

*Meditations in preparation for the Solemnity of St. Joseph
Institute Servants of the Lord and the Virgin of Matará*

Meditation Day 16- (March 4)

“Joseph most strong”

Pray for us.

Venerable Archbishop Fulton J. Sheen said¹: fortitude may be defined as that virtue that enables us to face undismayed and fearlessly the difficulties and dangers that stand in the way of duty and goodness. It stands midway between foolhardiness, which rushes into danger heedlessly, and cowardice, which flees from it recreantly. Because fortitude is related to bravery, it must not be thought that bravery is devoid of fear; rather it is control of fear.

Fortitude is of two kinds, depending on whether it is directed to a natural good or a supernatural good. A soldier, for example, who braves the dangers of battle for love of country practices natural fortitude.

...But a saint who overcomes all difficulties and dangers for the sake of the glory of God and the salvation of his soul practices supernatural fortitude.

This type of fortitude was seen in the person of St. Joseph, who in order to fulfill God's will, had to face many difficulties to cooperate in the plan of salvation.

We ask Saint Joseph the grace to grow in the virtue of fortitude in our own lives.

¹ VEN. FULTON J. SHEEN, *The cries of Jesus from the cross*, an anthology, 2018, pg,31