

**THEME, SCRIPTURE, REFLECTION, PRAYER, CHALLENGE**  
**DAY 14 MIRROR OF PATIENCE**

*Be still before the LORD;  
wait for him.  
Do not be provoked by the prosperous, nor by malicious  
schemers.  
Refrain from anger; abandon wrath;  
do not be provoked; it brings only harm. Those who do evil will  
be cut off,  
but those who wait for the LORD will inherit the earth (Ps 37:7-9)*

Patience is a virtue that is talked about throughout the Bible in the Old and New Testaments. Being patient is a vital part of trusting in God as our life circumstances are not always what we would prefer. However, patience is a virtue that many people find hard to practice. We tend to want things to happen according to our own timeline. In addition, today's advances in technology have put almost everything in life at our fingertips. Our meals, entertainment, music, and contacts are instantly available to us. With this capability, it can be very difficult to wait and acquire the virtue of patience. St. Joseph exhibited heroic patience throughout his life. St. Joseph did not demand to know the full plan laid out step-by-step before God's chosen time. We must imagine he was anxious when he could not find a fitting place for Mary to give birth in. We must imagine he was anxious to hear that his family was being hunted. But he patiently awaited the revelation of God's plan, submitting himself completely to God's Providence.

We will all experience many trials in life that will test our patience. God allows such trials because he wants us to grow in virtue. A concrete area in your life where you can exercise the virtue of patience is by being merciful to others, especially when you know their faults. While St. Joseph lived with two perfect people, he must have frequently encountered unpleasant and difficult people: employers, co-workers, tax collectors, politicians, etc. You, too, will experience unpleasant people in your life. In such instances, imitate the patience of St. Joseph. Ask God for the grace to love all the people who cross your path.

*St. Joseph, pray for an increase in the virtue of patience in me. Teach me to love the difficult people in my life, help me to be still in the midst of the storms that come my way, and to trust that your timing is always perfect. Pray the [Litany of St. Joseph](#).*

**Daily Challenge: Ask the Holy Spirit to suggest a person or situation where you can exhibit greater patience. Ask St Joseph, Mirror of Patience, to teach you how to practically do so.**