

How to Pray: Consecration to St. Joseph

Consecrating oneself to St. Joseph is a spiritual act that involves trusting yourself into his care and guidance. The process has several steps, often following a structured program over 33 days, similar to the consecration to the Virgin Mary.

Here, we've outlined it in four parts:

The Three Steps to Consecration to St. Joseph

1. Preparation

Begin by selecting a period of 33 days for your preparation. This number symbolizes the years St. Joseph spent with Jesus and Mary. During this time, you will engage in daily prayers, readings, and reflections focused on the life of St. Joseph. Many people use a specific consecration book or guide that provides structured prayers and meditations for each day.

You can find resources and examples at this website, consecrationtostjoseph.org, established by the Marian Fathers.

You should choose your consecrate date based off the chart below:

START DATE	FEAST DAY	CONSECRATION DAY
December 22	Feast of the Holy Spouses	January 23
January 1	Presentation of the Lord	February 2
February 15 (leap year: 2/16)	Solemnity of St. Joseph	March 19
March 30	St. Joseph the Worker	May 1
April 11	Our Lady of Fatima	May 13
July 20	Our Lady of Knock	August 21
September 30	All Saints	November 1
November*	Holy Family	*Last Sunday of December

2. Daily Prayers and Reflections

Each day during the preparation period, you'll spend time in prayer and meditation, focusing on different aspects of St. Joseph's life and how his virtues can be applied in your own life.

If you don't have a consecration book, you can say a simple prayer each day (such as the [Litany of St. Joseph](#)).

3. Act of Consecration

On the final day of the preparation, you will make an act of consecration, which is a formal prayer in which you dedicate yourself to St. Joseph. In this prayer, you express your desire to entrust your life, your family, and your spiritual growth to his protection and guidance.

PRAYER OF CONSECRATION TO ST. JOSEPH

O Glorious Patriarch and Patron of the Church! O Virgin Spouse of the Virgin Mother of God! O Guardian and Virginal Father of the Word Incarnate! In the presence of Jesus and Mary, I choose you this day to be my father, my guardian, and my protector.

O great St. Joseph, whom God has made the Head of the Holy Family, accept me, I beseech you, though utterly unworthy, to be a member of your "Holy House." Present me to your Immaculate Spouse; ask her also to adopt me as her child. With her, pray that I may constantly think of Jesus, and serve him faithfully to the end of my life. O Terror of Demons, increase in me virtue, protect me from the evil one, and help me not to offend God in any way.

O my Spiritual Father, I hereby consecrate myself to you. In faithful imitation of Jesus and Mary, I place myself and all my concerns under your care and protection. To you, after Jesus and Mary, I consecrate my body and soul, with all their faculties, my spiritual growth, my home, and all my affairs and undertakings.

Forsake me not, but adopt me as a servant and child of the Holy Family. Watch over me at all times, but especially at the hour of my death. Console and strengthen me with the presence of Jesus and Mary so that, with you, I may praise and adore the Holy Trinity for all eternity.

Amen.

4. Living the Consecration

After the consecration, you strive to live according to the virtues of St. Joseph, seeking his intercession in your daily life. This could involve regular prayer to St. Joseph, asking for his help in specific areas of your life, and imitating his humility, purity, and devotion to God.