

THE SEVEN SORROWS AND SEVEN JOYS OF ST. JOSEPH

<https://yearofstjoseph.org/devotions/prayers/>

“The devotion to the Seven Sundays in honor of St. Joseph are observed by receiving Holy Communion in his honor on seven consecutive Sundays, and on each Sunday the prayer in honor of the Seven Sorrows and Seven Joys of St. Joseph are recited. This devotion may be practiced at any time of the year, but especially on the seven Sundays preceding his solemnity on March 19th.

A plenary indulgence, applicable to the souls in purgatory, on each Sunday of any seven consecutive Sundays of the year, to all the faithful, who, having received Holy Communion, recite the prayers of the Seven Sorrows and Joys of Saint Joseph. Conditions: — Visit to a public oratory and prayer according to the intention of the Holy Father. (Pope Pius IX, 1 February 1847)”

1st SUNDAY

1st Sorrow: St. Joseph resolves to leave Mary quietly (Mt 1:19)

1st Joy: St. Joseph’s Annunciation (Mt 1:20)

Prayer: O chaste Spouse of Mary most holy, glorious St. Joseph, great was the trouble and anguish of your heart when you wert minded to put away privately your inviolate Spouse, yet your joy was unspeakable when the surpassing mystery of the Incarnation was made known to you by the Angel! By this sorrow and this joy, we beseech you to comfort our souls, both now and in the sorrows of our final hour, with the joy of a good life and a holy death after the pattern of your own, in the arms of Jesus and Mary.

Our Father . . . Hail Mary . . . Glory be . . .

Antiphon: And Jesus Himself was beginning about the age of thirty years, being (as it was supposed) the Son of Joseph.

V. Pray for us, O holy Joseph.

R. That we may be made worthy of the promises of Christ.

Let Us Pray.

O God, Who in Your ineffable Providence did vouchsafe to choose Blessed Joseph to be the spouse of Your most holy Mother, grant, we beseech You, that he whom we venerate as our protector on earth may be our intercessor in Heaven. Who lives and reigns forever and ever. Amen.

2nd SUNDAY

2nd Sorrow: The poverty of Jesus’ birth (Lk 2:7)

2nd Joy: The birth of the Savior (Lk 2:10-11)

Prayer: O most blessed Patriarch, glorious St. Joseph, who was chosen to be the foster father of the Word made flesh, your sorrow at seeing the Child Jesus born in such poverty was suddenly changed into heavenly exultation when you did hear the angelic hymn and beheld the glories of that resplendent night. By this sorrow and this joy, we implore you to obtain for us the grace to

pass over from life's pathway to hear the angelic songs of praise, and to rejoice in the shining splendour of celestial glory.

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3rd SUNDAY

3rd Sorrow: The Circumcision (Lk 2:21)

3rd Joy: The Holy Name of Jesus (Mt 1:25)

Prayer: O glorious St. Joseph you faithfully obeyed the law of God, and your heart was pierced at the sight of the Precious Blood that was shed by the Infant Savior during His Circumcision, but the Name of Jesus gave you new life and filled you with quiet joy. By this sorrow and this joy, obtain for us the grace to be freed from all sin during life, and to die rejoicing, with the holy Name of Jesus in our hearts and on our lips.

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Antiphon: And Jesus Himself was beginning about the age of thirty years, being (as it was supposed) the Son of Joseph.

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4th SUNDAY

4th Sorrow: The Prophecy of Simeon (Lk 2:34)

4th Joy: The effects of the Redemption (LK 2:38)

Prayer: **O** most faithful Saint who shared the mysteries of our Redemption, glorious St. Joseph, the prophecy of Simeon regarding the sufferings of Jesus and Mary caused you to shudder with mortal dread, but at the same time filled you with a blessed joy for the salvation and glorious resurrection which, he foretold, would be attained by countless souls. By this sorrow and this joy, obtain for us that we may be among the number of those who, through the merits of Jesus and the intercession of Mary the Virgin Mother, are predestined to a glorious resurrection.

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Antiphon: And Jesus Himself was beginning about the age of thirty years, being (as it was supposed) the Son of Joseph.

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5th SUNDAY

5th Sorrow: The flight into Egypt (Mt 2:22)

5th Joy: The overthrow of the Idols of Egypt (IS 19:1)

Prayer: **O** most watchful Guardian of the Incarnate Son of God, glorious St. Joseph, what toil was your in supporting and waiting upon the Son of the most high God, especially in the flight into Egypt! Yet at the same time, how you did rejoice to have always near you God Himself, and to see the idols of the Egyptians fall prostrate to the ground before Him. By this sorrow and this joy, obtain for us the grace of keeping ourselves in safety from the infernal tyrant, especially by flight from dangerous occasions; may every idol of earthly affection fall from our hearts; may we be wholly employed in serving Jesus and Mary, and for them alone may we live and happily die.

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6th SUNDAY

6th Sorrow: The return from Egypt (Mt 2:22)

6th Joy: Life with Jesus and Mary at Nazareth (Lk 2:39)

Prayer: O glorious St. Joseph, an angel on earth, you did marvel to see the King of Heaven obedient to your commands, but your consolation in bringing Jesus out of the land of Egypt was troubled by your fear of Archelaus; nevertheless, being assured by the Angel, you dwelt in gladness at Nazareth with Jesus and Mary.

By this sorrow and this joy, obtain for us that our hearts may be delivered from harmful fears, so that we may rejoice in peace of conscience and may live in safety with Jesus and Mary and may, like you, die in their company.

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7th SUNDAY

7th Sorrow: The loss of the Child Jesus (Lk 2:45)

7th Joy: The finding of the child Jesus (Lk 2:46)

Prayer: O glorious St. Joseph, pattern of all holiness, when you did lose, through no fault of your own, the Child Jesus, you sought Him sorrowing for the space of three days, until with great joy you did find Him again in the Temple, sitting in the midst of the doctors. By this sorrow and this joy, we supplicate you, with our hearts upon our lips, to keep us from ever having the misfortune to lose Jesus through mortal sin; but if this supreme misfortune should befall us, grant that we may seek Him with unceasing sorrow until we find Him again, ready to show us His great mercy, especially at the hour of death; so that we may pass over to enjoy His presence in Heaven; and there, in company with you, may we sing the praises of His Divine mercy forever.

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