

## “Saint Joseph... a teacher of the interior life”

Saint Joseph, father of Christ, is also your father and your lord. Ask him to help you. (The Way, 559)

June 1

Saint Joseph, our father and lord, is a teacher of the interior life. Place yourself under his patronage and you'll feel the effectiveness of his power. (The Way, 560)

Speaking of Saint Joseph in the book of her life, Saint Teresa says: 'Whoever fails to find a Master to teach him how to pray, should choose this glorious Saint, and he will not go astray.'--This advice comes from an experienced soul. Follow it. (The Way, 561)

Saint Joseph. One cannot love Jesus and Mary without loving the Holy Patriarch. (The Forge, 551)

There are many good reasons to honour Saint Joseph, and to learn from his life. He was a man of strong faith. He earned a living for his family -- Jesus and Mary -- with his own hard work. He guarded the purity of the Blessed Virgin, who was his Spouse. And he respected - he loved! - God's freedom, when God made his choice: not only his choice of Our Lady the Virgin as his Mother, but also his choice of Saint Joseph as

the Husband of Holy Mary. (The Forge, 552)

Saint Joseph, our Father and Lord: most chaste, most pure. You were found worthy to carry the Child Jesus in your arms, to wash him, to hug him. Teach us to get to know God, and to be pure, worthy of being other Christs. And help us to do and to teach, as Christ did. Help us to open up the divine paths of the earth, which are both hidden and bright; and help us to show them to mankind, telling our fellow men that their lives on earth can have an extraordinary and constant supernatural effectiveness. (The Forge, 553)

Love Saint Joseph a lot. Love him with all your soul, because he, together with Jesus, is the person who has most loved our Blessed Lady and been closest to God. He is the person who has most loved God,

after our Mother. He deserves your affection, and it will do you good to get to know him, because he is the Master of the interior life, and has great power before the Lord and before the Mother of God. (The Forge, 554)

---

pdf | document generated  
automatically from [https://opusdei.org/  
en-ph/dailytext/saint-joseph-a-teacher-  
of-the-interior-life/](https://opusdei.org/en-ph/dailytext/saint-joseph-a-teacher-of-the-interior-life/) (01/13/2026)