



## WORLD DAY FOR CONSECRATED LIFE



World Day for Consecrated Life Prayer Card - View or download the [pdf version](#) to print out and share with family and friends.

God our Father, we thank you for calling men and women to serve in your Son's Kingdom as sisters, brothers, religious priests, consecrated virgins, and hermits, as well as members of Secular Institutes. Renew their knowledge and love of you, and send your Holy Spirit to help them respond generously and courageously to your will. We ask this through our Lord Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Secretariat of clergy, conSecrated life and VocationS [www.ForYourVocation.org](http://www.ForYourVocation.org) • [www.usccb.org](http://www.usccb.org)  
Prayer for Consecrated Persons

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**February 2, 2020 (Celebrated in Parishes February 1-2)**





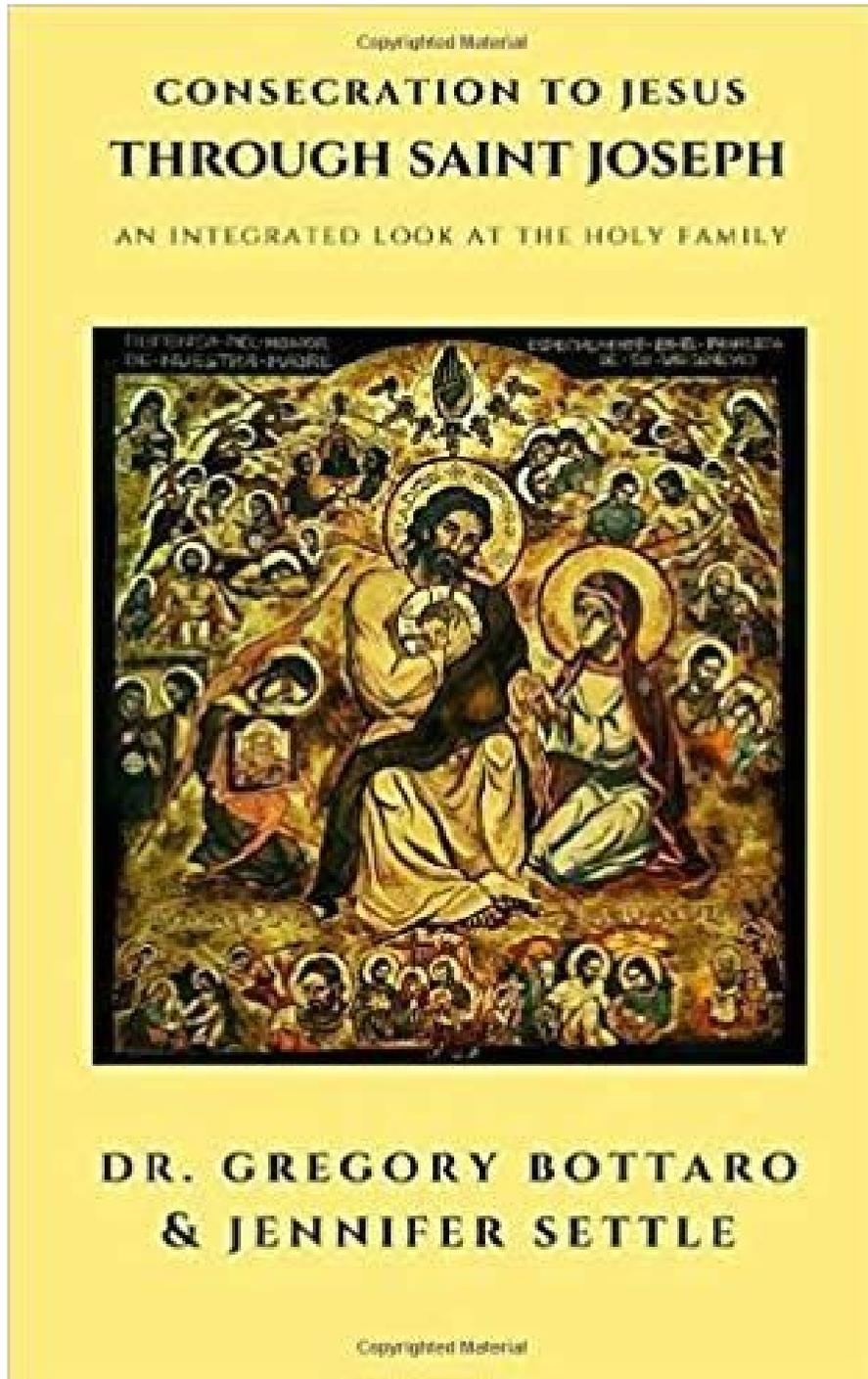
## St. Joseph

**Feastday:** March 19th & May 1st



**Patron:** of the Universal Church, unborn children, fathers, workers, travelers, immigrants, and a happy death





44 day preparation for consecration diving deep into the life and meaning of St. Joseph and Our Lady as they relate to our integrated human journey growing closer in union with Jesus Christ.



## Foreword

I had no idea that Saint Joseph would play such a pivotal role in my journey toward healing and how he would become a real father to me. You see, until I was in my 30s and met a Benedictine priest who loved Saint Joseph, I didn't give Saint Joseph much thought. I sort of just lumped him into "the Holy Family." I wasn't drawn to him in my prayer - that focused mostly on Jesus. It wasn't until I was encouraged by this Benedictine monk to open my heart to Saint Joseph and saw how this monk embodied the heart of Saint Joseph, that I came to see Saint Joseph as a real man, as a humble husband, and a gentle father - my father.

Along my path of healing, I began to turn to Our Lady and Saint Joseph as my parents. I began to share with them the joys and sorrows of my past. They showed me their parental love for me in those situations that wounded me or in the events of my past that brought me joy. Our Lady and Saint Joseph helped me to understand my identity as a beloved daughter of the Father through their parental love for me. I became their daughter and they became the source of parental love when I needed it. In particular, Saint Joseph became a real father to me. He became a father who was present in my life, one whom I could share my daughter's heart with, without fear of how he would receive me. His masculine, fatherly love has been such a source of healing for my feminine, daughter's heart.

As I grew to love and had encounters with the hearts of each of the Holy Family, I very much felt part of this family. The morning I was becoming a bride of Christ, as a Consecrated Virgin, I was in prayer with my spiritual director. As we prayed together, I very much felt the presence of the Holy Family. At that moment, I came to realize that for years I had seen myself as an "adopted" daughter of Our Lady and Saint Joseph, but in a few short hours, I was becoming a bride of their son. Through my vocation, I was uniquely becoming a real part of the Holy Family for all eternity!

Along this journey, I discovered how much Dr. Greg and I shared a love and devotion to Saint Joseph! We both deeply desired more people to have a devotion to him and to receive him into their lives. What a gift to have that shared desire come to fruition through this Saint Joseph Consecration!

As you enter into this Consecration to Jesus through Saint Joseph, my hope for you is that you would encounter the heart of Saint Joseph in a profound and new way. My prayer for you is that you would open your heart to all he desires to share with you and trust in his fatherly presence in your life. May this consecration be a journey of healing, intimacy, and joy.

Saint Joseph, pray for us!

~ Jen Settle



## Introduction

We need help. Our culture has been on a path of self-destruction for decades, and despite the warnings from many modern-day prophets, the trajectory has not changed. Our hope, of course, is in the Lord, who made heaven and earth and is with us until the end. However, these events unfold in a mysterious way in the context of history, and we are given powerful intercession and aid as a part of the arrangement.

Saint Joseph has been the silent protector of the Church since the beginning, but it is time to call out for him loudly. This devotional work is one simple and humble form of that initiative.

There are many forms of consecration, some of which you may have already taken part in. Consecrations are a form of devotion to help us grow closer to God. Through a consecration, we give God permission to take over our lives. He stands at the door and knocks, and this is one way of letting Him in.

The quickest and easiest way to grow is to follow a path that lines up with our humanity. Too many programs for growth either prioritize the spiritual over the material, or the material over the spiritual. Well-intentioned leaders can end up misleading their audience when they provide some plan of growth that doesn't actually respect the body-spirit nature of humanity.

We've tried to present a devotional exercise here that brings into focus the spiritual as well as psychological realities of being human. The psychological straddles the line of spiritual and physical - since it concerns the mind, which is an integration of our physical bodies and our spiritual life. We reflect on the full humanity of Saint Joseph, Our Lady, and Jesus to hopefully spark insights into what their humanity means for ours. In this way we hope to enter more fully, more perfectly, into the grace of our own Baptism. What makes it integrated is the full participation on your part. If you want to consecrate yourself fully, with your body, mind, and spirit, do more than just form your intellect with the reflections. Let your spirit be moved by prayer and let your mind be moved with the journal prompts. Carve out the time you need to go deep into the reflections and explore what is moved within you, as unique son or daughter of God. This book provides a vehicle of grace, but you have to do your part to open up to it.



## How To Use This Devotional

It is suggested to pick a feast day that is meaningful to you, or whichever one is more than 44 days away, and count back from there 44 days (6 weeks + 2 days). Not all specific dates are listed, since some feasts fall on different days each year, but you can easily count 6 weeks + 2 days back from the next feast day that you want to end on to make your consecration.

Each of the six weeks in the preparation has a specific theme, and its own set of prayers to be prayed after the reflection for the day. The prayers are found at the end of the week of reflections.

It is highly recommended to fully enter into this practice by responding each day to the journal prompts. Lined pages have been added for your convenience. This is a personal journal as much as a devotional. For this reason, you may want to have a few copies to repeat the practice yourself at different times of the year, or to give them away.

The question is often asked about starting over if a day or two is missed. We encourage you to keep up the best you can, but should a day get missed, catching up on the reflection for the day and the journal prompt should be enough to still derive the spiritual benefit of this devotion.

Saint Joseph has incredible power to transform your life if you let him. You are worth it. By picking this up you've already taken a step that is clearly in God's plan for you. Go all the way with it. Hold nothing back of yourself. Practically speaking, make a daily plan for how you are going to participate in this devotional.

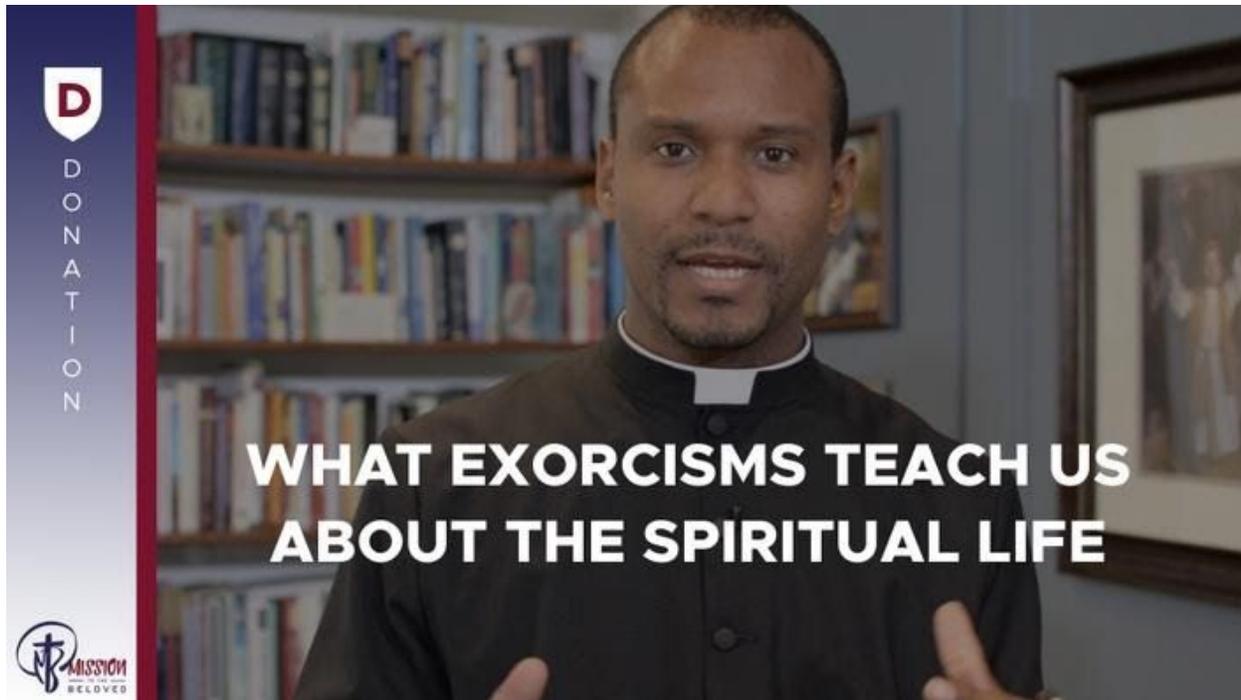
You may have to make certain sacrifices for the next 44 days. You may have to wake up a little earlier or commit yourself to an activity like journaling that you've never really done before. Making this commitment to yourself, to Saint Joseph, and to God is a powerful way to hold nothing back of yourself from God. I promise you the graces returned to you will be countless.

It will be even more effective for you if you do this with someone else. Find someone else you are close to who will journey through this with you – someone you can share your responses with as well as your highs and lows throughout the 44 days. There is a Facebook group called "Saint Joseph Consecration" for everyone going through the Preparation. We often repeat the devotion as a group with emailed reflections as well. Make this is a regular part of your life and share it with others.

Lastly, expect great things from God. He is never outdone in generosity. Of course, you should also expect pushback from the enemy, and don't be surprised if you go through some periods of desolation while practicing this devotion. The Immaculate, Chaste, and Sacred Hearts of the Holy Family will reign triumphant in your life though, and you can expect victory with confidence.



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### February 2, 2020 (Celebrated in Parishes February 1-2)

In 1997, Pope Saint John Paul II instituted a day of prayer for women and men in consecrated life. This celebration is attached to the Feast of the Presentation of the Lord on February 2nd. This Feast is also known as Candlemas Day; the day on which candles are blessed symbolizing Christ who is the light of the world. So too, those in consecrated life are called to reflect the light of Jesus Christ to all peoples.

The celebration of World Day for Consecrated Life is transferred to the following Sunday in order to highlight the gift of consecrated persons for the whole Church.

### Resources to help you promote World Day for Consecrated Life

#### Prayers of the Faithful

For those consecrated to God by the vows of chastity, poverty and obedience that they may seek to live their baptismal promises more intensely and have the grace to persevere in their commitment to the Lord and serve with open hearts and willing spirits. We pray to the Lord...

For those who have responded to the prompting of the Holy Spirit to be a consecrated person that they may experience the support of the Church as they continue their growth in holiness. We pray to the Lord...

#### [More Prayers of the Faithful](#)

[https://www.google.com/search?q=downton+san+antonio+homeless&ie=UTF-8&oe=UTF-8&hl=en-us&client=safari#state=Id:mlt&trex=m\\_r:1\\_m\\_t:gwp.rc\\_q:downtown%2520san%2520antonio%2520homeless.rc\\_ui:2.ru\\_gwp:0%2520C6.ru\\_q:downtown%2520san%2520antonio%2520homeless](https://www.google.com/search?q=downton+san+antonio+homeless&ie=UTF-8&oe=UTF-8&hl=en-us&client=safari#state=Id:mlt&trex=m_r:1_m_t:gwp.rc_q:downtown%2520san%2520antonio%2520homeless.rc_ui:2.ru_gwp:0%2520C6.ru_q:downtown%2520san%2520antonio%2520homeless)



Everything we know about the husband of Mary and the foster father of Jesus comes from Scripture and that has seemed too little for those who made up legends about him.

We know he was a carpenter, a working man, for the skeptical Nazarenes ask about Jesus, "Is this not the carpenter's son?" (Matthew 13:55). He wasn't rich for when he took Jesus to the Temple to be circumcised and Mary to be purified he offered the sacrifice of two turtledoves or a pair of pigeons, allowed only for those who could not afford a lamb (Luke 2:24).

Despite his humble work and means, Joseph came from a royal lineage. Luke and Matthew disagree some about the details of Joseph's genealogy but they both mark his descent from David, the greatest king of Israel (Matthew 1:1-16 and Luke 3:23-38). Indeed the angel who first tells Joseph about Jesus greets him as "son of David," a royal title used also for Jesus.

We know Joseph was a compassionate, caring man. When he discovered Mary was pregnant after they had been betrothed, he knew the child was not his but was as yet unaware that she was carrying the Son of God. He knew women accused of adultery could be stoned to death, so he resolved to send her away quietly to not expose her to shame or cruelty. However, when an angel came to Joseph in a dream and told him, 20 "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. 21 She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins," he did as the angel told him and took Mary as his wife. (Matthew 1:19-25).

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