

THEME, SCRIPTURE, REFLECTION, PRAYER, CHALLENGE

DAY 11 MOST COURAGEOUS

St. Joseph shines as a model of courage and fortitude. When told by the angel "Do not be afraid to take Mary home as your wife," (Mt 1:20) he courageously obeyed. He travelled many miles to Bethlehem in the cold and wind, only to meet rejection when he got there. He found refuge in an animal shelter for the birth of Jesus. Just days later, he arose early to flee into Egypt saving the Child Jesus from the vicious and murderous threats of King Herod. Faced with so many difficulties, St. Joseph stood tall and confronted the obstacles in his life with manly courage.

The cardinal virtue of fortitude strengthens the will and gives a person courage and a firm resolve to do God's will, even in the midst of great suffering. Fortitude helps us to overcome any dangers, obstacles, and fears; it enables a person to withstand whatever difficulties may block him from attaining his true goal.

What are you afraid of? Losing your health? Losing your job? Providing for your family? Caring for your parish family? Are you afraid of rejection? Do you fear not measuring up to others? It is said that, in the Bible, God tells us "Do not be afraid!" 365 times – one for each day of the year. Clearly, God calls us to trust in Him and to have courage:

Be strong and steadfast; have no fear or dread of them, for it is the LORD, your God, whom marches with you; he will never fail you or forsake you. (Dt 31:6)

Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid. (Jn 14:27)

At once [Jesus] spoke to them, "Take courage, it is I; do not be afraid." (Mt 14:27)

It is easy to be courageous when times are good, but it is difficult to be courageous when times are tough. When things get tough, we can call on St. Joseph to help us to be courageous. We can ask for his intercession so that Jesus can infuse us with fortitude and courage through the power of the Holy Spirit. For it is from Jesus Christ that we receive the grace and virtues, so that we become not just sons of his earthly father St Joseph, but adopted sons of our Father in heaven.

St. Joseph, help me to imitate you and to be courageous, especially in times filled with difficulty and sorrow. Give me the courage to be a good and faithful witness to Jesus Christ in word and in deed.

Pray the [Litany of St. Joseph](#).

Daily Challenge: Identify a circumstance in your life where you need greater courage. Ask for the gift of courage and the help of St. Joseph to take the next steps needed to confront your challenge.