

## DAY 22

### Mirror of Patience, *Pray for Us*

This flower of Israel [St. Joseph] had the faith of Abraham, the piety of David his ancestor, the wisdom of the prophets, a patience more heroic than that of Job and of Tobias, and a zeal greater than that of Elijah for the glory of God.<sup>1</sup>

— Blessed Gabriele Allegra

**P**atience is a virtue that many people find hard to practice. Remaining peaceful and calm can be very challenging when you find yourself in a situation that is completely out of your control. Indeed, there are countless things in life that will test your patience.

In modern times, advances in technology have put almost everything in life at our fingertips. Our meals, entertainment, music, and contacts are instantly available to us. With this capability, it can be very difficult to wait and acquire the virtue of patience. If you want to be like St. Joseph, however, you must learn patience.

Blessed are all those who wait on the Lord.

— Is 30:18

*SAINTE JOSEPH IS A MODEL OF PATIENCE.* Life was not easy for St. Joseph. His mission required a lot of waiting. If St. Joseph did not accompany Mary on her journey to Elizabeth's house, he had to wait three long months to see his wife again. When St. Joseph observed that his wife was pregnant, he had to wait for the Lord to reveal what he wanted him to do in response to the wondrous pregnancy. Such trials of patience must have been extremely challenging for St. Joseph. Saint Joseph used them as an opportunity to grow in patience and holiness. He mastered every opportunity.

Saint Joseph exhibited heroic patience in Egypt. Taking his wife and newborn Child to a country with a different language, culture, religion, and currency must have filled his heart with anxiety. Finding work in Egypt and providing food and shelter for his family could not have been easy. What husband and father would not be in a constant state of anxiety in such a situation? He had no idea how long he would have to stay in Egypt. Yet, in every situation, St. Joseph was always peaceful, kind, calm, and abandoned to Divine Providence.

Exercising patience does not mean that a person will be free of the anxieties of life. When Mary and Joseph lost Jesus for three days in Jerusalem, we are told that they searched for their beloved Son with great anxiety (see Lk 2:48). They were greatly concerned but had boundless confidence in Divine Providence.

*SAINT JOSEPH WILL INCREASE YOUR PATIENCE.* You, too, are going to experience many trials in life, trials that will test your love and your patience. Whether you like it or not, your patience is going to be tried. Hardly a day will go by in which you will not be given the opportunity to acquire patience. God allows such trials because he wants us to grow in virtue.

A concrete area in your life where you can exercise the virtue of patience is by being merciful to others, especially when you know their faults. Saint Joseph lived with two perfect people, but he must have frequently encountered unpleasant and difficult people: employers, co-workers, tax collectors, politicians, etc. You, too, will experience unpleasant people in life. In such instances, imitate the patience of St. Joseph. Ask God for the grace to love your neighbor. Be kind, peaceful, and merciful.

In the workplace, offer forgiveness for offenses. On the highway, be patient and courteous. With difficult family members and friends, be pleasant and merciful. Exercising patience and mercy always brings about good. The lovingly patient and merciful person is always victorious, in this life or the next!

He [St. Joseph] was always imperturbable, even in adversities. Let us model ourselves after this sublime example and let us learn to remain peaceful and tranquil in all of life's circumstances.<sup>2</sup>

— St. Joseph Marelllo

Read "The Roman Canon" (page 94)  
Pray the Litany of St. Joseph (page 233)