

St. Joseph Measure Prayer

Dear St. Joseph...Most Chaste Spouse
Help me to love like you.

Dear St. Joseph...Guardian of the Redeemer
Help me to protect like you.

Dear St. Joseph...the Dreamer
Help me to be attentive like you.

Dear St. Joseph...the Worker
Help me to work hard like you.

Dear St. Joseph...Patron of the Universal Church
Help me to will like you.

Just and righteous man, with a grateful heart I thank
you for your good example and virtuous life...
holy, hidden and humble.

I commend myself to your Holy Family,
Jesus, Mary...and Dear Saint Joseph.

*"The measure with which you measure,
will be measured out to you."
—Matthew 7:2*

Nihil Obstat: Most Reverend Jeffrey J. Walsh
Diocese of Gaylord, June 2025

Front image: St. Joseph Parish, East Jordan, MI



How to pray the St. Joseph Measure

The concept of this St. Joseph devotion is based on the carpenter's square, used for measuring. It is a symbol of how God measured the character of Joseph to be an instrumental person in salvation history, and in turn, a symbol of how we can measure our own character in the same mold as Joseph.

1. Hold the cross for 30 seconds in silence.
 - *Recollect that there are no recorded words from Joseph in the Sacred Scriptures.*
 - *Joseph was a man not so much of words, but action.*
 - *Imagine the home in Nazareth.*
2. Pray one "Our Father"
3. Pray one "Hail Mary"
4. Pray one "Glory Be"
5. Hold each brown bead in sequence and say, "Dear St. Joseph..."



6. Hold each medallion in sequence; recite the petition aligned with each medallion:

Most Chaste Spouse

*Help me to **love** like you.*

Guardian of the Redeemer

*Help me to **protect** like you.*

The Dreamer

*Help me to **be attentive** like you.*

The Worker

*Help me to **work hard** like you.*

Patron of the Universal Church

*Help me to **will** like you.*

7. Hold the carpenter's square and pray:

- *Just and righteous man, with a grateful heart, I thank you for your good example and virtuous life; holy, hidden and humble. I commend myself to your Holy Family: Jesus, Mary and...Dear St. Joseph.*
- *The measure with which you measure, will be measured out to you.*
—Matthew 7:2