

on the other hand, does not seek to
ence embraces the cross out of love
good. By God's grace, St. Joseph's
heroic. Before the wisdom of the
St. Joseph willingly and voluntarily
d of others. Before the mystery of
led to souls, St. Joseph lived it out

YOU THE VIRTUE OF PRUDENCE.
supernatural prudence. In every
prudence to be your charioteer,
right for the sake of love of God and
have to suffer for it.

a correct knowledge about
the knowledge of things that
should be avoided.⁴

— Servant of God John A. Hardon

erme from sleep and flee
to a dream. A man of
man who informed his
and his Son be a
By the power of
He ponders,
With St. Joseph,
as well.

and
and
and
de

DAY 19

Joseph Most Courageous, Pray for Us

So perfectly was he [St. Joseph] dead to the world and the flesh,
that he desired nothing but the things of heaven.¹

— St. Bridget of Sweden

Saint Joseph desired nothing but the things of heaven. He lived
entirely for love of Jesus Christ and, after Mary, is Jesus' most
faithful disciple. Saint Joseph is the father of Jesus, but he is also a
disciple of Jesus. It takes courage to be a faithful disciple of Jesus.
Many are willing to follow Jesus when it is pleasant, but not many are
willing to follow Jesus when it is difficult and filled with sorrow. Saint
Joseph was always faithful, always courageous.

In different translations of the Litany of St. Joseph, the title
"Most Courageous" is sometimes rendered as "Most Valiant" or
"Most Strong." The three titles have the same essential meaning:
Saint Joseph was courageous and fearless. He feared nothing other
than offending God and exercised tremendous fortitude in his protec-
tion of Jesus and Mary. Fortitude is a cardinal virtue that strengthens
the will and gives a person courage and a firm resolve to do God's
will, even in the midst of great suffering.

SAINT JOSEPH IS A MAN OF COURAGE. The root word of courage is
"cour," meaning "heart." To be courageous is to love the good more
than you fear evil and suffering. The courageous man is stouthearted,
bold, and brave in the midst of trials. That St. Joseph was courageous,
no one can deny. It took courage for St. Joseph to take his family into
enemy territory (Egypt). He knew that he might need to defend his
wife and Child against physical assaults, and he was willing to do it.
No man who is easily intimidated would embark on such a journey.
Saint Joseph is intimidated by no one.

SAINT JOSEPH WILL HELP YOU TO BE COURAGEOUS. To be a saint, you
must be courageous. If you imitate St. Joseph, you will not hesitate to
enter enemy territory or undergo spiritual combat. Egypt was a land
notorious for thieves, pagan rituals, idols, and sorcerers. Saint Joseph
fears no man because God is with him. Your spiritual father is a man

on fire with love for God! "If God is for us, who can be against us?" (Rom 8:31).

SAINT JOSEPH WILL INCREASE THE VIRTUE OF FORTITUDE IN YOU.

Do you remember the passage in Scripture when Jesus came walking on the water to his disciples? The disciples were terrified, and Jesus had to calm their spirits, saying: "Take courage! It is I. Do not be afraid" (Mt 14:27). What about you? What are you afraid of? Losing your job? Sacrificing your good name and worldly honors? Saint Joseph sacrificed everything for love of Jesus and Mary. Your spiritual father was a poor man and of no esteem in the world. Yet demons and the sorcerers of Egypt were terrified of the courageous heart of St. Joseph.

Jesus himself learned courage from the example of St. Joseph. Jesus witnessed his father's courage in Egypt, Nazareth, Jerusalem, and the many other places they traveled together. Saint Joseph gave his Son an example of manly love, courage, strength, and fortitude. With St. Joseph as your spiritual father, you also have nothing to be afraid of. Our Lord himself, immediately before his suffering and death, instructed his disciples to exercise manly courage, telling them, "In the world you will have trouble, but take courage, I have conquered the world" (Jn 16:33). Set your face toward the heavenly Jerusalem and never look back!

O Joseph, virgin father of Jesus, most pure spouse of the Virgin Mary, pray for us daily to the Son of God, that, armed with the weapons of his grace, we may fight as we ought in life, and be crowned by him in death.²

— St. Bernardine of Siena

Read "Old Men Don't Walk to Egypt" (page 113)
Pray the Litany of St. Joseph (page 233)