



Following St Joseph through Lent



Pope Francis declared a 'Year of St Joseph' on the 150th anniversary of the proclamation of St. Joseph as Patron of the Universal Church by Pope Pius IX
On 8 December 2020

Pope Francis has written an apostolic letter reflecting on the fatherhood of Joseph: [*Patris Corde*](#) (With a Father's Heart).

What are the virtues/qualities that St Joseph displayed, that we can aspire to..?

Protective

Tender & Loving

Courageous

Accepting

Obedient

Working hard

Putting others first

Virtues/Qualities	Reflection	Gospel References
Protective	Joseph, as guardian of Mary and Jesus, was the guardian of the church, of god's mission in sending His son to the world.	Matthew 1:18-19
Tender & Loving	Joseph was compassionate towards Mary when he found that she was expecting a baby. He took special care of her and Jesus as a loving father.	Matthew 1: 20-21 Matthew 1: 24-25
Courageous	Joseph took his family to safety in Egypt, far away from his homeland, knowing that Jesus was in danger from King Herod.	Matthew 2: 1-12
Accepting	Joseph accepted the messages from God, sent to him in dreams. He accepted the will of God, no matter how strange it may have appeared to him. He accepted Mary unconditionally.	Matthew 2:13.19.22 Matthew 13:55;
Working Hard	Joseph worked as a carpenter, and teaches us the value, dignity and joy of work: The work of our labour and the work of salvation.	Luke 1: 27
Obedient	Joseph did what God wanted – he took Mary to be his wife, he took Mary and Jesus to safety in Egypt, he raised Jesus as his own.	Luke 2: 33 Luke 2: 39-40
Putting other first	Joseph was the 'father in the shadows', who didn't make himself the centre, but was focused on others.	Luke 2:22.27.39

Journeying with Joseph through Lent

Week	Theme	Reflection and actions
1 17 -22 Feb	Protective	Joseph protected Mary and Jesus in order to keep them safe from harm. Who can we protect this week? Can we protect the environment by making sure we do not waste anything? Recycling? Using less than we normally do? Can we help our brothers and sisters to stay safe? All our family? Can we help by being extra careful with washing our hands, keeping our distance? Can we ask God each day in prayer to protect those we love? And those who are ill ? Those who are caring for others?
2 22-28 Feb	Tender & Loving	Joseph was loving towards Mary even when he did not know why she was expecting a baby. How can we be tender and loving to others this week? Can we hold back any hurtful remarks? Can we do something small and loving for someone in our family, or for one of our friends, each day? Can we show our love for God by remembering to pray each day?
3 1-7 Mar	Courageous	Joseph showed bravery when danger was near. How can we be more more brave this week? Can we try to do things that are helpful even if we don't like doing them. Can we talk to those who are lonely to cheer them up, even if we are shy and unsure? Can we stand up for someone when they need our help?
4 8-14 Mar	Accepting	Joseph accepted all that was happening because he wanted to please God. Can we be cheerful this week in accepting things that we have to do that we don't like? Can we be tolerant to those who annoy us? Can we be thankful for our lives and our families, and not keep wanting more? Can we be thankful in our prayers for what we already have, not asking for more?
5 15-21 Mar	Putting other first	Joseph often had to stay in the background, putting Jesus and Mary first. Can we put others first this week by giving generously of our time, or our money, or our possessions, to help others? Can we support a charity this week and for the rest of Lent. Can we put St Joseph first on his feast day on Friday? Can we put God first by turning to him very often in prayer?
6 22-28 Mar	Obedient	Joseph carried out the will of God without question or complaint. Can we try to be extra obedient this week to all those who look after us and want what is best for us? Can we respond willingly and quickly to what our parents or our teachers ask us to do? Can we pray each day to God, remembering Him as he has asked us to do?
7 29Mar – 2 Apr	Working hard	Joseph worked as a carpenter to provide for his family. This week, can we work extra hard, doing our best in all things, helping our families and friends? Can we prepare ourselves in prayer for the coming of Easter by praying more often and learning the story of Holy Week? Can we take on some jobs that others in our family normally do, in order to help them ?

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This week's theme:

PROTECTIVE



Joseph protected Mary and Jesus in order to keep them safe from harm.

Who can we protect this week?

Can we protect the environment by making sure we do not waste anything? Recycling?

Using less than we normally do?

Can we help our brothers and sisters to stay safe? All our family? Can we help by being extra careful with washing our hands, keeping our distance?

Can we ask God each day in prayer to protect those we love? And those who are ill? Those who are caring for others?

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This week's theme:

TENDER & LOVING



Joseph was loving towards Mary even when he did not know why she was expecting a baby.

How can we be tender and loving to others this week?

Can we hold back any hurtful remarks?

Can we do something small and loving for someone in our family, or for one of our friends, each day?

Can we show our love for God by remembering to pray each day?

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This week's theme:

COURAGEOUS

Joseph showed bravery when danger was near.

How can we be more more brave this week?

Can we try to do things that are helpful even if we don't like doing them.

Can we talk to those who are lonely to cheer them up, even if we are shy and unsure?

Can we stand up for someone when they need our help?



Journeying with Joseph through Lent

This week's theme:

ACCEPTING

Joseph accepted all that was happening because he wanted to please God.

Can we be cheerful this week in accepting things that we have to do that we don't like?

Can we be tolerant to those who annoy us?

Can we be thankful for our lives and our families, and not keep wanting more?

Can we be thankful in our prayers for what we already have, not asking for more?



Journeying with Joseph through Lent

This week's theme:

PUTTING OTHERS FIRST

Joseph often had to stay in the background, putting Jesus and Mary first.

Can we put others first this week by giving generously of our time,
or our money, or our possessions, to help others?

Can we support a charity this week and for the rest of Lent.

Can we put St Joseph first on his feast day on Friday?

Can we put God first by turning to him very often in prayer?



Journeying with Joseph through Lent

This week's theme:

OBEDIENT



Joseph carried out the will of God without question or complaint.

Can we try to be extra obedient this week to all those who look after us and want what is best for us?

Can we respond willingly and quickly to what our parents or our teachers ask us to do?

Can we pray each day to God, remembering Him as he has asked us to do?

Journeying with Joseph through Lent

This week's theme:

WORKING HARD

Joseph worked as a carpenter to provide for his family.

This week, can we work extra hard, doing our best in all things, helping our families and friends?

Can we prepare ourselves in prayer for the coming of Easter by praying more often each day
and learning the story of Holy Week?

Can we take on some jobs that others in our family normally do, in order to help them ?

