



MONTH # 2 THE TENDERNESS OF JOSEPH

Opening Prayer: Teach Us Joseph

Teach us, Joseph,
how not to be a protagonist,
how to work without showing off,
how to advance without trampling,
how to collaborate without driving,
how you love without claiming.

Tell us how to live
being number two ... or three,
how great things are done
from a second place.
Tell us how the vast majority
of us have to occupy
these places.

The second places,
where our
true and hidden greatness is found.
Tell us how to live with elegance
being not important.
Convince us that we can be
and must be useful, faithful, effective,
even heroes,
being "non- important".

Explain to us how to be great without showing off,
how to fight without applause,
how to progress without advertising,
how to persevere and how to die
without receiving
tributes or statues of honor.

How to be helpful, positive, generous
without needing to be "important" and even more difficult,
how to give it all, without being the protagonist,
and despite this, feel peace,
deep happiness, and joy.
Teach us, Joseph!



The grace that I seek: To get closer to the tenderness of Saint Joseph, contacting aspects of my life in the experience of my own tenderness.

Apostolic Letter *Patris corde*: “Joseph saw Jesus grow daily “in wisdom and in years and in divine and human favour” (Lk 2:52). As the Lord had done with Israel, so Joseph did with Jesus: he taught him to walk, taking him by the hand; he was for him like a father who raises an infant to his cheeks, bending down to him and feeding him (cf. Hos 11:3-4). The evil one makes us see and condemn our frailty, whereas the Spirit brings it to light with tender love. Tenderness is the best way to touch the frailty within us. Pointing fingers and judging others are frequently signs of an inability to accept our own weaknesses, our own frailty. Only tender love will save us from the snares of the accuser (cf. Rev 12:10). (*Patris corde* 2)

Fr Judge: “What a blessing that necessity and poverty place us so much in his care! How privileged we are to have him whom Divine Providence appointed as the guardian of our infant Saviour and the companion of His Blessed Mother, interested in our welfare. This should be for us a never-ending cause of thanksgiving and happiness... ” (MCM 332)

Meditation: pause in silence (1 minute) and repeat this phrase when you breathe deeply:
As I breathe in - may the tenderness of God
As I breathe out - be my tenderness

Reflection: When I recognize my fragility before God, I feel... in what moments of your life has tenderness sprouted out more in you? Are you capable of not condemning the fragility of others?

Thanking God: petitions. (Pray for the health of the sick who fight against Covid-19)

Suggestion: During this month, choose concrete situations to experience the value of tenderness in you, your family, your work, pause and constantly repeat the suggested phrase when breathing in and breathing out.

By the end of the day: Ask God for the grace to be a tender person. Be grateful for the moments when others have shown tenderness to you.

Final prayer: Prayer of Pope Francis to Saint Joseph

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son;
in you Mary placed her trust;



with you Christ became man.

Blessed Joseph, to us too,
show yourself a father
and guide us in the path of life.
Obtain for us grace, mercy and courage,
and defend us from every evil. Amen.