

opusdei.org

# **Saint Raphael**

## **Meditation: Saint Joseph the Worker**

A meditation (guided prayer) on learning how to sanctify our work by doing it for love.

05/02/2021

Providing and caring for Jesus and Mary was Joseph's most urgent reason for working and working well.

Joseph's experience of being with Jesus in his workshop taught him to appreciate the great dignity of his

work, to make room for Jesus in his way of working, and to work in harmony with God in his every action.

To listen to the meditation, click **here**.

.....

pdf | document generated  
automatically from [https://opusdei.org/  
en-in/article/saint-raphael-meditation-  
saint-joseph-the-worker/](https://opusdei.org/en-in/article/saint-raphael-meditation-saint-joseph-the-worker/) (02/02/2026)