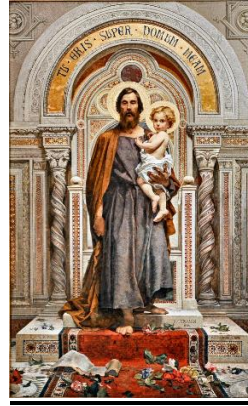


# The Way of St. Joseph



## CHALLENGE: THE FIRST 15 – MASTER THE MORNING OFFERING

**The Morning Offering of Our Lady of Mt. Carmel** – O my God, in union with the Immaculate Heart of Mary, I offer Thee the Precious Blood of Jesus from all the altars throughout the world, joining with It the offering of my every thought, word and action of this day. O my Jesus, I desire today to gain every indulgence and merit I can, and I offer them, together with myself, to Mary Immaculate, that she may best apply them to the interests of Thy most Sacred Heart. Precious Blood of Jesus, save us! Immaculate Heart of Mary, pray for us! Sacred Heart of Jesus, have mercy on us!

**Lectio Divina** – The phrase *Lectio Divina* means “divine reading” in Latin and is a fitting name for this prayer. We will read a passage from Sacred Scripture that describes one of the mysteries of the rosary each day this month (see checklist below). How to practice *Lectio Divina*:

- Read (*lectio*) – Begin by slowly and meditatively reading your Scripture passage out loud. Listen for a particular word or phrase that speaks to you now and sit with it for a time.
- Meditate (*meditatio*) – Read the same passage a second time. As you re-engage the text, let the word or phrase that stood out become your invitation to dialogue with God. Allow the word or phrase to permeate your thoughts and feelings.
- Pray (*oratio*) – Read the text a third time. What is God saying to you in these words? What do you want to say to God? What feelings do these words raise up in you? Share your answers with God.
- Contemplate (*contemplatio*) – Read the text a final time. As you do, release the word or phrase you have prayed with. What has God revealed to you through this prayer? To what action might God be inviting you? Thank God.

## MORNING OFFERING CHECKLIST

1 Morning Offering: <input type="checkbox"/> Joyful Mystery #1: <input type="checkbox"/>	2 Morning Offering: <input type="checkbox"/> Joyful Mystery #2: <input type="checkbox"/>	3 Morning Offering: <input type="checkbox"/> Joyful Mystery #3: <input type="checkbox"/>	4 Morning Offering: <input type="checkbox"/> Joyful Mystery #4: <input type="checkbox"/>	5 Morning Offering: <input type="checkbox"/> Joyful Mystery #5: <input type="checkbox"/>
6 Morning Offering: <input type="checkbox"/> Luminous Mystery #1: <input type="checkbox"/>	7 Morning Offering: <input type="checkbox"/> Luminous Mystery #2: <input type="checkbox"/>	8 Morning Offering: <input type="checkbox"/> Luminous Mystery #3: <input type="checkbox"/>	9 Morning Offering: <input type="checkbox"/> Luminous Mystery #4: <input type="checkbox"/>	10 Morning Offering: <input type="checkbox"/> Luminous Mystery #5: <input type="checkbox"/>
11 Morning Offering: <input type="checkbox"/> Sorrowful Mystery #1: <input type="checkbox"/>	12 Morning Offering: <input type="checkbox"/> Sorrowful Mystery #2: <input type="checkbox"/>	13 Morning Offering: <input type="checkbox"/> Sorrowful Mystery #3: <input type="checkbox"/>	14 Morning Offering: <input type="checkbox"/> Sorrowful Mystery #4: <input type="checkbox"/>	15 Morning Offering: <input type="checkbox"/> Sorrowful Mystery #5: <input type="checkbox"/>
16 Morning Offering: <input type="checkbox"/> Glorious Mystery #1: <input type="checkbox"/>	17 Morning Offering: <input type="checkbox"/> Glorious Mystery #2: <input type="checkbox"/>	18 Morning Offering: <input type="checkbox"/> Glorious Mystery #3: <input type="checkbox"/>	19 Morning Offering: <input type="checkbox"/> Glorious Mystery #4: <input type="checkbox"/>	20 Morning Offering: <input type="checkbox"/> Glorious Mystery #5: <input type="checkbox"/>
21 Morning Offering: <input type="checkbox"/> Joyful Mystery #1: <input type="checkbox"/>	22 Morning Offering: <input type="checkbox"/> Joyful Mystery #2: <input type="checkbox"/>	23 Morning Offering: <input type="checkbox"/> Joyful Mystery #3: <input type="checkbox"/>	24 Morning Offering: <input type="checkbox"/> Joyful Mystery #4: <input type="checkbox"/>	25 Morning Offering: <input type="checkbox"/> Joyful Mystery #5: <input type="checkbox"/>
26 Morning Offering: <input type="checkbox"/> Luminous Mystery #1: <input type="checkbox"/>	27 Morning Offering: <input type="checkbox"/> Luminous Mystery #2: <input type="checkbox"/>	28 Morning Offering: <input type="checkbox"/> Luminous Mystery #3: <input type="checkbox"/>	29 Morning Offering: <input type="checkbox"/> Luminous Mystery #4: <input type="checkbox"/>	30 Morning Offering: <input type="checkbox"/> Luminous Mystery #5: <input type="checkbox"/>

# **LECTIO DIVINA – MYSTERIES OF THE ROSARY IN SCRIPTURE**

## **JOYFUL MYSTERIES**

**1. The Annunciation:** Luke 1:28-35, 38 – <sup>28</sup> And he came to her and said, “Hail, full of grace, the Lord is with you!” <sup>29</sup> But she was greatly troubled at the saying, and considered in her mind what sort of greeting this might be. <sup>30</sup> And the angel said to her, “Do not be afraid, Mary, for you have found favor with God. <sup>31</sup> And behold, you will conceive in your womb and bear a son, and you shall call his name Jesus. <sup>32</sup> He will be great, and will be called the Son of the Most High; and the Lord God will give to him the throne of his father David, <sup>33</sup> and he will reign over the house of Jacob for ever; and of his kingdom there will be no end.” <sup>34</sup> And Mary said to the angel, “How can this be, since I have no husband?” <sup>35</sup> And the angel said to her, “The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be called holy, the Son of God. . . . <sup>38</sup> And Mary said, “Behold, I am the handmaid of the Lord; let it be to me according to your word.” And the angel departed from her.

**2. The Visitation:** Luke 1:39-45 – <sup>39</sup> In those days Mary arose and went with haste into the hill country, to a city of Judah, <sup>40</sup> and she entered the house of Zechari’ah and greeted Elizabeth. <sup>41</sup> And when Elizabeth heard the greeting of Mary, the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit <sup>42</sup> and she exclaimed with a loud cry, “Blessed are you among women, and blessed is the fruit of your womb! <sup>43</sup> And why is this granted me, that the mother of my Lord should come to me? <sup>44</sup> For behold, when the voice of your greeting came to my ears, the babe in my womb leaped for joy. <sup>45</sup> And blessed is she who believed that there would be a fulfilment of what was spoken to her from the Lord.”

**3. The Nativity:** Luke 2:6-12 – <sup>6</sup> And while they were there, the time came for her to be delivered. <sup>7</sup> And she gave birth to her first-born son and wrapped him in swaddling cloths, and laid him in a manger, because there was no place for them in the inn. <sup>8</sup> And in that region there were shepherds out in the field, keeping watch over their flock by night. <sup>9</sup> And an angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were filled with fear. <sup>10</sup> And the angel said to them, “Be not afraid; for behold, I bring you good news of a great joy which will come to all the people; <sup>11</sup> for to you is born this day in the city of David a Savior, who is Christ the Lord. <sup>12</sup> And this will be a sign for you: you will find a babe wrapped in swaddling cloths and lying in a manger.”

**4. Presentation in the Temple:** Luke 2:25-32 – <sup>25</sup>Now there was a man in Jerusalem, whose name was Simeon, and this man was righteous and devout, looking for the consolation of Israel, and the Holy Spirit was upon him. <sup>26</sup>And it had been revealed to him by the Holy Spirit that he should not see death before he had seen the Lord's Christ. <sup>27</sup>And inspired by the Spirit he came into the temple; and when the parents brought in the child Jesus, to do for him according to the custom of the law, <sup>28</sup>he took him up in his arms and blessed God and said, <sup>29</sup>“Lord, now lettest thou thy servant depart in peace, according to thy word; <sup>30</sup>for mine eyes have seen thy salvation <sup>31</sup>which thou hast prepared in the presence of all peoples, <sup>32</sup>a light for revelation to the Gentiles, and for glory to thy people Israel.”

**5. Finding Jesus in the Temple:** Luke 2:41-44 – <sup>41</sup>Now his parents went to Jerusalem every year at the feast of the Passover. <sup>42</sup>And when he was twelve years old, they went up according to custom; <sup>43</sup>and when the feast was ended, as they were returning, the boy Jesus stayed behind in Jerusalem. His parents did not know it, <sup>44</sup>but supposing him to be in the company they went a day's journey, and they sought him among their kinsfolk and acquaintances;

## LUMINOUS MYSTERIES

**1. Baptism of Jesus:** Matthew 3:13-17 – <sup>13</sup>Then Jesus came from Galilee to the Jordan to John, to be baptized by him. <sup>14</sup>John would have prevented him, saying, “I need to be baptized by you, and do you come to me?” <sup>15</sup>But Jesus answered him, “Let it be so now; for thus it is fitting for us to fulfil all righteousness.” Then he consented. <sup>16</sup>And when Jesus was baptized, he went up immediately from the water, and behold, the heavens were opened and he saw the Spirit of God descending like a dove, and alighting on him; <sup>17</sup>and lo, a voice from heaven, saying, “This is my beloved Son, with whom I am well pleased.”

**2. Wedding Feast at Cana:** John 2:1-11 – On the third day there was a marriage at Cana in Galilee, and the mother of Jesus was there; <sup>2</sup>Jesus also was invited to the marriage, with his disciples. <sup>3</sup>When the wine failed, the mother of Jesus said to him, “They have no wine.” <sup>4</sup>And Jesus said to her, “O woman, what have you to do with me? My hour has not yet come.” <sup>5</sup>His mother said to the servants, “Do whatever he tells you.” <sup>6</sup>Now six stone jars were standing there, for the Jewish rites of purification, each holding twenty or thirty gallons. <sup>7</sup>Jesus said to them, “Fill the jars with water.” And they filled them up to the brim. <sup>8</sup>He said to them, “Now draw some out, and take it to the steward of the feast.” So they took it. <sup>9</sup>When the steward of the feast tasted the water now become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward of the feast called the bridegroom <sup>10</sup>and said to him, “Every man serves the good wine first; and when men have drunk freely, then the poor wine; but you have kept the good wine until now.” <sup>11</sup>This, the first of his signs, Jesus did at Cana in Galilee, and manifested his glory; and his disciples believed in him.

**3. Proclamation of the Kingdom:** Mark 1:15, 2:3-12 – “The time is fulfilled, and the kingdom of God is at hand; repent, and believe in the gospel.” . . . <sup>3</sup> And they came, bringing to him a paralytic carried by four men. <sup>4</sup> And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. <sup>5</sup> And when Jesus saw their faith, he said to the paralytic, “My son, your sins are forgiven.” <sup>6</sup> Now some of the scribes were sitting there, questioning in their hearts, <sup>7</sup> “Why does this man speak thus? It is blasphemy! Who can forgive sins but God alone?” <sup>8</sup> And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, “Why do you question thus in your hearts? <sup>9</sup> Which is easier, to say to the paralytic, ‘Your sins are forgiven,’ or to say, ‘Rise, take up your pallet and walk’? <sup>10</sup> But that you may know that the Son of man has authority on earth to forgive sins”—he said to the paralytic— <sup>11</sup> “I say to you, rise, take up your pallet and go home.” <sup>12</sup> And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, “We never saw anything like this!”

**4. The Transfiguration:** Matthew 17:1-8 – And after six days Jesus took with him Peter and James and John his brother, and led them up a high mountain apart. <sup>2</sup> And he was transfigured before them, and his face shone like the sun, and his garments became white as light. <sup>3</sup> And behold, there appeared to them Moses and Eli’jah, talking with him. <sup>4</sup> And Peter said to Jesus, “Lord, it is well that we are here; if you wish, I will make three booths here, one for you and one for Moses and one for Eli’jah.” <sup>5</sup> He was still speaking, when lo, a bright cloud overshadowed them, and a voice from the cloud said, “This is my beloved Son, with whom I am well pleased; listen to him.” <sup>6</sup> When the disciples heard this, they fell on their faces, and were filled with awe. <sup>7</sup> But Jesus came and touched them, saying, “Rise, and have no fear.” <sup>8</sup> And when they lifted up their eyes, they saw no one but Jesus only.

**5. Institution of the Eucharist:** Matthew 26:26-32 – <sup>26</sup> Now as they were eating, Jesus took bread, and blessed, and broke it, and gave it to the disciples and said, “Take, eat; this is my body.” <sup>27</sup> And he took a cup, and when he had given thanks he gave it to them, saying, “Drink of it, all of you; <sup>28</sup> for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. <sup>29</sup> I tell you I shall not drink again of this fruit of the vine until that day when I drink it new with you in my Father’s kingdom.” <sup>30</sup> And when they had sung a hymn, they went out to the Mount of Olives. <sup>31</sup> Then Jesus said to them, “You will all fall away because of me this night; for it is written, ‘I will strike the shepherd, and the sheep of the flock will be scattered.’ <sup>32</sup> But after I am raised up, I will go before you to Galilee.”

## SORROWFUL MYSTERIES

**1. The Agony in the Garden:** Luke 22:39-46 – <sup>39</sup>And he came out, and went, as was his custom, to the Mount of Olives; and the disciples followed him. <sup>40</sup>And when he came to the place he said to them, “Pray that you may not enter into temptation.” <sup>41</sup>And he withdrew from them about a stone’s throw, and knelt down and prayed, <sup>42</sup>“Father, if thou art willing, remove this cup from me; nevertheless not my will, but thine, be done.” <sup>43</sup>And there appeared to him an angel from heaven, strengthening him. <sup>44</sup>And being in an agony he prayed more earnestly; and his sweat became like great drops of blood falling down upon the ground. <sup>45</sup>And when he rose from prayer, he came to the disciples and found them sleeping for sorrow, <sup>46</sup>and he said to them, “Why do you sleep? Rise and pray that you may not enter into temptation.”

**2. The Scourging at the Pillar:** Mark 15:6-15 – <sup>6</sup>Now at the feast he used to release for them one prisoner whom they asked. <sup>7</sup>And among the rebels in prison, who had committed murder in the insurrection, there was a man called Barab’bas. <sup>8</sup>And the crowd came up and began to ask Pilate to do as he was wont to do for them. <sup>9</sup>And he answered them, “Do you want me to release for you the King of the Jews?” <sup>10</sup>For he perceived that it was out of envy that the chief priests had delivered him up. <sup>11</sup>But the chief priests stirred up the crowd to have him release for them Barab’bas instead. <sup>12</sup>And Pilate again said to them, “Then what shall I do with the man whom you call the King of the Jews?” <sup>13</sup>And they cried out again, “Crucify him.” <sup>14</sup>And Pilate said to them, “Why, what evil has he done?” But they shouted all the more, “Crucify him.” <sup>15</sup>So Pilate, wishing to satisfy the crowd, released for them Barab’bas; and having scourged Jesus, he delivered him to be crucified.

**3. The Crowning with Thorns:** John 19:1-8 – Then Pilate took Jesus and scourged him. <sup>2</sup>And the soldiers plaited a crown of thorns, and put it on his head, and arrayed him in a purple robe; <sup>3</sup>they came up to him, saying, “Hail, King of the Jews!” and struck him with their hands. <sup>4</sup>Pilate went out again, and said to them, “Behold, I am bringing him out to you, that you may know that I find no crime in him.” <sup>5</sup>So Jesus came out, wearing the crown of thorns and the purple robe. Pilate said to them, “Here is the man!” <sup>6</sup>When the chief priests and the officers saw him, they cried out, “Crucify him, crucify him!” Pilate said to them, “Take him yourselves and crucify him, for I find no crime in him.” <sup>7</sup>The Jews answered him, “We have a law, and by that law he ought to die, because he has made himself the Son of God.” <sup>8</sup>When Pilate heard these words, he was the more afraid;

**4. The Carrying of the Cross:** John 19:16-22 – <sup>16</sup> Then he handed him over to them to be crucified. <sup>17</sup> So they took Jesus, and he went out, bearing his own cross, to the place called the place of a skull, which is called in Hebrew Gol’gotha. <sup>18</sup> There they crucified him, and with him two others, one on either side, and Jesus between them. <sup>19</sup> Pilate also wrote a title and put it on the cross; it read, “Jesus of Nazareth, the King of the Jews.” <sup>20</sup> Many of the Jews read this title, for the place where Jesus was crucified was near the city; and it was written in Hebrew, in Latin, and in Greek. <sup>21</sup> The chief priests of the Jews then said to Pilate, “Do not write, ‘The King of the Jews,’ but, ‘This man said, I am King of the Jews.’” <sup>22</sup> Pilate answered, “What I have written I have written.”

**5. The Crucifixion:** John 19:25-30 – <sup>25</sup> So the soldiers did this. But standing by the cross of Jesus were his mother, and his mother’s sister, Mary the wife of Clopas, and Mary Mag’dalene. <sup>26</sup> When Jesus saw his mother, and the disciple whom he loved standing near, he said to his mother, “Woman, behold, your son!” <sup>27</sup> Then he said to the disciple, “Behold, your mother!” And from that hour the disciple took her to his own home. <sup>28</sup> After this Jesus, knowing that all was now finished, said (to fulfil the scripture), “I thirst.” <sup>29</sup> A bowl full of vinegar stood there; so they put a sponge full of the vinegar on hyssop and held it to his mouth. <sup>30</sup> When Jesus had received the vinegar, he said, “It is finished”; and he bowed his head and gave up his spirit.

## GLORIOUS MYSTERIES

**1. The Resurrection:** Matthew 28:1-8 – Now after the sabbath, toward the dawn of the first day of the week, Mary Mag’dalene and the other Mary went to see the sepulchre. <sup>2</sup> And behold, there was a great earthquake; for an angel of the Lord descended from heaven and came and rolled back the stone, and sat upon it. <sup>3</sup> His appearance was like lightning, and his raiment white as snow. <sup>4</sup> And for fear of him the guards trembled and became like dead men. <sup>5</sup> But the angel said to the women, “Do not be afraid; for I know that you seek Jesus who was crucified. <sup>6</sup> He is not here; for he has risen, as he said. Come, see the place where he lay. <sup>7</sup> Then go quickly and tell his disciples that he has risen from the dead, and behold, he is going before you to Galilee; there you will see him. Lo, I have told you.” <sup>8</sup> So they departed quickly from the tomb with fear and great joy, and ran to tell his disciples.

**2. The Ascension:** Acts 1:8-11 – <sup>8</sup> But you shall receive power when the Holy Spirit has come upon you; and you shall be my witnesses in Jerusalem and in all Judea and Samar’ia and to the end of the earth.” <sup>9</sup> And when he had said this, as they were looking on, he was lifted up, and a cloud took him out of their sight. <sup>10</sup> And while they were gazing into heaven as he went, behold, two men stood by them in white robes, <sup>11</sup> and said, “Men of Galilee, why do you stand looking into heaven? This Jesus, who was taken up from you into heaven, will come in the same way as you saw him go into heaven.”

**3. The Coming of the Holy Spirit:** Acts 2:1-6, 38-41 – When the day of Pentecost had come, they were all together in one place. <sup>2</sup> And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. <sup>3</sup> And there appeared to them tongues as of fire, distributed and resting on each one of them. <sup>4</sup> And they were all filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance. <sup>5</sup> Now there were dwelling in Jerusalem Jews, devout men from every nation under heaven. <sup>6</sup> And at this sound the multitude came together, and they were bewildered, because each one heard them speaking in his own language. . . . <sup>38</sup> And Peter said to them, “Repent, and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins; and you shall receive the gift of the Holy Spirit. <sup>39</sup> For the promise is to you and to your children and to all that are far off, every one whom the Lord our God calls to him.” <sup>40</sup> And he testified with many other words and exhorted them, saying, “Save yourselves from this crooked generation.” <sup>41</sup> So those who received his word were baptized, and there were added that day about three thousand souls.

**4. The Assumption of Mary:** Revelation 12:1-3, 13-18 – And a great portent appeared in heaven, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars; <sup>2</sup> she was with child and she cried out in her pangs of birth, in anguish for delivery. <sup>3</sup> And another portent appeared in heaven; behold, a great red dragon, with seven heads and ten horns, and seven diadems upon his heads. . . . <sup>13</sup> And when the dragon saw that he had been thrown down to the earth, he pursued the woman who had borne the male child. <sup>14</sup> But the woman was given the two wings of the great eagle that she might fly from the serpent into the wilderness, to the place where she is to be nourished for a time, and times, and half a time. <sup>15</sup> The serpent poured water like a river out of his mouth after the woman, to sweep her away with the flood. <sup>16</sup> But the earth came to the help of the woman, and the earth opened its mouth and swallowed the river which the dragon had poured from his mouth. <sup>17</sup> Then the dragon was angry with the woman, and went off to make war on the rest of her offspring, on those who keep the commandments of God and bear testimony to Jesus. And he stood on the sand of the sea.

**5. The Coronation of Mary:** Revelation 12:1-5 – And a great portent appeared in heaven, a woman clothed with the sun, with the moon under her feet, and on her head a crown of twelve stars; <sup>2</sup> she was with child and she cried out in her pangs of birth, in anguish for delivery. <sup>3</sup> And another portent appeared in heaven; behold, a great red dragon, with seven heads and ten horns, and seven diadems upon his heads. <sup>4</sup> His tail swept down a third of the stars of heaven, and cast them to the earth. And the dragon stood before the woman who was about to bear a child, that he might devour her child when she brought it forth; <sup>5</sup> she brought forth a male child, one who is to rule all the nations with a rod of iron, but her child was caught up to God and to his throne.”