

THEME, SCRIPTURE, REFLECTION, PRAYER, CHALLENGE
DAY 7 HEAD OF THE HOLY FAMILY

Each year his parents went to Jerusalem for the feast of Passover... He went down with them and came to Nazareth, and was obedient to them. (Luke 2:41, 51)

Jesus, Mary, and Joseph compose the Holy Family. Jesus was God, and Mary the Mother of God; and yet we see from the above passage that St. Joseph was head of the Holy Family; for thirty years Jesus and Mary paid him homage and obedience.

The Holy Catholic Church teaches, through Scripture and Tradition, that the husband is the head of his family and has God-given authority over his wife and children. This gift of authority does not give a husband any greater dignity than his wife. Both are equal members of the marital covenant, as is reflected by God creating woman from the side of man (as opposed to his head or feet). Instead, this order of authority reflects the divine order between God, Christ and man. The Sacred Scriptures clearly affirm that God has assigned the responsibility of spiritual leadership in the home to husbands; Jesus and Mary delighted in the headship of St. Joseph. His fatherly example shows that strength, authority, and headship are meant to be at the service of others.

Families and parishes around the world will be strengthened if husbands, fathers, and pastors imitate St. Joseph.

St. Joseph, Head of the Holy Family, help me to live my role as head of my household (or head of my parish) in humble service. Pray that I may have the grace to imitate Christ's sacrificial love and love the ones you have entrusted to my care.

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

Daily Challenge: Think of one way you can “die to self” and prioritize your family’s needs (or your parish family’s needs) over your own. Commit to this behavior for at least one week.