

St. Joseph, model of simplicity and humility

Fr. Paul Joseph Shovelain ~ February 4, 2021

- Matthew 29:11 “Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves.”
- Often feel overwhelmed in the world, high expectations and constant demands
- “Everyone is looking for you” Jesus hears these words in the Gospel this weekend
- In humility, we realize that God is in control
- St. Joseph is simple and humble of heart, taught his Son how to be that
- He does not say anything in the scriptures, but he DOES the will of God
- He is a man of ACTION!
- See this in the Annunciation and the Flight into Egypt
- We often like to hear ourselves
- Joseph had a lot to be proud of yet he is not seen bragging or gloating of his importance
- He does not seem to blame Mary for losing Jesus, but is worried with her
- Accepts the will of God with out expressing disappointment or frustration of not being able to do his own plans
- Has an eternal perspective that allow him to stay focused and at peace amid tribulation and turmoil
- Being simple and humble of heart allows us to be at rest in the Lord
- Lent is a season to pray, fast and give alms
- Adoration in Chapel of the Angels from 9am-5pm on Wednesday’s and 9am-6pm on Friday’s
- Additional Masses offered at 6:30pm on Friday’s and 8:30am on Saturday’s
- Give Alms to support our wonderful parish or Catholic Services appeal
- Fast from food, music, entertainment, social media and spend that energy growing in your spiritual life
- These three Lenten practices will help us be more like St. Joseph and live in peace



Questions for Discussion:

1. How has the last couple months been? What a blessing or a challenge?
2. What was something that stood out to you from the talk?
3. How can you follow the example of St. Joseph more fully going forward?

