



**JUST A GUY IN THE PEW**  
**THE NARROW ROAD.**

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JUNE 2022 | JOY

*In loving memory of Bill Platten.  
A leader, a mentor, a friend.*



**THE NARROW ROAD**  
THE EVERYDAY GUIDE FOR THE EVERYDAY GUY



NOT YET A MEMBER OF “THE NARROW ROAD”?

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# WELCOME

Brothers in Christ,

I am so excited to deliver this resource to you. As I look back over the years at what God has had us doing at Just a Guy in the Pew, it has become obvious that His goal for our ministry is to help men become virtuous. Jesus didn't ask us to be merely "good" men; no He called us to be great men. In order for this to happen, we need to leave vice and selfishness behind and trade it in for virtue and selflessness. That is what will help us achieve the goal that Christ has for us all. That goal is holiness. In the words of St. Gregory of Nyssa, "The goal of a virtuous life is to become like God." What is God? He is holy and that's what we should hope to become as well.

The *Catechism* defines virtue in this way: "A virtue is a habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best of himself. The virtuous person tends toward the good with all his sensory and spiritual powers; he pursues the good and chooses it in concrete actions" (CCC1803). Did you catch that? It says in order to be virtuous we need a habitual and firm disposition. This is where I think most men struggle. Most of us desire to do good. We desire to BE good. The problem is we don't have a system in place to form the necessary habits that shore up our will. Almost every man I have worked with over the years falls prey to this. We have the intention of being virtuous, but the road to hell is paved with good intentions, as they say. As men, we need structure and accountability to help us practice and live out virtue in our lives. Put pieces of wood for building a desk in front of a guy without directions or tools and the wood will soon be pushed to the side with a promise of getting to it later. Put that same wood in front of a guy with directions and a screw gun and he will build it in an hour. You see, the desire is there, we just need good directions.

That is what I hope these books can be for you every month. In them, you will be able to practice a singular virtue over 30 days in the different relationships of your life. This will help you dial your focus in on one virtue each month and will help keep you from feeling overwhelmed. Feeling overwhelmed is what makes most guys put something down. That's why we have made each day as simple as possible for you. We have even included the daily Gospel reading for you to read and reflect on what God is sharing with you personally that day. That in itself will help transform your life.

You also will have the opportunity to list out the ways in which you have practiced that month's particular virtue in the four different relationships in your life. Those are your relationship with God, your relationship with your spouse, your relationship with your children, and your relationship with your neighbor. These are the places

God wants us to grow in virtue. He uses the very people He puts in front of you each day as opportunities to grow in virtue and holiness. If you are not married and do not have children, use those two weeks to continue to grow your relationship with God and your neighbor while praying for your future spouse and children.

The last piece we have included is the Opportunity for Grace Chart. This is not a commitment sheet but is exactly what it is called. It's an opportunity for grace. It is a list made up of simple yet powerful practices you can begin to put into place in your life. These are opportunities you can seek out throughout the month to receive God's grace or pass it along to your family or others. Most guys beat themselves up for what they don't do. This is an opportunity to shine light on the progress you are making each week in your spiritual life. It's a chance to see the positive instead of the negative.

It is my hope and prayer that you will find this simple yet powerful tool helpful. I hope that you will use this book each day to help continue on the path to holiness. If your goal is to be the man that God created you to be, then this will get you going in the right direction. I look forward to walking this journey towards becoming virtuous men beside you.

**In Christ,  
John**



OPPORTUNITIES FOR GRACE

DAY	MORNING PRAYER	THE NARROW ROAD	DAILY MASS	CONFESSION	ADORATION	TIME WITH WIFE	TIME WITH KIDS	NIGHT PRAYER/ EXAMEN	SUNDAY MASS
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									

OPPORTUNITIES FOR GRACE

DAY	MORNING PRAYER	THE NARROW ROAD	DAILY MASS	CONFESSION	ADORATION	TIME WITH WIFE	TIME WITH KIDS	NIGHT PRAYER/ EXAMEN	SUNDAY MASS
16									
17									
18									
19									
20									
21									
22									
23									
24									
25									
26									
27									
28									
29									
30									

# THE VIRTUE OF JOYFULNESS

My Brothers,

To be a Christian is to be different. It means that we have been set apart from the rest of the world. One of the greatest things that should set us apart is our joy. Joy is a gift of the Holy Spirit, and like other gifts, it needs to be opened within all of us. The world is in serious need of the joy that comes from a real understanding of what God has done for us. It is up to us to provide an avenue through which people can come to know the Good News. The best way to truly do that is to live out the virtue of joyfulness.

There is just something different about a person living a joyful life. It is so attractive. You see that joyfulness in someone else, and even though you may not know what it is, or where it comes from, you want it. You become like a moth to a flame. We were made for joy. That is why we long for it and are drawn to it when we see it. Jesus even told His disciples, "I have told you these things so that my joy may be in you and your joy may be complete" (John 15:11). Jesus came to bring us joy, and not just any joy, but His Joy! How amazing is that? What is His joy? That we are loved by the Father just like He is. His joy is the Good News. That our Father sent Him into the world to reconcile us to Him through His passion, death, and resurrection. We no longer have to be slaves to the world, the flesh and the devil. We don't have to be separated from God anymore. No, Jesus volunteered to take on flesh and to come and stand in our place so that we have a chance to be with Him forever in heaven. This is the best news ever, and it is the joy that Jesus is speaking of! This is why it is so important to repent and believe in the Gospel. If we don't receive the news as good and truly believe in it, then we find ourselves in the same boat with the rest of the world. We will constantly be seeking fleeting happiness in the things of the world like money, cars, houses, promotions and other stuff that will never bring us true joy. It is only through Jesus and a true understanding of His love for us that we can truly be joyful. That joyfulness is lived out through serving others with the gifts He has given us.

When we come to the understanding that the virtue of joyfulness flows from the correct understanding of what God has done for us and the relationship He desires to have with us, then we can begin to be beacons of light for Him in the world. It's like you become a human torch. People are drawn to you and your joy rubs off on them. They begin to desire it. Our joyfulness can be the difference in a great marriage or a lackluster one. No woman wants to be married to a man that has no joy. They don't want to be in a relationship with a man that sees life as a glass half empty. This is why it is so important to be joyful. Especially if you have a spouse

that is not quite living the faith. Your joyfulness is a constant invitation from God for them to find what you have found. It is the same with our children. If we don't want to see our children grow up to be negative and pessimistic people, then we have to become an example of a man who has found his joyful meaning and purpose in his relationship with the Lord. If we are always complaining about the stresses and difficulties of life instead of proclaiming joyful gratitude for what the Lord has done for us, then how can we expect our children to be any different? It is simple: We can't. This is why it is so vital that we spiritually mature into joyful disciples who understand what life is really about.

As I said at the beginning of this reflection, the world desperately needs Catholic men to be the joyful people we claim to be. There is so much loneliness, despair and depression that waits to be cured by joy. Too many of our neighbors are lost in the fog of those things, silently crying out for hope. The cure for those things is pure Christian joy. We need to do whatever it takes in our spiritual lives to get back to living the virtue of joyfulness that can be the remedy that so many people long for. We are called to love and serve our brothers and sisters. There is no better way to do that than to completely sell out to the Good News of the Gospel so we can be the joy-filled people we Christians claim to be. This month, let's focus and spend time reflecting on how much God loves us and what He has done for us. Let it sink in during the first week of the month, and then let it fuel your desire to serve Him, your family and your neighbors joyfully. I think what you will find is when you take a minute to slow down and look at all your stress and difficulties in the light and lens of what has been done for you, you will find there are a lot more reasons to be joyful than there are not to be. I am praying for you all to come to the understanding of what it means to truly live the virtue of joyfulness. Please pray for the same for me.

# VIRTUE PLAN FOR THE MONTH

## VIRTUE: JOY

### MOTTO:

“One filled with Joy preaches without preaching.”  
— St. Teresa of Calcutta

### ROOT SINS:

Despair

### WHERE DO I SEE THESE SINS IN MY LIFE?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

### PLAN TO FORM FAITH

- WEEK 1: Joy and God
- WEEK 2: Joy and My Wife
- WEEK 3: Joy and My Children
- WEEK 4: Joy and My Neighbor

### PRAYER FOR JOY

Grant us, we pray, O Lord our God,  
the constant gladness of being  
devoted to you,  
for it is full and lasting joy  
to serve with constancy

the author of all that is good.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity  
of the Holy Spirit, God for ever and ever.  
  
**Amen**

**WEEK 1 REFLECTION:**

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# **JOYFULNESS AND GOD**



## THOUGHTS FROM THE CHURCH

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“God made us for joy. God is joy, and the joy of living reflects the original joy that God felt in creating us.”

— Pope St. John Paul II

 SAY THE PRAYER FOR JOY

## GOSPEL

JN 17:11B-19

MEMORIAL OF SAINT JUSTIN, MARTYR

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“And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one. While I was with them, I protected them in your name that you have given me. I guarded them, and not one of them was lost except the one destined to be lost, so that the scripture might be fulfilled. But now I am coming to you, and I speak these things in the world so that they may have my joy made complete in themselves. I have given them your word, and the world has hated them because they do not belong to the world, just as I do not belong to the world. I am not asking you to take them out of the world, but I ask you to protect them from the evil one. They do not belong to the world, just as I do not belong to the world. Sanctify them in the truth; your word is truth. As you have sent me into the world, so I have sent them into the world. And for their sakes I sanctify myself, so that they also may be sanctified in truth.”

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN MY JOY TO GOD TODAY?

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WEEK 1: JOYFULNESS AND GOD  
**JUNE 2, 2022**

## THOUGHTS FROM THE CHURCH

"It is characteristic of God and his angels to bring to the soul, when they occupy it, true happiness and spiritual joy; and to drive from it the sadness and trials which the enemy incites in it."

— St. Ignatius of Loyola

 SAY THE PRAYER FOR JOY

## GOSPEL

JN 17:20-26

THURSDAY OF THE SEVENTH WEEK OF EASTER

"I ask not only on behalf of these, but also on behalf of those who will believe in me through their word, that they may all be one. As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me. The glory that you have given me I have given them, so that they may be one, as we are one, I in them and you in me, that they may become completely one, so that the world may know that you have sent me and have loved them even as you have loved me. Father, I desire that those also, whom you have given me, may be with me where I am, to see my glory, which you have given me because you loved me before the foundation of the world. Righteous Father, the world does not know you, but I know you; and these know that you have sent me. I made your name known to them, and I will make it known, so that the love with which you have loved me may be in them, and I in them."

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN MY JOY TO GOD TODAY?

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WEEK 1: JOYFULNESS AND GOD  
**JUNE 3, 2022**

## THOUGHTS FROM THE CHURCH

"Joy, with peace, is the sister of charity. Serve the Lord with laughter."

— St. Padre Pio

 SAY THE PRAYER FOR JOY

## GOSPEL

JN 21:15-19

MEMORIAL OF SAINT CHARLES LWANGA AND COMPANIONS, MARTYRS

When they had finished breakfast, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." Jesus said to him, "Feed my lambs." A second time he said to him, "Simon son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." Jesus said to him, "Tend my sheep." He said to him the third time, "Simon son of John, do you love me?" Peter felt hurt because he said to him the third time, "Do you love me?" And he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep. Very truly, I tell you, when you were younger, you used to fasten your own belt and to go wherever you wished. But when you grow old, you will stretch out your hands, and someone else will fasten a belt around you and take you where you do not wish to go." (He said this to indicate the kind of death by which he would glorify God.) After this he said to him, "Follow me."

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN MY JOY TO GOD TODAY?

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WEEK 1: JOYFULNESS AND GOD  
**JUNE 4, 2022**

## THOUGHTS FROM THE CHURCH

“True happiness is to rejoice in the truth, for to rejoice in the truth is to rejoice in You, O God, who are the truth... Those who think that there is another kind of happiness look for joy elsewhere, but theirs is not true joy.”

— St. Augustine of Hippo

 SAY THE PRAYER FOR JOY

## GOSPEL

JN 21:20-25

SATURDAY OF THE SEVENTH WEEK OF EASTER MASS IN THE MORNING

Peter turned and saw the disciple whom Jesus loved following them; he was the one who had reclined next to Jesus at the supper and had said, “Lord, who is it that is going to betray you?” When Peter saw him, he said to Jesus, “Lord, what about him?” Jesus said to him, “If it is my will that he remain until I come, what is that to you? Follow me!” So the rumor spread in the community that this disciple would not die. Yet Jesus did not say to him that he would not die, but, “If it is my will that he remain until I come, what is that to you?” This is the disciple who is testifying to these things and has written them, and we know that his testimony is true. But there are also many other things that Jesus did; if every one of them were written down, I suppose that the world itself could not contain the books that would be written.

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN MY JOY TO GOD TODAY?

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WEEK 1: JOYFULNESS AND GOD  
**JUNE 5, 2022**

## THOUGHTS FROM THE CHURCH

"Joy is the infallible sign of God's presence."

— Pierre Teilhard de Chardin

 SAY THE PRAYER FOR JOY

## GOSPEL

JN 14:15-16, 23B-26

PENTECOST SUNDAY

"If you love me, you will keep my commandments. And I will pray the Father, and he will give you another Counselor, to be with you forever."

Jesus answered him, "If a man loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him. He who does not love me does not keep my words; and the word which you hear is not mine but the Father's who sent me. These things I have spoken to you, while I am still with you. But the Counselor, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring to your remembrance all that I have said to you."

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN MY JOY TO GOD TODAY?

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WEEK 1: JOYFULNESS AND GOD  
**JUNE 6, 2022**

## THOUGHTS FROM THE CHURCH

"In the house of God there is never ending festival; the angel choir makes eternal holiday; the presence of God's face gives joy that never fails."

— St. Augustine of Hippo

 SAY THE PRAYER FOR JOY

## GOSPEL

JN 19:25-34

MEMORIAL OF THE BLESSED VIRGIN MARY, MOTHER OF THE CHURCH

And that is what the soldiers did. Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, "Woman, here is your son." Then he said to the disciple, "Here is your mother." And from that hour the disciple took her into his own home. After this, when Jesus knew that all was now finished, he said (in order to fulfill the scripture), "I am thirsty." A jar full of sour wine was standing there. So they put a sponge full of the wine on a branch of hyssop and held it to his mouth. When Jesus had received the wine, he said, "It is finished." Then he bowed his head and gave up his spirit. Since it was the day of Preparation, the Jews did not want the bodies left on the cross during the sabbath, especially because that sabbath was a day of great solemnity. So they asked Pilate to have the legs of the crucified men broken and the bodies removed. Then the soldiers came and broke the legs of the first and of the other who had been crucified with him. But when they came to Jesus and saw that he was already dead, they did not break his legs. Instead, one of the soldiers pierced his side with a spear, and at once blood and water came out.



## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN MY JOY TO GOD TODAY?

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WEEK 1: JOYFULNESS AND GOD  
**JUNE 7, 2022**

## THOUGHTS FROM THE CHURCH

"Joy is the serious business of heaven."

— C.S. Lewis

 SAY THE PRAYER FOR JOY

## GOSPEL

MT 5:13-16

TUESDAY OF THE TENTH WEEK IN ORDINARY TIME

"You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven."

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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ACTS OF FAITH  
HOW HAVE I SHOWN MY JOY TO GOD TODAY?

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## WEEK 2 REFLECTION:

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# JOYFULNESS AND MY WIFE

*\*If you are not married and do not have children, use this week to continue to grow your relationship with God and your neighbor while praying for your future spouse and children.*

## THOUGHTS FROM THE CHURCH

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"If you have no earthly consolation, why do you not seek consolation in the Heart of Jesus? To love him is truest joy."

— **St. Rose Philippine Duchesne**



**SAY THE PRAYER FOR JOY**

## GOSPEL

**MT 5:17-19**

WEDNESDAY OF THE TENTH WEEK IN ORDINARY TIME

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"Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven."

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY WIFE TODAY?

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WEEK 2: JOYFULNESS AND MY WIFE  
**JUNE 9, 2022**

## THOUGHTS FROM THE CHURCH

"May you always experience the joy that comes from putting Christ at the center of your lives."

— Pope Emeritus Benedict XVI

 SAY THE PRAYER FOR JOY

## GOSPEL

MT 5:20-26

THURSDAY OF THE TENTH WEEK IN ORDINARY TIME

"For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven. "You have heard that it was said to the men of old, 'You shall not kill; and whoever kills shall be liable to judgment.' But I say to you that every one who is angry with his brother shall be liable to judgment; whoever insults his brother shall be liable to the council, and whoever says, 'You fool!' shall be liable to the hell of fire. So if you are offering your gift at the altar, and there remember that your brother has something against you, leave your gift there before the altar and go; first be reconciled to your brother, and then come and offer your gift. Make friends quickly with your accuser, while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison; truly, I say to you, you will never get out till you have paid the last penny."

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY WIFE TODAY?

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WEEK 2: JOYFULNESS AND MY WIFE  
**JUNE 10, 2022**

## THOUGHTS FROM THE CHURCH

"If a man and a woman marry in order to be companions on the journey from earth to heaven, then their union will bring great joy to themselves and to others."

— St. John Chrysostom

 SAY THE PRAYER FOR JOY

## GOSPEL

MT 5:27-32

FRIDAY OF THE TENTH WEEK IN ORDINARY TIME

"You have heard that it was said, 'You shall not commit adultery.' But I say to you that every one who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to sin, pluck it out and throw it away; it is better that you lose one of your members than that your whole body be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away; it is better that you lose one of your members than that your whole body go into hell. "It was also said, 'Whoever divorces his wife, let him give her a certificate of divorce.' But I say to you that every one who divorces his wife, except on the ground of unchastity, makes her an adulteress; and whoever marries a divorced woman commits adultery."



## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY WIFE TODAY?

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WEEK 2: JOYFULNESS AND MY WIFE

**JUNE 11, 2022**

## THOUGHTS FROM THE CHURCH

"Lord, make me an instrument of your peace; where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy."

— St. Francis of Assisi

 SAY THE PRAYER FOR JOY

## GOSPEL

MT 5:33-37

MEMORIAL OF SAINT BARNABAS, APOSTLE

"Again you have heard that it was said to the men of old, 'You shall not swear falsely, but shall perform to the Lord what you have sworn.' But I say to you, Do not swear at all, either by heaven, for it is the throne of God, or by the earth, for it is his footstool, or by Jerusalem, for it is the city of the great King. And do not swear by your head, for you cannot make one hair white or black. Let what you say be simply 'Yes' or 'No'; anything more than this comes from evil."

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY WIFE TODAY?

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WEEK 2: JOYFULNESS AND MY WIFE

**JUNE 12, 2022**

## THOUGHTS FROM THE CHURCH

“Christian joy is a gift of God flowing from a good conscience.”

— St Philip Neri

 SAY THE PRAYER FOR JOY

## GOSPEL

JN 16:12-15

THE SOLEMNITY OF THE MOST HOLY TRINITY

“I have yet many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come. He will glorify me, for he will take what is mine and declare it to you. All that the Father has is mine; therefore I said that he will take what is mine and declare it to you.”

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY WIFE TODAY?

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WEEK 2: JOYFULNESS AND MY WIFE  
**JUNE 13, 2022**

## THOUGHTS FROM THE CHURCH

“A devout life, above all things, is a life that is sweet, happy and amiable.”

— St. Francis de Sales

 SAY THE PRAYER FOR JOY

## GOSPEL

MT 5:38-42

MEMORIAL OF SAINT ANTHONY OF PADUA, PRIEST  
AND DOCTOR OF THE CHURCH

“You have heard that it was said, ‘An eye for an eye and a tooth for a tooth.’ But I say to you, Do not resist one who is evil. But if any one strikes you on the right cheek, turn to him the other also; and if any one would sue you and take your coat, let him have your cloak as well; and if any one forces you to go one mile, go with him two miles. Give to him who begs from you, and do not refuse him who would borrow from you.”

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY WIFE TODAY?

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WEEK 2: JOYFULNESS AND MY WIFE  
**JUNE 14, 2022**

## THOUGHTS FROM THE CHURCH

“The fruits of charity are joy, peace, and mercy; charity demands beneficence and fraternal correction; it is benevolence; it fosters reciprocity and remains disinterested and generous; it is friendship and communion; Love is itself the fulfillment of all our works. There is the goal; that is why we run; we run toward it, and once we reach it, in it we shall find rest.”

— St. Augustine of Hippo

 SAY THE PRAYER FOR JOY

## GOSPEL

MT 5:43-48

TUESDAY OF THE ELEVENTH WEEK IN ORDINARY TIME

“You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust. For if you love those who love you, what reward have you? Do not even the tax collectors do the same? And if you salute only your brethren, what more are you doing than others? Do not even the Gentiles do the same? You, therefore, must be perfect, as your heavenly Father is perfect.”

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY WIFE TODAY?

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### WEEK 3 REFLECTION:

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# JOYFULNESS AND MY CHILDREN

*\*If you are not married and do not have children, use this week to continue to grow your relationship with God and your neighbor while praying for your future spouse and children.*



## THOUGHTS FROM THE CHURCH

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“It is Jesus that you seek when you dream of happiness; He is waiting for you when nothing else you find satisfies you; He is the beauty to which you are so attracted; it is He who provoked you with that thirst for fullness that will not let you settle for compromise; it is He who urges you to shed the masks of a false life; it is He who reads in your hearts your most genuine choices, the choices that others try to stifle.”

— Pope John Paul II

 SAY THE PRAYER FOR JOY

## GOSPEL

MT 6:1-6, 16-18

WEDNESDAY OF THE ELEVENTH WEEK IN ORDINARY TIME

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“Beware of practicing your piety before men in order to be seen by them; for then you will have no reward from your Father who is in heaven. Thus, when you give alms, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by men. Truly, I say to you, they have their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be in secret; and your Father who sees in secret will reward you. And when you pray, you must not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, that they may be seen by men. Truly, I say to you, they have their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you. And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

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WEEK 3: JOYFULNESS AND MY CHILDREN

**JUNE 16, 2022**

## THOUGHTS FROM THE CHURCH

"Joy springs from a grateful heart."

— Pope Francis

 SAY THE PRAYER FOR JOY

## GOSPEL

MT 6:7-15

THURSDAY OF THE ELEVENTH WEEK IN ORDINARY TIME

"And in praying do not heap up empty phrases as the Gentiles do; for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him. Pray then like this:

Our Father who art in heaven,

Hallowed be thy name.

Thy kingdom come,

Thy will be done,

On earth as it is in heaven.

Give us this day our daily bread;

And forgive us our debts,

As we also have forgiven our debtors;

And lead us not into temptation,

But deliver us from evil.

For if you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses."

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

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## WEEK 3: JOYFULNESS AND MY CHILDREN JUNE 17, 2022

## THOUGHTS FROM THE CHURCH

"Joy is prayer-Joy is strength-Joy is love-Joy is a net of love by which you can catch souls.... A joyful heart is the inevitable result of a heart burning with love. Never let anything so fill you with sorrow as to make you forget the joy of the Christ risen."

— St. Teresa of Calcutta

 SAY THE PRAYER FOR JOY

## GOSPEL

MT 6:19-23

FRIDAY OF THE ELEVENTH WEEK IN ORDINARY TIME

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also. The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is not sound, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!"

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

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WEEK 3: JOYFULNESS AND MY CHILDREN

**JUNE 18, 2022**

## THOUGHTS FROM THE CHURCH

"The very nature of Joy makes nonsense of our common distinction between having and wanting."

— C.S. Lewis

 SAY THE PRAYER FOR JOY

## GOSPEL

MT 6:24-34

SATURDAY OF THE ELEVENTH WEEK IN ORDINARY TIME

"No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon. Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the Gentiles seek all these things; and your heavenly Father knows that you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well. Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day."

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

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WEEK 3: JOYFULNESS AND MY CHILDREN

**JUNE 19, 2022**

## THOUGHTS FROM THE CHURCH

“The true way to advance in holy virtues, is to persevere in a holy cheerfulness.”

— St. Philip Neri

 SAY THE PRAYER FOR JOY

## GOSPEL

LK 9:11B-17

THE SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST

When the crowds learned it, they followed him; and he welcomed them and spoke to them of the kingdom of God, and cured those who had need of healing. Now the day began to wear away; and the twelve came and said to him, “Send the crowd away, to go into the villages and country round about, to lodge and get provisions; for we are here in a lonely place.” But he said to them, “You give them something to eat.” They said, “We have no more than five loaves and two fish—unless we are to go and buy food for all these people.” For there were about five thousand men. And he said to his disciples, “Make them sit down in companies, about fifty each.” And they did so, and made them all sit down. And taking the five loaves and the two fish he looked up to heaven, and blessed and broke them, and gave them to the disciples to set before the crowd. And all ate and were satisfied. And they took up what was left over, twelve baskets of broken pieces.

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

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WEEK 3: JOYFULNESS AND MY CHILDREN

**JUNE 20, 2022**

## THOUGHTS FROM THE CHURCH

"It is always springtime in the heart that loves God."

— St. John Vianney

 SAY THE PRAYER FOR JOY

## GOSPEL

MT 7:1-5

MONDAY OF THE TWELFTH WEEK IN ORDINARY TIME

"Judge not, that you be not judged. For with the judgment you pronounce you will be judged, and the measure you give will be the measure you get. Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? Or how can you say to your brother, 'Let me take the speck out of your eye,' when there is the log in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye."



## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

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## WEEK 3: JOYFULNESS AND MY CHILDREN JUNE 21, 2022

## THOUGHTS FROM THE CHURCH

“Act in a way that all those who come in contact with you will go away joyful. Sow happiness about you because you have received much from God.”

— St. Faustina Kowalska

 SAY THE PRAYER FOR JOY

## GOSPEL

MT 7:6, 12-14

MEMORIAL OF SAINT ALOYSIUS GONZAGA, RELIGIOUS

“Do not give dogs what is holy; and do not throw your pearls before swine, lest they trample them under foot and turn to attack you. So whatever you wish that men would do to you, do so to them; for this is the law and the prophets. “Enter by the narrow gate; for the gate is wide and the way is easy, that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard, that leads to life, and those who find it are few.”

WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY CHILDREN TODAY?

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**WEEK 4 REFLECTION:**

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# **JOYFULNESS AND MY NEIGHBOR**

## THOUGHTS FROM THE CHURCH

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“If we wish to serve God and love our neighbor well, we must manifest our joy in the service we render to Him and them. Let us open wide our hearts. It is joy which invites us. Press forward and fear nothing.”

— St. Katharine Drexel



## GOSPEL

MT 7:15-20

WEDNESDAY OF THE TWELFTH WEEK IN ORDINARY TIME

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“Beware of false prophets, who come to you in sheep’s clothing but inwardly are ravenous wolves. You will know them by their fruits. Are grapes gathered from thorns, or figs from thistles? So, every sound tree bears good fruit, but the bad tree bears evil fruit. A sound tree cannot bear evil fruit, nor can a bad tree bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus you will know them by their fruits.”

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

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WEEK 4: JOYFULNESS AND MY NEIGHBOR

**JUNE 23, 2022**

## THOUGHTS FROM THE CHURCH

“One filled with Joy preaches without preaching.”

— St. Teresa of Calcutta

 SAY THE PRAYER FOR JOY

## GOSPEL

LK 1:57-66, 80

SOLEMNITY OF THE NATIVITY OF SAINT JOHN THE BAPTIST

Now the time came for Elizabeth to be delivered, and she gave birth to a son. And her neighbors and kinsfolk heard that the Lord had shown great mercy to her, and they rejoiced with her. And on the eighth day they came to circumcise the child; and they would have named him Zechari'ah after his father, but his mother said, “Not so; he shall be called John.” And they said to her, “None of your kindred is called by this name.” And they made signs to his father, inquiring what he would have him called. And he asked for a writing tablet, and wrote, “His name is John.” And they all marveled. And immediately his mouth was opened and his tongue loosed, and he spoke, blessing God. And fear came on all their neighbors. And all these things were talked about through all the hill country of Judea; and all who heard them laid them up in their hearts, saying, “What then will this child be?” For the hand of the Lord was with him. And the child grew and became strong in spirit, and he was in the wilderness till the day of his manifestation to Israel.

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

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WEEK 4: JOYFULNESS AND MY NEIGHBOR

**JUNE 24, 2022**

## THOUGHTS FROM THE CHURCH

"All the wealth in the world cannot be compared with the happiness of living together happily united."

— **Blessed Margaret d'Youville**

 **SAY THE PRAYER FOR JOY**

## GOSPEL

**LK 15:3-7**

**SOLEMNITY OF MOST SACRED HEART OF JESUS**

So he told them this parable: "What man of you, having a hundred sheep, if he has lost one of them, does not leave the ninety-nine in the wilderness, and go after the one which is lost, until he finds it? And when he has found it, he lays it on his shoulders, rejoicing. And when he comes home, he calls together his friends and his neighbors, saying to them, 'Rejoice with me, for I have found my sheep which was lost.' Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance."

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

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## WEEK 4: JOYFULNESS AND MY NEIGHBOR JUNE 25, 2022

### THOUGHTS FROM THE CHURCH

“The happiness of man on earth, my children, is to be very good; those who are very good bless the good God, they love Him, they glorify Him, and do all their works with joy and love, because they know that we are in this world for no other end than to serve and love the good God.”

— St. Jean Marie Baptiste Vianney

 SAY THE PRAYER FOR JOY

### GOSPEL

LK 2:41-51

MEMORIAL OF THE IMMACULATE HEART OF THE BLESSED VIRGIN MARY

Now his parents went to Jerusalem every year at the feast of the Passover. And when he was twelve years old, they went up according to custom; and when the feast was ended, as they were returning, the boy Jesus stayed behind in Jerusalem. His parents did not know it, but supposing him to be in the company they went a day's journey, and they sought him among their kinsfolk and acquaintances; and when they did not find him, they returned to Jerusalem, seeking him. After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions; and all who heard him were amazed at his understanding and his answers. And when they saw him they were astonished; and his mother said to him, "Son, why have you treated us so? Behold, your father and I have been looking for you anxiously." And he said to them, "How is it that you sought me? Did you not know that I must be in my Father's house?" And they did not understand the saying which he spoke to them. And he went down with them and came to Nazareth, and was obedient to them; and his mother kept all these things in her heart.

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

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## WEEK 4: JOYFULNESS AND MY NEIGHBOR JUNE 26, 2022

### THOUGHTS FROM THE CHURCH

“Joy is a net of love by which we catch souls.”

— St. Teresa of Calcutta

 SAY THE PRAYER FOR JOY

### GOSPEL

LK 9:51-62

THIRTEENTH SUNDAY IN ORDINARY TIME

When the days drew near for him to be received up, he set his face to go to Jerusalem. And he sent messengers ahead of him, who went and entered a village of the Samaritans, to make ready for him; but the people would not receive him, because his face was set toward Jerusalem. And when his disciples James and John saw it, they said, “Lord, do you want us to bid fire come down from heaven and consume them?” But he turned and rebuked them. And they went on to another village. As they were going along the road, a man said to him, “I will follow you wherever you go.” And Jesus said to him, “Foxes have holes, and birds of the air have nests; but the Son of man has nowhere to lay his head.” To another he said, “Follow me.” But he said, “Lord, let me first go and bury my father.” But he said to him, “Leave the dead to bury their own dead; but as for you, go and proclaim the kingdom of God.” Another said, “I will follow you, Lord; but let me first say farewell to those at my home.” Jesus said to him, “No one who puts his hand to the plow and looks back is fit for the kingdom of God.”



## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

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WEEK 4: JOYFULNESS AND MY NEIGHBOR

**JUNE 27, 2022**

## THOUGHTS FROM THE CHURCH

“Do not look for rest in any pleasure, because you were not created for pleasure: you were created for joy. And if you do not know the difference between pleasure and joy you have not yet begun to live.”

— Thomas Merton

 SAY THE PRAYER FOR JOY

## GOSPEL

MT 8:18-22

MONDAY OF THE THIRTEENTH WEEK IN ORDINARY TIME

Now when Jesus saw great crowds around him, he gave orders to go over to the other side. And a scribe came up and said to him, “Teacher, I will follow you wherever you go.” And Jesus said to him, “Foxes have holes, and birds of the air have nests; but the Son of man has nowhere to lay his head.” Another of the disciples said to him, “Lord, let me first go and bury my father.” But Jesus said to him, “Follow me, and leave the dead to bury their own dead.”

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

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WEEK 4: JOYFULNESS AND MY NEIGHBOR

**JUNE 28, 2022**

## THOUGHTS FROM THE CHURCH

“The saints were not superhuman. They were people who loved God in their hearts, and who shared this joy with others.”

— Pope Francis

 SAY THE PRAYER FOR JOY

## GOSPEL

MT 8:23-27

MEMORIAL OF SAINT IRENAEUS, BISHOP AND MARTYR

And when he got into the boat, his disciples followed him. And behold, there arose a great storm on the sea, so that the boat was being swamped by the waves; but he was asleep. And they went and woke him, saying, “Save us, Lord; we are perishing.” And he said to them, “Why are you afraid, O men of little faith?” Then he rose and rebuked the winds and the sea; and there was a great calm. And the men marveled, saying, “What sort of man is this, that even winds and sea obey him?”

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

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WEEK 4: JOYFULNESS AND MY NEIGHBOR

JUNE 29, 2022

## THOUGHTS FROM THE CHURCH

"No man truly has joy unless he lives in joy."

— St. Thomas Aquinas

 SAY THE PRAYER FOR JOY

## GOSPEL

MT 16:13-19

SOLEMNITY OF SAINTS PETER AND PAUL, APOSTLES MASS DURING THE DAY

Now when Jesus came into the district of Caesare'a Philippi, he asked his disciples, "Who do men say that the Son of man is?" And they said, "Some say John the Baptist, others say Eli'jah, and others Jeremiah or one of the prophets." He said to them, "But who do you say that I am?" Simon Peter replied, "You are the Christ, the Son of the living God." And Jesus answered him, "Blessed are you, Simon Bar-Jona! For flesh and blood has not revealed this to you, but my Father who is in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the powers of death shall not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven."

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

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WEEK 4: JOYFULNESS AND MY NEIGHBOR

**JUNE 30, 2022**

## THOUGHTS FROM THE CHURCH

"We cannot better assure our eternal happiness than by living and dying in the service of the poor, in the arms of Providence, and with genuine renouncement of ourselves in order to follow Jesus Christ."

— St. Vincent de Paul

 SAY THE PRAYER FOR JOY

## GOSPEL

MT 9:1-8

THURSDAY OF THE THIRTEENTH WEEK IN ORDINARY TIME

And getting into a boat he crossed over and came to his own city. And behold, they brought to him a paralytic, lying on his bed; and when Jesus saw their faith he said to the paralytic, "Take heart, my son; your sins are forgiven." And behold, some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say, 'Your sins are forgiven,' or to say, 'Rise and walk'? But that you may know that the Son of man has authority on earth to forgive sins"—he then said to the paralytic—"Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they were afraid, and they glorified God, who had given such authority to men.

## WHAT IS GOD SAYING TO ME IN THIS GOSPEL?

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## ACTS OF FAITH

HOW HAVE I SHOWN JOY IN MY RELATIONSHIP WITH MY NEIGHBOR TODAY?

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## LITANY OF HUMILITY

O Jesus! meek and humble of heart,  
**Hear me.**

From the desire of being esteemed,  
**Deliver me, Jesus.**

From the desire of being loved,  
**Deliver me, Jesus.**

From the desire of being extolled,  
**Deliver me, Jesus.**

From the desire of being honored,  
**Deliver me, Jesus.**

From the desire of being praised,  
**Deliver me, Jesus.**

From the desire of being preferred  
to others,  
**Deliver me, Jesus.**

From the desire of being consulted,  
**Deliver me, Jesus.**

From the desire of being approved,  
**Deliver me, Jesus.**

From the fear of being humiliated,  
**Deliver me, Jesus.**

From the fear of being despised,  
**Deliver me, Jesus.**

From the fear of suffering rebukes,  
**Deliver me, Jesus.**

From the fear of being calumniated,  
**Deliver me, Jesus.**

From the fear of being forgotten,  
**Deliver me, Jesus.**

From the fear of being ridiculed,  
**Deliver me, Jesus.**

From the fear of being wronged,  
**Deliver me, Jesus.**

From the fear of being suspected,  
**Deliver me, Jesus.**

That others may be loved more than I,  
**Jesus, grant me the grace to desire it.**

That others may be esteemed more than I,  
**Jesus, grant me the grace to desire it.**

That, in the opinion of the world, others  
may increase and I may decrease,  
**Jesus, grant me the grace to desire it.**

That others may be chosen and I set aside,  
**Jesus, grant me the grace to desire it.**

That others may be praised and  
I unnoticed,  
**Jesus, grant me the grace to desire it.**

That others may be preferred to me  
in everything,  
**Jesus, grant me the grace to desire it.**

That others may become holier than I,  
provided that I may become as holy as  
I should,

**Jesus, grant me the grace to desire it.**

# THE LITANY OF TRUST

From the belief that I have to earn  
Your love,  
**Deliver me, Jesus.**  
From the fear that I am unlovable,  
**Deliver me, Jesus.**  
From the false security that I have what  
it takes,  
**Deliver me, Jesus.**  
From the fear that trusting You will leave  
me more destitute,  
**Deliver me, Jesus.**  
From all suspicion of Your words  
and promises,  
**Deliver me, Jesus.**  
From the rebellion against childlike  
dependency on You,  
**Deliver me, Jesus.**  
From refusals and reluctances in  
accepting Your will,  
**Deliver me, Jesus.**  
From anxiety about the future,  
**Deliver me, Jesus.**  
From resentment or excessive  
preoccupation with the past,  
**Deliver me, Jesus.**  
From restless self-seeking  
in the present moment,  
**Deliver me, Jesus.**  
From disbelief in Your love and presence,  
**Deliver me, Jesus.**  
From the fear of being asked to give  
more than I have,  
**Deliver me, Jesus.**  
From the belief that my life has no  
meaning or worth,  
**Deliver me, Jesus.**  
From the fear of what love demands,  
**Deliver me, Jesus.**  
From discouragement,  
**Deliver me, Jesus.**  
That You are continually holding me  
sustaining me, loving me,  
**Jesus, I trust in you.**

That Your love goes deeper than my sins  
and failings, and transforms me,  
**Jesus, I trust in you.**  
That not knowing what tomorrow brings is  
an invitation to lean on You,  
**Jesus, I trust in you.**  
That you are with me in my suffering,  
**Jesus, I trust in you.**  
That my suffering, united to Your own, will  
bear fruit in this life and the next,  
**Jesus, I trust in you.**  
That You will not leave me orphan, that You  
are present in Your Church,  
**Jesus, I trust in you.**  
That Your plan is better than anything else,  
**Jesus, I trust in you.**  
That You always hear me and in Your  
goodness always respond to me,  
**Jesus, I trust in you.**  
That You give me the grace to accept  
forgiveness and to forgive others,  
**Jesus, I trust in you.**  
That You give me all the strength I need for  
what is asked,  
**Jesus, I trust in you.**  
That my life is a gift,  
**Jesus, I trust in you.**  
That You will teach me to trust You,  
**Jesus, I trust in you.**  
That You are my Lord and my God,  
**Jesus, I trust in you.**  
That I am Your beloved one,  
**Jesus, I trust in you.**

# PRAYER TO SAINT JOSEPH

To you, O blessed Joseph, do we come in our tribulation, and having implored the help of your most holy Spouse, we confidently invoke your patronage also. Through that charity which bound you to the Immaculate Virgin Mother of God and through the paternal love with which you embraced the Child Jesus, we humbly beg you graciously to regard the inheritance which Jesus Christ has purchased by His Blood, and with your power and strength to aid us in our necessities. O most watchful guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be kind to us and from heaven assist us in our struggle with the power of darkness. As once you rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by your constant protection, so that, supported by your example and your aid, we may be able to live piously, to die in holiness, and to obtain eternal happiness in heaven. **Amen.**



**JUST A GUY**  
IN THE PEW