

faithful guardian of my Redeemer, Jesus Christ,
protector of thy chaste spouse, the virgin Mother of God,
I choose thee this day to be my special patron and advocate
and I firmly resolve to honor thee all the days of my life.

Therefore, I humbly beseech thee to receive me as thy client, to instruct me in every doubt, to comfort me in every affliction, to obtain for me and for all the knowledge and love of the Heart of Jesus, and finally to defend and protect me at the hour of my death. Amen

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'I know by experience,' says St. Teresa of Avila,

'that the glorious St. Joseph assists us generally in all necessities.

I never asked him for anything which he did not obtain for me.'