

# Sons of Saint Joseph

ST. THERESA ROMAN CATHOLIC CHURCH  
5301 MAIN STREET TRUMBULL, CT 06611  
[www.sonsofsaintjoseph.org](http://www.sonsofsaintjoseph.org)

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## SPIRITUAL PLAN OF ACTION

*Follow peace with all men, and holiness: without which no man shall see God.*  
-Hebrews 12:14

### STEP ONE

- Get up immediately at your appointed time and begin your day.
  - Make a Morning Offering of your day to God through the Intercession of Our Lady; recite the Prayer to St. Joseph with your morning prayers
  - Daily Rosary (with your family, if possible)
  - Spend at least 15 minutes of uninterrupted, silent, meditative prayer at home or before the Blessed Sacrament
  - Examine your Conscience each night before retiring: Humbly place yourself in God's Presence, review your day in light of the Commandments or Deadly Sins, identify your defeats and victories, make resolutions, ask for grace, and make an Act of Contrition.
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- Attend Mass EVERY Sunday and Holy Day of Obligation; keep holy the Lord's Day, center all activities around this day of rest and spiritual growth.
  - Receive Communion or make a Spiritual Communion if unable to receive
  - Recite one of your daily Rosaries each week for the Sons of St. Joseph, its members and their intentions.
  - Friday Penance: Abstain from all meat every Friday, or substitute some other suitable penance under the advice of your spiritual director
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- Go to Confession at least once a month: "God is always the one who is principally offended by sin. I have sinned against you, and God alone can forgive. He does in the ministry of the priest in the Sacrament of Penance, which is the ordinary way of obtaining forgiveness and remission of mortal sins. Every mortal sin must always be stated with its determining circumstances in an individual confession." – Pope John Paul II
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- Attend a 2 to 3 day Retreat, with much time in prayer and reflection to make one or two resolutions to further aid in your quest for Holiness.
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- Seek out a well-formed Spiritual Director who understands your sincere desire for Holiness and who coaches you to that end.

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## STEP TWO

*Once you have mastered the weapons of Step One of the Plan, move on to Step Two adding these to what you've already been doing*

### DAILY

- Add other suitable prayers to your Morning Offering focusing on your commitments and desire to avoid sin throughout the day. Consider a daily consecration to Our Lady.
  - Stop your work at noon and pray the Angelus, meditating on the great mystery of the Incarnation. During Eastertide recite the Regina Caeli instead.
  - Rearrange your day to try to attend daily Mass, if possible
  - Read a passage from Holy Scripture, contemplating it for 15-20 minutes
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### WEEKLY

- Recite at least 2 preparatory prayers before receiving Communion and at least 2 prayers of thanksgiving after receiving, meditating on your unworthiness and on the tremendous Gift you will/have receive.
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### MONTHLY

- Fast (as well as abstain from meat) on First Friday in reparation for your sins and for the sins against the Sacred Heart of Jesus.
  - Spend one hour on First Friday in Adoration of the Blessed Sacrament.
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## STEP THREE

*Once you have mastered the weapons of Steps One & Two of the Plan, move on to Step Three adding these to what you've already been doing*

### DAILY

- Recite the Angelus (Regina Caeli during Eastertide) at 6am and 6pm
  - Increase your silent, meditative prayer to 30 minutes each day
  - Spend time each day reading a spiritual classic, deepening your intellectual understanding of our Faith.
  - Add prayers to your bedtime examination, focusing on the Four Last Things.
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### WEEKLY

- Fast and abstain from meat every Friday as a penance and an exercise of your will in gaining dominion over your passions.
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### MONTHLY

- Be sure to fulfill the requirements to obtain the Promises that Our Lord made for the Nine First Fridays
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### ANNUALLY

- Consider making the Total Consecration to Jesus Through Mary as prescribed by St. Louis de Montfort

*This all may seem like a lot to take on, but it's a worthy undertaking. Be measured in your approach. Tailor each step to your own circumstances. These are GOALS to work toward, not burdens to resent. Our goal is spiritual perfection, nothing less. The reward is Eternal, nothing less.*