

March 19, 2024

Daily Reflections

Journeying through Lent



Center for Spiritual Development

SOLEMNITY OF SAINT JOSEPH, HUSBAND OF THE BLESSED VIRGIN MARY

By Sr. Jane DeLisle, CSJ

An Excerpt from Today's Gospel

“Joseph, son of David, do not be afraid to take Mary your wife into your home. For it is through the Holy Spirit that this child has been conceived in her. She will bear a son and you are to name him Jesus, because he will save his people from their sins.”

MATTHEW 1:20-21

Reflection

Abundant Blessings on this feast of St. Joseph, the patron of the Sisters of St. Joseph.

When pondering my own desire for a deeper relationship with God and fidelity

to God's grace in my life, I pray for wisdom to be attentive and courage to act in God's manner. It seems to be that wisdom comes from embracing my own reality, my vulnerabilities, and blessings. Reliance on God draws me into deeper relationship with God. I let go of control and instead trust that God embraces me, no matter the circumstance.

St. Joseph was certainly embroiled in inner conflict and sought God's guidance on how to best respond to the dilemma in which he found himself. As a man of prayer, he pondered how to proceed in observance with the law as known in Jewish tradition, while seeking to follow his heart and God's desire for him. A great deal is left to our imagining, for Joseph's dreams seem to shape his encounter with God.

Upon reflection, Joseph is a man of gentle strength, steadfast love, courage born of deep faith. His personal integrity and creative response to life's challenges are at once intriguing and inspiring. He knows how to be reflective and to attend to his inner life and dreams. He is deeply devoted to his family. Joseph is the human father whom Jesus depended upon and looked up to. It is from Joseph that Jesus learned to be a man of God that was the grounding in his own life. Joseph modeled a vital engagement in life lived in the presence and will of God.

Living open to the stirrings of grace we, too, can respond with a heartfelt "Yes!" to the challenges of each day. Let us pray for the grace to fully engage in life as women and men of gentle strength, reconciling love, and responsiveness to the influence of the Holy Spirit.



Modern Joseph in Old City Jerusalem
Photo by Sr. Jane DeLisle, CSJ

For Pondering

- Who is the St. Joseph that you know and love?
 - Share your experience of Joseph with someone in your household.
 - For what inner dilemma do you pray for holy insight from God's abiding love?
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For Prayer

Prayer for the Feast of St. Joseph

*St. Joseph, Daring Dreamer,
Tutor us to listen and trust in our dreams.*

*St. Joseph, Guardian-Defender,
Help us to be vigilant and responsive to
the world in which we live.*

*St. Joseph, Carpenter,
Lead us to elevate our work to the sacred.*

*St Joseph, Humble Servant,
Show us how to live with a pure heart.*

*St. Joseph, Man of Humble Love,
Remind us to remain humble and to simplify.*

*St. Joseph, Teacher,
Teach us how
to be a nurturing presence.*

*St. Joseph, Man of Faith-filled Trust,
Intercede for us
that we, too, may find strength in God's promises.
Stay with us during life's transitions.*

*St. Joseph, Chosen-Father of Jesus
and Husband of Mary,
Pray for us.
Amen.*

SR. JANE DELISLE, CSJ

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