

THEME, SCRIPTURE, REFLECTION, PRAYER, CHALLENGE

DAY 6

ZEALOUS DEFENDER OF CHRIST ; St. Joseph is called the Zealous Defender of Christ because when Christ was threatened and persecuted he did not hesitate, not even for a moment, to defend and to protect Jesus and Mary. When Herod threatened to kill the baby Jesus, he listened to the instructions of God and obeyed, leading the Holy Family to Egypt:

When they had departed, behold, the angel of the Lord appeared to Joseph in a dream and said, "Rise, take the child and his mother, flee to Egypt, and stay there until I tell you. Herod is going to search for the child to destroy him." Joseph rose and took the child and his mother by night and departed for Egypt. (Mt 2:13-14)

We too have the opportunity and duty to defend Christ and His Church today. We have Christ fully present among us in the Most Blessed Sacrament. The Eucharist, Christ's very body, blood, soul, and divinity, is His most precious gift to us yet many people do not understand or believe in His real presence in the Eucharist. Do we ourselves truly show love and reverence to Christ in The Most Blessed Sacrament?

Do we attend Mass faithfully and lead the people God has entrusted to us to our Eucharistic Lord? As faithful disciples of Jesus, we will be criticized, hated, ridiculed, and mocked by the world — oftentimes by our own family and friends. Our suffering may be great, but our witness to Jesus — will be greater.

Let us resolve today to make the Eucharist a priority in our lives. Let Jesus transform our hearts. Let us be a Holy Vessel of Christ and a light to shine in a world that is filled with darkness. If we are to be the Light of Christ to others we must come and receive Christ in the Holy Eucharist with humility and surrender.

St. Joseph, Defender of Christ! Teach us how to defend Christ zealously. Pray for us so we may be worthy to love and defend Jesus as you loved and defended Him.

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

Daily Challenge: Reflect on the reality and power of Jesus being present in his entirety in the Holy Eucharist, and if not already, make weekly Sunday Mass a non- negotiable for your family.