



*Meditation on
The Seven Sorrows
and
Seven Joys
of
Saint Joseph*



Adapted from: Catholic Prayers by Catholic Culture

Marians of the Immaculate Conception

Oblates of St. Joseph

The Seven Sorrows and Seven Joys each stem from seven powerful moments in St. Joseph's life. This devotion's origin is traced to an incident involving two Franciscan priests traveling in a ship along the Belgium coast. A storm hit, and the ship was sunk. For three days and three nights, the two priests clung to a plank and prayed to St. Joseph. Then, at one point, in youthful form, the spouse of the Virgin Mary and foster father of Jesus Christ appeared to the priests, guided them to safety, and taught them the practice of reciting seven Our Fathers and seven Hail Marys in honor of his Seven Sorrows and Seven Joys.

Recite one Our Father, Hail Mary and Glory Be with each section

#1 His Doubts about Mary & The Angel's Message of Joy

Leader: Saint Joseph, chaste spouse of Mary, great was your SORROW when, in a state of uncertainty, you were inclined to quietly divorce Mary. But great was your JOY when the angel revealed to you the mystery of Christ's Incarnation and you realized that you would be the guardian of the Messiah.

All: *Our Father, etc... Help us St. Joseph, help our families and all our loved ones to overcome anxieties about their doubts and their futures and to overcome all sadness of heart and develop an absolute trust in God's goodness.*

#2 His Pain at the Poverty of Jesus's Birthplace & The Savior's Birth

Leader: Glorious St. Joseph, faithful guardian of Jesus, great was your SORROW when you thought yourself a failure when you could only provide a stable for the birth of the Holy Child. But great was your JOY when you experienced the wonder when shepherds came to tell of angel choirs, and wise men came to adore the King of Kings.

All: *Our Father, etc..... Through your example and prayers, help us St. Joseph, and all we love, to become like sinless mangers where the Savior of the world may be received with absolute love and respect, and that we be blessed with the sweet peace of God and may join in the company of the angels after our death.*

#3 Watching Jesus' First Spilt Blood & The Honor of Naming Him

Leader: Glorious and tender-hearted St. Joseph, you faithfully followed the law, and you, too, felt PAIN when the blood of Jesus was first shed at His circumcision. But great was your JOY and how proud you were to be the one privileged to give the name Jesus, Savior, to the very son of God.

All: *Our Father, etc..... Pray for us St. Joseph, that the sacred blood of Christ, poured out for our salvation, may guard our families, so the Divine Name of Jesus may be written in our hearts forever.*

#4 Simeon's Painful Prophetic Message & Jesus' Redemptive Work

Leader: Most faithful St. Joseph, loving husband, great was your SORROW when, at the Presentation of Jesus at the Temple, Simeon spoke the words of prophecy that the hearts of Jesus and Mary would be pierced with sorrows. But how great was your JOY when Simeon foretold that Jesus would be the Light for the salvation of innumerable souls.

All: *Our Father, etc..... Help us, St. Joseph, to see with eyes of faith that even the sorrows and pains of those we deeply love can become the pathway to salvation and eternal life.*

#5 Taking the Holy Family Into Exile & Idols Fell at Jesus' Feet

Leader: Courageous protector and watchful guardian of the Holy Family how great was your SORROW when, obeying the voice of the angel, you had to make the sudden flight with Jesus and Mary to escape the treachery of King Herod and the cruelty of his soldiers. But when you reached Egypt, how great was your JOY to know that the Savior of the world had come to replace the pagan idols.

All: *Our Father, etc..... Teach us by your example, St. Joseph, to keep far from the false idols of earthly attractions, so that like you, we may be entirely devoted to the service of Jesus and Mary.*

#6 The Hard Trip Back from Egypt & Holy Family Life

Leader: Ever obedient Joseph, head and guardian of the Holy Family, you trustingly returned to Nazareth at God's command, in spite of your FEAR that King Herod's son might still be a threat to Jesus' life. But great was

your JOY and fatherly pride in seeing Jesus grow in wisdom and grace before God and men while He was under your care.

All: *Our Father, etc..... Show us St. Joseph, how to be free from all useless fear and worry, so we may enjoy the peace of a tranquil conscience, living safely with Jesus and Mary in our hearts.*

#7 Loss of Jesus for 3 Days & Finding Jesus in the Temple

Leader: Dependable father and husband, patron of the dying, how frantic you and Mary were and how great was your SORROW when, through no fault of yours, you searched for three days to find the Child Jesus. What incredible relief and JOY were yours when you found Him safe in the Temple of God.

All: *Our Father, etc..... Help us St. Joseph, never to lose Jesus through the fault of our own sins. But if we should lose Him, lead us back with unwearied sorrow, until we find Him again; so that we, like you, may finally pass from this life, dying safely in the arms of Jesus and Mary.*

Concluding Prayer

Leader: And Jesus Himself, when he began His work, was about thirty years old being, as was supposed, the son of Joseph. Pray for us, holy Joseph.

All: *That we may be made worth of the promises of Christ.*

Leader: Let us pray.

All: *O blessed St. Joseph, tenderhearted father, faithful guardian of Jesus, chaste spouse of the Mother of God, I pray and beseech you to offer to God the Father my praise to Him through His divine Son, who died on the cross and rose again to give us sinners new life. Through the holy name of Jesus, pray with us that we may obtain from the eternal Father, the favor we ask. (pause) We have been unfaithful to the unfailing love of God the Father, beg of Jesus mercy for us. Amid the splendors of God's loving presence, do not forget the sorrows of those who suffer, those who pray, those who weep. By your prayers and those of your most holy spouse, our Blessed Lady, may the love of Jesus answer our call of confident hope. Amen.*