

# The Way of St. Joseph



**OBJECTIVE:** The Way of St. Joseph is a three-month training regimen that helps men "To Order All Things to Christ" by devoting themselves wholeheartedly to living a life of virtue and holiness as an offering to Christ our Lord. Under the direction of their parish priest, men will grow strong in mind, body, and spirit by developing habits for holiness.

## DISCIPLINES

- Prayer
  - Morning: Morning Offering to Our Lady of Mt. Carmel, *Lectio Divina*, and Spiritual Reading
  - Afternoon: *Memorare* to St. Joseph and the Rosary
  - Evening: Examination of Conscience & the Act of Contrition
  
- Asceticism
  - Fasting: Ash Wednesday (March 5), Good Friday (April 18), and before Holy Communion
  - Abstinence: No meat on Fridays
  - Physical Training: 3 times per week
  - A Full Night's Sleep: At least seven hours
  
- Fraternity
  - Kick-Off: March 1
  - Meetings: March 15 & 29, April 12 & 26, and May 17 & 31
  - Pentecost Social: June 8

## MATERIALS

- *The Spiritual Combat and a Treatise on Peace of Soul* (Tan Classics) by Lorenzo Scupoli ISBN-13: 978-0895551528
- Weekly podcasts via <https://stjosephsociety.org/>, [YouTube](#), or [Spotify](#)
- *Laudate* App

## MONTHLY CHALLENGES

- Month One: The First 15 (Morning Offering, *Lectio Divina*, & Spiritual Reading)
- Month Two: Master the Mid-Day Prayer (*Memorare* to St. Joseph and the Rosary)
- Month Three: Evening Prayer (Examination of Conscience & the Act of Contrition)

# The Way of St. Joseph

## SPIRITUAL READING SCHEDULE

*The Spiritual Combat and Treatise on Peace of Soul* by Dom Lorenzo Scupoli

DATE	CHAPTER	DATE	CHAPTER	DATE	CHAPTER	DATE	CHAPTER
March 5	1	March 29	22	April 23	42	May 17	63
March 6	2	March 30	LORD'S DAY	April 24	43	May 18	LORD'S DAY
March 7	3	April 1	23	April 25	44	May 19	64
March 8	4	April 2	24	April 26	45	May 20	65
March 9	LORD'S DAY	April 3	25	April 27	LORD'S DAY	May 21	66
March 10	5	April 4	26	April 28	46	May 22	Peace 1
March 11	6	April 5	27	April 29	47	May 23	Peace 2
March 12	7	April 6	LORD'S DAY	April 30	48	May 24	Peace 3
March 13	8	April 7	28	May 1	49	May 25	LORD'S DAY
March 14	9	April 8	29	May 2	50	May 26	Peace 4
March 15	10	April 9	30	May 3	51	May 27	Peace 5
March 16	LORD'S DAY	April 10	31	May 4	LORD'S DAY	May 28	Peace 6
March 17	11	April 11	32	May 5	52	May 29	Peace 7
March 18	12	April 12	33	May 6	53	May 30	Peace 8
March 19	13	April 13	LORD'S DAY	May 7	54	May 31	Peace 9
March 20	14	April 14	34	May 8	55	June 1	LORD'S DAY
March 21	15	April 15	35	May 9	56	June 2	Peace 10
March 22	16	April 16	36	May 10	57	June 3	Peace 11
March 23	LORD'S DAY	April 17	37	May 11	LORD'S DAY	June 4	Peace 12
March 24	17	April 18	38	May 12	58	June 5	Peace 13
March 25	18	April 19	39	May 13	59	June 6	Peace 14
March 26	19	April 20	LORD'S DAY	May 14	60	June 7	Peace 15
March 27	20	April 21	40	May 15	61	<b>June 8</b> <b>Pentecost Sunday</b>	
March 28	21	April 22	41	May 16	62		

# The Way of St. Joseph

## DAILY PRAYERS

### MONTH 1 CHALLENGE – MORNING PRAYER

#### 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 the daily Mass readings from the Laudate app. 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 at this moment 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 been praying with. What has God revealed to you through this prayer? To what action might God be inviting you? Thank God.

### MONTH 2 CHALLENGE – MID-DAY PRAYER

#### Memorare to St. Joseph

Remember, O Most Chaste Spouse of the Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired by this confidence, I fly unto you, my spiritual father, and beg your protection. O Foster Father of the Redeemer, despise not my petitions, but in your goodness hear and answer me. Amen.

#### The Rosary

**Apostle’s Creed** – I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

**Our Father** – Our Father, Who art in heaven, Hallowed be Thy Name. Thy Kingdom come. Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen.

**Hail Mary** – Hail, Mary, full of grace, the Lord is with thee. Blessed art thou amongst women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

**Glory Be** – Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

**Our Lady of Fatima Prayer** – O My Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those in most need of Thy mercy. Amen.

**The Hail Holy Queen** – Hail, holy Queen, Mother of Mercy! our life, our sweetness, and our hope! To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley, of tears. Turn, then, most gracious Advocate, thine eyes of mercy toward us; and after this our exile show unto us the blessed fruit of thy womb, Jesus; O clement, O loving, O sweet Virgin Mary.

**Concluding Prayer** – O God whose only begotten Son by His Life has purchased for us the rewards of eternal life, Grant that we beseech Thee while meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may both imitate what they contain and obtain what they promise, through the same Christ our Lord Amen.

### **MONTH 3 CHALLENGE – EVENING PRAYER**

#### **Examination of Conscience & Act of Contrition**

Come, Holy Spirit, enlighten my mind that I may clearly know my sins. Move my heart that I may be sincerely sorry for them, honestly confess them, and firmly resolve to amend my life. Amen.

Give thanks to God for all your blessing today. (30 seconds of silence)

Examen your day for your sins of thought, word, deed, or omission. (1 minute of silence)

Ask God to help you know how to amend your life and for the grace to do so. (30 seconds of silence)

O my God, I am heartily sorry for having offended you, and I detest all of my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace, to confess my sins, to do penance, and to avoid the near occasion of sin. Amen.