

THEME, SCRIPTURE, REFLECTION, PRAYER, CHALLENGE

DAY 18 GUARDIAN OF VIRGINS

God calls us to profound purity. In both the Old and New Testaments, Scripture is replete with exhortations to “Be Holy as I am Holy” (Lv 11:44), and “Be Holy as your Father in Heaven is Holy” (Mt 5:48). Our good and loving God knows well the challenge posed by His call to “be Holy as He is Holy.” He understands and sympathizes with our fallen nature, and sends us an abundance of grace to overcome the temptations of this transient world. In St. Joseph, God offers us an outstanding illustration of personal purity.

Our Heavenly Father chose the virtuous St. Joseph to be the guardian of the purity of the precious Holy Family. Under the title “Guardian of Virgins,” St. Joseph offers us a shining example of the value of chastity. Through his holy intercession we have a magnificent channel of grace available to aid in overcoming the myriad of obstacles to virtuous living that confront us each day.

Due to his chastity and vocation, Joseph has further been entrusted to continue his mission of guarding the pure ones of God and of the integrity of the family. This power flows through him now as a reward of his perfect fidelity. All clergy/religious and families should have recourse to this most powerful intercessor.

Like the four arms of the cross, there are four particular areas of chastity to which we are called: that of body, mind, heart and spirit. Accepting the challenge of personal purity is a cross we each bear, but is not one that is either unreasonable nor impossible. As we strive to conquer the temptations of the world, let us seek the assistance of the Holy Heart of St. Joseph.

St. Joseph, Guardian of Virgins, may I, with your help, live as a disciple of Christ with purity in body, mind, heart and spirit all the days of my life. Pray the [Litany of St. Joseph](#).

Daily Challenge: Find an accountability partner to join you in prayer if there are any of these areas of purity that you struggle to gain freedom. Resolve to turn over any temptations against purity to St. Joseph and Mary whenever they occur.