

opusdei.org

Advice from St. Josemaría for the Sundays of St. Joseph

In a get-together, St Josemaría recommends a specific devotion for growing in love for our Lady: turning to St. Joseph.

02/01/2026

Speaker: Father, what can I do to love our Lady more?

St. Josemaría: I think you're already doing what you can. You have your devotions throughout the year.

I recommend observing the Seven Sundays of St. Joseph. Because St. Joseph has great influence with Holy Mary. He was her spouse; he *is* her spouse.

He is the person who knew our Lady the best and loved her the most, after her Son, God our Lord.

And he is the person who was closest God. Therefore, if you want to go to our Lady, go through St. Joseph: he will take you by the hand.

The seven sorrows and joys of St. Joseph

Pray with meditations for each of the seven Sundays of St. Joseph

More about the history of the custom of dedicating seven Sundays to St. Joseph

.....

pdf | document generated
automatically from [https://opusdei.org/
en-sg/article/video-saint-josemaria-
sundays-saint-joseph/](https://opusdei.org/en-sg/article/video-saint-josemaria-sundays-saint-joseph/) (03/14/2026)