CONSECRATION TO THE HEART OF ST. JOSEPH

Written by: Mother Adela Galindo, Foundress SCTJM
Oh, beloved St. Joseph, I desire to consecrate myself today to your heart, which is the most safe and most tender home for the Hearts of Jesus and Mary, and thus entrust myself to your love, formation, care, dedication, protection, and paternal provision. I _______________, through this consecration, ask under your loving and attentive gaze and under your sure guidance, that I may learn to live the virtues of your heart, humility, meekness, the undividedness of your love for Jesus and Our Lady, and your total donation to dedicate yourself to serve them and to cooperate in the realization of the plan of salvation. You who found the full realization of your person in the generous gift of your whole being for the Mother and the Child, teach me in the school of your heart to renounce all selfishness and to recognize that my most exalted vocation is love. You who lived virginal love to the most sublime degree, form in my heart love for and guardianship of my purity, so that I can give my love with sincerity, without seeking any personal interest or earthly pleasures. I ask that my affections may be moderated by maturity, which is the fruit of an intimate communion with the Lord and by authentic interior freedom, which knows how to always choose what is right and what is the greater good. Help me to acquire a profound interior serenity, so that I can always act in a reflective and moderated way, with a calm spirit, without impulsiveness or disordered passions.

I ask you, St. Joseph, that by contemplating your spousal and paternal heart, I may learn to live the demands of love with fidelity, without fleeing from them, since love is only matured and grows through responsibility and the fulfillment of duty. Just as Jesus grew in His humanity in the school of Nazareth, under your paternal formation, I ask you, together with the maternal wisdom of Our Blessed Mother, to teach me to grow in wisdom, grace, and in human and spiritual maturity. By following the example of your interior life, may I learn to serve with humility, with a greater capacity for contemplation, of gazing with the heart at the great love of God which was given to us in the Incarnation of the Son of God in the virginal womb of the Blessed Virgin Mary. Help me so that my will may be firm in my purposes, and that they may always be in perfect communion with the designs of the Hearts of Jesus and Mary, as you showed in all of your actions, because your heart had only one direction: to fulfill the mission that had been entrusted to you with love and responsibility, with tenderness and firmness.

Teach me the salvific power of obedience, just as your constant fiats opened paths for the Holy Family, protecting them from every danger, and, at the same time, creating spaces of freedom for the realization of God’s will.

Your heart is the school of every human virtue; help me to have the firm and habitual disposition to do and to seek the good, so that I may always do this good even in the most difficult circumstances. Teach me the gift of attentive listening to the voice of God, that comes from interior silence; that knows how to quiet all the noise that distracts from or obscures the Word of God in me and that awakens in me the desire for the true gift of silence that is neither sterile nor selfish, nor seeks to escape from others, but that develops the capacity to always listen to God to be able to respond to him with exactitude and promptitude. You who were the guardian and custodian of the Mother and the Child, teach me to guard first my own dignity as a son/daughter of God to be able to protect the
dignity of every human person and to be able to care for life at every stage, building the culture of love and life just as it was lived in the house of Nazareth. Teach me to never judge by appearances nor expose the reputation of my brothers and sisters; rather give me the virtue of justice to be able to understand the truth about every event and not to act rashly, but appropriately and with reflection.

Teach me to be a person of arduous and responsible work, to discover its authentic value and the importance of work for the maturation and sanctification of the human person and of society. May I grow in the virtue of industriousness to recognize that everything that I do for love and with love participates in the redemption of the world. You who were the Virginal Father and Protector of Jesus, take care of me and my loved ones with the same solicitude and paternal affection. Guard us under your mantle; may we feel the warmth and certainty of your real and present paternity in our lives and families and in moments of uncertainty may we hide ourselves in the refuge of your heart and paternal mantle. You who protected and served Our Lady with great gentleness and courage, give me a filial heart towards Her so that I may live my Marian spirituality in total consecration to Her as you did, who were the first one in history to consecrate yourself to Jesus through Mary. I ask that, like you, I may take Her into my house, into my whole interior, so that She may give birth to Jesus in my heart and in my family. You who were the guardian of the treasures of the Heart of the Father, teach me to be the guardian of the gifts and treasures that God has placed in my life, that He has entrusted to my care. May I not take them lightly nor grow accustomed to them; may I never lose sight of the fact that they are a great gift for my life, but rather may I care for and protect them with great dignity, generosity, and with an attentive gaze. May I not allow anything to harm my loved ones nor anything God has given to me. Teach me to be a courageous defender of my family, not allowing the enemy, the world, or the flesh to touch them, nor allowing darkness to enter my own home through laziness or comfort. Help me to be like you, capable of not being afraid and of taking the necessary risks, the necessary choices to protect my soul and the souls of my loved ones. May I know how to discern the movements of the enemy and expel the serpent with the spiritual authority granted to those who live for Jesus and Mary. Give me that perfect meekness to renounce the willfulness and attachments of my own will and to be disposed to be and to do all that Jesus and Mary need of me in these times which are so difficult in our history.

St. Joseph, you who were acquainted with suffering, teach me to suffer for Christ, uniting all my sufferings to Him, through His Mother, and to suffer with serenity and meekness, embracing the cross that the Lord allows me, without fleeing from it and without abandoning my faith, my hope, and my trust in God. You who embraced so many sufferings because you were the head of the Holy Family, form my heart to suffer in silence, with dignity and courage. You who are the Patron and Guardian of the Universal Church, take care of and protect the whole Church, the Family of Jesus, that is besieged in so many ways, from within and from outside. To you who are the Protector of Families, I consecrate today my biological family __________ and my religious and spiritual family.
Defend families from the great threats that loom over them, wanting to steal their identity, disfiguring or destroying their unity. By blocking the truth about the family, its mission to reveal, teach, and communicate love is blocked.

St. Joseph, today I consecrate myself to your paternal heart, wise and humble, the heart of a protector and provider, of a worker and of keen discernment, to conquer evil with good. Your whole person, your heart, and your mission are an immense gift for the Church and for us, who are also your spiritual children. Take care of us with a father’s heart and help us to enter more and more into the mystery of love of your heart, a heart that lived in full unity with the Hearts of Jesus and Mary. If these Two Hearts must reign and triumph over the world, humanity, and our history, your heart united to Theirs will triumph with Them, because it lived, suffered, and died with Them and for Them.

May the Three Hearts of Jesus, Mary, and Joseph reign!

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