**St. Joseph** **Chaplet of** **Seven Sorrows** **and** **Seven Joys**

*An effective means of obtaining special graces through the intercession of St. Joseph is to honour his seven sorrows and seven joys by the practicing the Seven Sundays devotion. The Seven Sundays in honour of St. Joseph are observed by receiving Holy Communion in his honour on seven consecutive Sundays, and on each Sunday the prayers in honour of the Seven Sorrows and the Seven Joys of St. Joseph are recited. This devotion may be practiced at any time of the year, but especially on the seven Sundays preceding his solemnity on March 19th.*

**Opening Prayer:**

Grant, we pray, almighty God, that by St Joseph’s intercession your Church may constantly watch over the unfolding of the mysteries of human salvation, whose beginnings you entrusted to his faithful care. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen

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| **JOSEPH’S SEVEN SORROWS** | **JOSEPH’S SEVEN JOYS** |
| 1. The doubt of St. Joseph (Matt. 1:19) | 1. The message of the Angel (Matt. 1:20) |
| 2. The poverty of Jesus’ birth  (Luke 2:7) | 2. The birth of the Saviour (Luke 2:10-11) |
| 3. The Circumcision (Luke 2:21) | 3. The Holy Name of Jesus (Matt. 1:25) |
| 4. The prophecy of Simeon  (Luke 2:34) | 4. The effects of the Redemption (Luke 2:38) |
| 5. The flight into Egypt (Matt. 2:14) | 5. The overthrow of the idols of Egypt (Is. 19:1) |
| 6. The return from Egypt (Matt. 2:22) | 6. Life with Jesus and Mary at Nazareth  (Luke 2:39) |
| 7. The loss of the Child Jesus  (Luke 2:45) | 7. The finding of the Child Jesus in the Temple (Luke 2:46) |

**PRAYERS IN HONOR OF**

**THE SEVEN SORROWS AND JOYS OF ST. JOSEPH**

**First Sorrow:**The doubt of St. Joseph. (Matt. 1:19)

***Her husband Joseph, being a man of honour and wanting to spare her publicity, decided to divorce he informally.***

**First Joy:** The message of the Angel. (Matt. 1:20)

***He had made up his mind to do this when the angel of the Lord appeared to him in a dream and said, ‘Joseph son of David, do not be afraid to take Mary home as your wife, because she has conceived what is in her by the Holy Spirit.***

**O**chaste Spouse of Mary most holy, glorious St. Joseph, great was the trouble and anguish of your heart when you were minded to put away privately your inviolate Spouse, yet your joy was unspeakable when the surpassing mystery of the Incarnation was made known to you by the Angel!

By this sorrow and this joy, we beseech you to comfort our souls, both now and in the sorrows of our final hour, with the joy of a good life and a holy death after the pattern of your own, in the arms of Jesus and Mary.

*Our Father . . .  Hail Mary . . .  Glory be . . .*

**Second Sorrow:**The poverty of Jesus’ birth. (Luke 2:7)

***And she gave birth to a son, her first-born. She wrapped him in swaddling clothes, and laid him in a manger because there was no room for them at the inn.***

**Second Joy:**The birth of the Saviour. (Luke 2:10-11)

***But the angel said, ‘Do not be afraid. Listen, I bring you news of great joy, a joy to be shared by the whole people. Today in the town of David a Saviour has been born to you; he is Christ the Lord.’***

**O** most blessed Patriarch, glorious St. Joseph, who was chosen to be the foster father of the Word made flesh, your sorrow at seeing the Child Jesus born in such poverty was suddenly changed into heavenly exultation when you did hear the angelic hymn and beheld the glories of that resplendent night.

By this sorrow and this joy, we implore you to obtain for us the grace to pass over from life’s pathway to hear the angelic songs of praise, and to rejoice in the shining splendour of celestial glory.

*Our Father . . .  Hail Mary . . .  Glory be . . .*

**Third Sorrow:** The Circumcision. (Luke 2:21)

***When the eighth day came and the child was to be circumcised, they gave him the name Jesus, the name the angel had given him before his conception.***

**Third Joy:**The Holy Name of Jesus. (Matt. 1:25)

***And, though he had not had intercourse with her, she gave birth to a son; and he named him Jesus.***

**O** glorious St. Joseph you faithfully obeyed the law of God, and your heart was pierced at the sight of the Precious Blood that was shed by the Infant Saviour during His Circumcision, but the Name of Jesus gave you new life and filled you with quiet joy.

By this sorrow and this joy, obtain for us the grace to be freed from all sin during life, and to die rejoicing, with the holy Name of Jesus in our hearts and on our lips.

*Our Father . . .  Hail Mary . . .  Glory be . . .*

**Fourth Sorrow:**The prophecy of Simeon. (Luke 2:34)

***Simeon blessed them, and said to Mary his mother, “You see this child; is destined for the fall and for the rising of many in Israel, destined to be a sign that is rejected-***

**Fourth Joy:**The effects of the Redemption. (Luke 2:38)

***She came by just at that moment and began to praise God; and she spoke of the child to all who looked forward to the deliverance of Jerusalem.***

**O** most faithful Saint who shared the mysteries of our Redemption, glorious St. Joseph, the prophecy of Simeon regarding the sufferings of Jesus and Mary caused you to shudder with mortal dread, but at the same time filled you with a blessed joy for the salvation and glorious resurrection which, he foretold, would be attained by countless souls.

By this sorrow and this joy, obtain for us that we may be among the number of those who, through the merits of Jesus and the intercession of Mary the Virgin Mother, are predestined to a glorious resurrection.

*Our Father . . .  Hail Mary . . .  Glory be . . .*

**Fifth Sorrow:**The flight into Egypt. (Matt. 2:14)

***So, Joseph got up and, taking the child and his mother with him, left that night for Egypt.***

**Fifth Joy:** The overthrow of the idols of Egypt. (Is. 19:1)

***The Oracle against Egypt: See! Yahweh, riding a swift cloud, comes to Egypt. The idols of Egypt tremble before him, and the hearts of the Egyptians sink within them.***

**O** most watchful Guardian of the Incarnate Son of God, glorious St. Joseph, what toil was your in supporting and waiting upon the Son of the Most High God, especially in the flight into Egypt! Yet at the same time, how you did rejoice to have always near you God Himself, and to see the idols of the Egyptians fall prostrate to the ground before Him.

By this sorrow and this joy, obtain for us the grace of keeping ourselves in safety from the infernal tyrant, especially by flight from dangerous occasions; may every idol of earthly affection fall from our hearts; may we be wholly employed in serving Jesus and Mary, and for them alone may we live and happily die.

*Our Father . . .  Hail Mary . . .  Glory be . . .*

**Sixth Sorrow:**The return from Egypt. (Matt. 2:22)

***But when he leant that Archelaus had succeeded his father Herod as ruler of Judaea he was afraid to go there; and being warned in a dream he left for the region of Galilee.***

**Sixth Joy:** Life with Jesus and Mary at Nazareth. (Luke 2:39)

***When they had done everything the Law of the Lord required, they went back to Galilee, to their own town of Nazareth.***

**O** glorious St. Joseph, an angel on earth, you did marvel to see the King of Heaven obedient to your commands, but your consolation in bringing Jesus out of the land of Egypt was troubled by your fear of Archelaus; nevertheless, being assured by the Angel, you dwelt in gladness at Nazareth with Jesus and Mary.

By this sorrow and this joy, obtain for us that our hearts may be delivered from harmful fears, so that we may rejoice in peace of conscience and may live in safety with Jesus and Mary and may, like you, die in their company.

*Our Father . . .  Hail Mary . . .  Glory be . . .*

**Seventh Sorrow:**The loss of the Child Jesus. (Luke 2:45)

***When they failed to find him, they went back to Jerusalem looking for him everywhere.***

**Seventh Joy:** The finding of the Child Jesus in the Temple. (Luke 2:46)

***Three days later, they found him in the Temple, sitting among the doctors, listening to them and asking them questions.***

**O**glorious St. Joseph, pattern of all holiness, when you did lose, through no fault of your own, the Child Jesus, you sought Him sorrowing for the space of three days, until with great joy you did find Him again in the Temple, sitting in the midst of the doctors.

By this sorrow and this joy, we supplicate you, with our hearts upon our lips, to keep us from ever having the misfortune to lose Jesus through mortal sin; but if this supreme misfortune should befall us, grant that we may seek Him with unceasing sorrow until we find Him again, ready to show us His great mercy, especially at the hour of death; so that we may pass over to enjoy His presence in Heaven; and there, in company with you, may we sing the praises of His Divine mercy forever.

*Our Father . . .  Hail Mary . . .  Glory be . . .*

***Antiphon***: And Jesus Himself was beginning about the age of thirty years, being Son of Joseph.

**V.**Pray for us, O holy Joseph.

**R.**That we may be made worthy of the promises of Christ.

**Let Us Pray**.

O God, Who in Your ineffable Providence did vouchsafe to choose Blessed Joseph to be the spouse of Your most holy Mother, grant, we beseech You, that he whom we venerate as our protector on earth may be our intercessor in Heaven. Who lives and reigns forever and ever.Amen.

*The official prayer of the Year of St. Joseph—To you, O blessed Joseph was composed by Pope Leo XIII. The Holy Father asked that it be added to the end of the Rosary especially during October, the month of the Holy Rosary. This prayer is enriched with a partial indulgence.*

**THE YEAR OF ST. JOSEPH PRAYER**

***To you, O blessed Joseph***

To you, O blessed Joseph, do we come in our afflictions, and having implored the help of your most holy Spouse, we confidently invoke your patronage also.

Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by his Blood, and with your power and strength to aid us in our necessities.

O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness.

As once you rescued the Child Jesus from deadly peril, so now protect God’s Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die in holiness, and to obtain eternal happiness in heaven. Amen

**Prayer Before Adoration, Invoking St. Joseph**

Dear Jesus, we believe that You are here, truly present in the Blessed Sacrament: that You see us, that You hear us. We adore You with profound reverence. We beg pardon for our sins and the grace to make this time of prayer fruitful.

Our Immaculate Mother, St. Joseph our Patron, our guardian angels, our patron saints, intercede for us during this time of prayer and adoration. We ask this through Christ, our Lord. Amen.

**Liturgy of the Word:**

**First Reading:**

***A reading from the second book of Samuel 7:4-5. 12-14. 16***

***The Lord God will give him the throne of his ancestor David.***

The word of the Lord came to Nathan:

‘Go and tell my servant David, ‘Thus the Lord speaks: When your days are ended and you are laid to rest with your ancestors, I will persevere the offspring of your body after you and make his sovereignty secure. I will be a father to him and he a son to me. Your House and your sovereignty will always stand secure before me and your throne be established forever’.

The word of the Lord.

**R/ Thanks be to God**

**Gospel:**

***A reading from the holy Gospel according to Matthew 1:16. 18-21. 24***

***Joseph did what the angel of the Lord had told him to do.***

Jacob was the father of Joseph the husband of Mary; of her was born Jesus who is called Christ.

This is how Jesus Christ came to be born. His mother Mary was betrothed to Joseph; but before they came to live together she was found to be with child through the Holy Spirit. Her husband Joseph, being a man of honour and wanting to spare her publicity, decided to divorce he informally. He had made up his mind to do this when the angel of the Lord appeared to him in a dream and said, ‘Joseph son of David, do not be afraid to take Mary home as your wife, because she has conceived what is in her by the Holy Spirit. She will give birth to a son and you must name him Jesus, because he is the one who is to save his people from their sins.’ When Joseph woke up he did what the angel of the Lord had told him to do.

The Gospel of the Lord.

**R/ Praise to you, Lord Jesus Christ**

**Reflection/Meditation**

**Closing Prayer:**

Defend with unfailing protection, O Lord, we pray, the family you have nourished with prayers from this service, as they rejoice at the Solemnity of St Joseph, and graciously keep safe your gifts among them. Through Christ our Lord. Amen.

***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.***