do, please bring them back to Jesus. I trust in you, St. Joseph. You lived purely with Mary in the midst of her beauty. Help me to see the beauty of others with your own pure vision. If I fall, help me to find God's mercy and free me from any bondage to such sin. Regarding purity of intentions, help me do everything not to please myself or others but to please God alone. Give me this grace as my dear spiritual father. I trust in you, St. Joseph.

Saint Joseph, Pure of Heart, please lend me your own purity of heart.

Day Eight - St. Joseph, Man of Peace and Joy

Dear St. Joseph,

I know the Bible doesn't speak directly of your joy, but how could you not have been full of joy? I'm sure you were. You lived in the presence of Jesus and Mary. Well, St. Joseph, please pray for me that I will also find my joy by also living in their presence. And having yourself lived in their presence, you must have been a man of such peace. St. Joseph, please pray for me that I keep my joy and not give in to sadness, laziness, or discouragement. Also, pray that I keep my peace of soul and not hold on to anger and bitterness in my heart. Help me to be merciful to everyone by offering forgiveness that I might also, like you, be a man of true peace and joy.

Saint Joseph, Man of Peace and Joy, please put me at peace and help me find joy.

Day Nine - St. Joseph, Who Died So Beautifully

Dear St. Joseph,

I know I am going to die. When I do, I trust that you will be there to greet me with Jesus and Mary in a special way. Will you please promise me this? I trust you. I believe that you will be there for me. For my part, I will try not to be afraid of my death, and I will live my life in preparation for it. I will maybe even look forward to it as the time when I will get to meet you face to face. Prepare me for my death, whenever it may be. If it is sudden, please make sure that my soul is prepared and please make sure I will not be lost! Dear St. Joseph, obtain this grace for me as I consecrate myself to your fatherly care. Tomorrow, I am fully yours. Probably someday after that, I will die, and I give you permission to take me home to my Father's house when that day comes.

Saint Joseph, who died so beautifully, please prepare my soul for death.

The Year of St. Joseph Prayer

To you, O blessed Joseph, do we come in our afflictions, and having implored the help of your most holy Spouse, we confidently invoke your patronage also.

Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by his Blood, and with your power and strength to aid us in our necessities.

O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness.

As once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die in holiness, and to obtain eternal happiness in heaven. Amen.