# GOD UNBORN: Joseph said yes... Devotional resource



"And the Word became flesh and dwelt among us, and we have seen His glory, glory as of the only Son from the Father, full of grace and truth."

John 1:14







In His Incarnation God chose to live a fully human life. Flesh was created as He developed in the womb. His authority was submitted when the Word became silent, dependent and vulnerable - the Son of God, a developing baby. God's heart for the value and dignity of every mother and child is revealed with this pregnancy.

Mary was chosen by God the Father to be the mother of God the Son. A divine calling and purpose planned from the beginning.<sup>1</sup>

<sup>1</sup> God Unborn Mary said Yes reflected on this: "In Genesis 3:15, God promised salvation and redemption of the Fall. God's plan was for the 'seed of the woman' to conquer evil and that first gospel message (known as the Protoevangelium) came to fulfilment in the conception of Jesus – the seed in Mary's womb – the Incarnation."



Joseph was part of God's plan, too. But what do we know about him? Did the task at hand daunt him? Did he feel the pressure of protecting and providing for his betrothed and her miraculous son? As we look at Joseph, we see not only God's heart for fatherhood but the place it holds in family life. Perhaps for too long we have undervalued Joseph's "Yes".

For over 400 years God had been silent. His people, Israel, yearned to hear His voice. They lived in eager anticipation of their salvation and rescue from the oppressive rule of foreign empires. Stories were told of the future Messiah who would be born of a woman.<sup>2</sup>

In the silence, in an obscure village called Nazareth,<sup>3</sup> God's plan was unfolding. A chosen couple, Joseph and Mary, would hear God's voice through His angel; they would consider His request of them and answer with trust.

God knew Mary's circumstances – a young Jewish girl contractually married, a virgin still waiting to live with her husband Joseph.<sup>4</sup> Matthew's Gospel tells us that Joseph was unsettled by Mary's pregnancy announcement and had decided to divorce her quietly. But while asleep and dreaming, his fears were calmed by God's messenger who brought God's request of him. As the perfect Father, God chooses a "righteous" man, a faithful Jewish carpenter,<sup>5</sup> to be the earthly father of the unborn Son in Mary's womb.

<sup>2</sup> See God Unborn: Mary said yes, Lectio Day 4

<sup>3</sup> Mike Aquilina notes in *St Joseph and His World*, 2020, Scepter Publishers, pages 15–17, that on returning to Galilee after the Babylonian exile, those from the House of David "established two villages and gave both of them names strongly associated with the anticipated Messiah" – one of these was Nazareth.

<sup>4</sup> Joseph and Mary were legally married but Mary had yet to begin living in Joseph's house. This meant that only a legal divorce could bring their union to an end.

<sup>5</sup> See further in Lectio Day 2.

We never hear Joseph's words but we see his immediate "Yes" in response. His righteous heart chose fatherhood. His just actions protected Mary from divorce and the potential stoning and death of both Mary and Jesus. Rather than walk away from Mary, Joseph chose fatherhood while Jesus was a growing and developing embryo.

God trusted Joseph to stand by Mary and her unborn Son. With courage and strength, Joseph trusted God with His plan for their lives. He 'took Mary home as his wife' to live as a family – father, mother and child. To the community nothing is different, but Joseph knows what he has been called to do.

God the Father entrusts His son, Jesus, to Joseph. Joseph will be the first man to look on the incarnate face of God the Son. God tasks Joseph with caring for His Son as if He was his own. Joseph's naming of Jesus meant he claimed Him as his son on earth. He will teach Him how to walk, talk and create with His hands – passing on his skills as a carpenter. Joseph teaches the Son of God how to pray to God the Father. Joseph's fatherhood enables the divinity of Jesus to remain hidden, allowing Jesus to grow in wisdom and prepare for His mission. Joseph will bring Jesus to the Father's house in Jerusalem to offer sacrifice at Passover many years before Jesus would offer Himself as the sacrifice.

Many today are challenged by an unexpected pregnancy. Sadly, some men have abdicated themselves from responsibility or been silenced in the conversation – as if they have no real part to play in the pregnancy journey. Joseph's commitment to fatherhood exemplifies the vital role men have to speak and not be silent, to support and not walk away, to stand with and for both lives.

<sup>6</sup> See further in Lectio Day 7.

The unborn Jesus and His mother were protected and cared for from His conception by a man who valued the role of fatherhood despite challenging circumstances.

# THE INCARNATION

"I was asked by Both Lives to convey the Incarnation through painting, specifically focusing on 'God unborn'.

To portray the awesome reality that Jesus is fully God and fully human in one piece of art was quite overwhelming, as I wondered how to convey that the Creator of the universe came into the world as humbly as you and I.

I took John 1:5 as my starting point: "The light shines in the darkness and the darkness has not and will not overcome it."

I've always been amazed that God, who separated light from shadow and has full power, could have time for me and love me, and even more so in the days when I was overwhelmed. However, He did and does because He understands it fully; from the darkness of the womb to the darkness of the grave.

I painted 'The Incarnation' with acrylics, wet on wet, into a base of black paint with an explosion of light, which encircles the womb to portray Christ's power and divinity. His humanity is shown via reference to His physical connection to Mary. She is acknowledged by the use of blue, referencing the Renaissance imagery of her, where she was usually depicted with a cloak of lapis lazuli. Christ's divinity is further shown by the inclusion of purple, recalling 'Tyrian purple' which is traditionally associated with royalty and nobility. The use of gold additionally shows royalty and power but also the devotion of humanity. I included an obvious heart to show how much Christ loves us – to the point of willingly obeying His Father and giving His life for us, to save us."

#### Ali Craig



# **LET US PRAY**

#### Heavenly Father,

Thank you for the sacrificial and dignified image of fatherhood exemplified in Joseph, as he gave his "yes" to be a father to your Son. We honour and celebrate the men in our lives who have modelled your heart for fatherhood, especially those who have generously stepped into the role left vacant by life's challenges. We lift up those grieving the absence of a father, whether through loss, hurt, or broken relationships. May they know your unfailing love as our gracious and compassionate Father who heals all wounds.

Draw us close to you as we marvel at the incredible mystery of the Incarnation. Like Joseph, may we give you our humble and wholehearted "yes" even in challenging circumstances. Teach us to trust you and walk the path you have laid out before us, knowing that your ways and plans are far above what we can ever dream or imagine.

In Jesus' name,

Amen.

"Spending time reading and choosing the scripture passages which reflect on the person of Joseph for this year's God Unborn devotional resource has been a great privilege. As the silent, humble carpenter of the Nativity story Joseph is often forgotten. His role as Jesus' earthly father is of great importance. The fact that God the Father chose him specifically reminds us of the importance of listening to God's voice in our lives and trusting the path He asks us to take."

- Marion Woods

# GOD UNBORN LECTIO DIVINA MARCH 2025

There were nine months between the angel and the manger, from the time Mary gave her "Yes" to God the Father to be the mother of God the Son.

As Christians, we celebrate God's Incarnation in the embodiment of Jesus. And for over 1,600 years, some church traditions have set aside a day at the end of March to celebrate that truth.

We invite you to use this Lectio Divina prayer time to sit in the mystery of God Unborn, to take time to hear from God and to take your thoughts and prayers to God.

The outline below suggests how to set each of the seven scripture passages out over a week and use them as a way of praying and reflecting on the truth of the Incarnation – that God, the Creator of all, chose to become human, chose to meet us in our humanity and that this mystery of the Incarnation happened not at the birth of Jesus but nine months before, at His conception in His mother Mary's womb.

For each day take the suggested scripture passage and use the Lectio Divina pattern of read; meditate; pray; contemplate to spend time reflecting on our unborn God developing, growing and living in His mother's womb.



# We hope and pray that you too will find the joy, hope, faith and blessings that comes from this mystery.

#### Read (Lectio)

Choose a comfortable seat. Take a short passage of scripture and read it. Often the shorter the better. Read it slowly, read it several times over.

#### Meditate (Meditatio)

Think about the passage you have just read. What does it say? Is there a meaning to this? Does it link perhaps to something in another part of the scriptures? Is there a word that stays with you from the passage? What might God be trying to say to you through this?

#### Pray (Oratio)

Take it to God and have a conversation with God in your own words about what you have read in the scripture passage and what you have been thinking about/meditating on. Share your thoughts with God and ask questions too.

#### Contemplate (Contemplatio)

Rest in the presence of God with what you have been reading and praying about. Ask God the question – what should I remember or take away from this moment, am I being called to action from this moment? You might continue to pray on the message as you sit in this moment.

The following seven scripture passages have been chosen to help reflect on the mystery of the Incarnation of Jesus and the role of Joseph as His earthly father and the husband of Mary.

"Joseph, son of David, do not be afraid to take Mary as your wife, for the child conceived in her is from the Holy Spirit. She will bear a son, and you are to name Him Jesus, for He will save His people from their sins." Matthew 1:20-21 (NRSVA)

#### Read (Lectio)

Choose a comfortable seat.

- Take a moment to clear your mind of distraction.
- Read the scripture above three times, allowing it to sink in.

#### Meditate (Meditatio)

- Is this a familiar piece of scripture? We hear it often in the lead up to Christmas and yet this took place nine months before the birth of Jesus. Think about this moment when Joseph is given the task of being the earthly father of the Son of God.
- What do you think Joseph might have been afraid of? Mary's news of her pregnancy, inadequacy, the future, responsibility, the Romans, Herod, his community? Does fear have a hold on your life?
- · Being a parent is a challenge and a daunting task reflect on how Joseph's plans for his and Mary's life suddenly changed. Joseph is now to be a father - he has been called.
- The angel names Jesus; although He is only just conceived and He is not yet born, He has a name and an identity - the Saviour. Joseph will know that this name means "God saves". Think of Joseph's awe realising that the Messiah is within Mary's womb.
- Take a moment to pray and sit with the task given by the angel to Joseph – the naming of the Son of God. Joseph is the one to

legally name Him Jesus. This naming means that Joseph claims Jesus as his son here on earth. And God the Father has placed His trust in Joseph.

#### Pray (Oratio)

Turn your attention to our Heavenly Father.

- · Talk to God in your own words about what you have read.
- Praise God for His plan of salvation from the beginning He planned to send His Son, born of a woman and given an earthly father in Joseph the carpenter.
- Ask God to give you the grace to overcome your fears and to willingly trust in the plans He has for you.
- Thank God for His gift of messengers in the Bible. The angel Gabriel's name means 'Messenger' and Gabriel brings messages of hope, salvation and comfort to Joseph and to Mary as they both give their "Yes" to God.

#### Contemplate (Contemplatio)

- Read the scripture again.
- Ask God, "What should I remember or take away from this moment?"
- Slowly re-read the angel's message "do not be afraid" and make it yours.
- Look at the phrase "son of David". Joseph is a descendant of the royal line of King David. Think of how God is fulfilling His promise to King David in 2 Samuel 7:12–16.

"For God alone my soul waits in silence; from Him comes my salvation." Psalm 62:1 (ESV)

#### Read (Lectio)

Choose a comfortable seat.

- · Take a moment to clear your mind of distraction.
- Read the scripture above three times, allowing it to sink in.

#### Meditate (Meditatio)

- Focus on the phrase "waits in silence". In scripture we never hear Joseph speak a single word. Silence seems to surround him and yet so much happens to him, with him and through him.
- Jesus is Joseph's salvation, just as Jesus is our salvation. Think about the joy Joseph had knowing that his wife was to bear his Saviour and the Saviour of the whole world.
- Joseph stands as a symbol of Israel, waiting for thousands of years to see God's promises fulfilled. Think of times in your life when you waited for something important or promised – are you patient?
- In our noisy world of today we can allow material things to get in the way of our time with God. Think about Joseph, a poor carpenter, praying the psalms in an obscure village in Galilee and consider how you might try to allow prayer to take the place of material things in your life.
- Reflect on the moment the silence was broken by the angel's message for Joseph. The God who saves has spoken to Joseph.



#### Pray (Oratio)

Turn your attention to our Heavenly Father.

- Talk to God in your own words about what you have read.
- Praise God in the knowledge that rather than material things, it is our relationship with "God alone" which is enough for every one of us.
- Ask God to help you nurture patience, rest in silence and have confidence in God's timing.
- Thank God for the opportunity to trust Him, to know Him and to claim Him as your God.

#### Contemplate (Contemplatio)

- · Read the scripture again.
- · Ask God, "What should I remember or take away from this moment?"
- Reflect on these words from St Ephrem the Syrian (306–379 AD):
   "Joseph caressed the Son as a Babe; he ministered to Him as God. He rejoiced in Him as in the Good One, and he was awe-struck at Him as the Just One."
- Perhaps you might take some time today to sit in silence, wait for God and feel His presence in your day.

"...for my eyes have seen your salvation which you have prepared in the presence of all peoples, a light for revelation to the Gentiles, and for glory to your people Israel." Luke 2:30-32 (ESV)

#### Read (Lectio)

Choose a comfortable seat.

- · Take a moment to clear your mind of distraction.
- Read the scripture above three times, allowing it to sink in.

#### Meditate (Meditatio)

- Simeon spoke to Joseph and Mary when they presented Jesus in the Temple. He echoes the promise of world-wide blessing that God made to Ahraham
- Think about Joseph's faithfulness to God's covenant. As a father he has brought his first-born son to the Temple as the law of Moses required. Joseph continues to say "Yes" to God through his obedience in observing God's laws.
- · Reflect on how in later years, when Joseph and Mary could not find Jesus because He stayed at the Temple, Joseph may have looked back on this moment. Jesus, at the age of 12, calls the Temple "my Father's house"; when Jesus was a baby, Joseph presented Him to God the Father in this house.
- Joseph taught the Son of God how to pray to God the Father. He showed Him how to use the works of God's creation to build, make and create. Imagine them working together.

• Moses told the Israelites to teach their children; this passage reminds us that faith is passed down through the generations. Consider the little family of Joseph, Mary and Jesus praising and worshipping God as a light of revelation.

#### Pray (Oratio)

Turn your attention to our Heavenly Father.

- Talk to God in your own words about what you have read.
- · Praise God for His wisdom in choosing a faithful man in Joseph who not only stood by his wife Mary in unusual circumstances but who also showed commitment to God's law and dedication to raising the Son of God.
- Ask God to help you in your faithfulness to His Word, in your obedience to His commandments and in your living witness of His love and mercy.
- Thank God for older members in our church family who, like Simeon, hold knowledge and wisdom of their Christian faith and pass it on to the younger generations.

#### Contemplate (Contemplatio)

- · Read the scripture again.
- Ask God, "What should I remember or take away from this moment?"
- Think about what it means to be a light and how you could grow as a witness to God's love and mercy to those around you.
- After Joseph and Mary found Him at the Temple, scripture tells us that Jesus returned home and was obedient to them. Read this story again in Luke 2:41-52 and spend time thinking about the daily task Joseph had of fathering Jesus, the Son of God, as He grew in wisdom.

"Fear not, for I have redeemed you; I have called you by name, you are mine." Isaiah 43:1 (ESV)

#### Read (Lectio)

Choose a comfortable seat.

- · Take a moment to clear your mind of distraction.
- Read the scripture above three times, allowing it to sink in.

#### Meditate (Meditatio)

- What words or phrases jump out at you from this piece of scripture?
- This verse was written about 700 years before Joseph was even born but think about how God told Joseph to "fear not". God also called Joseph, not only by his name but by the title "son of David". God revealed that He knew Joseph intimately and that Joseph belonged to God.
- Redemption was promised by God in Genesis 3:15 and was revealed fully in Jesus, as the Apostle John states in John 3:16. Jesus is the redemption and Joseph was called by name to be the earthly father of Jesus. Consider Joseph's wonder and awe as he feels God's claim on him.
- God spoke to His people through the prophet Isaiah and these words still echo true for us today. Think of how before you were born God knew you, He knew your name, and today He continues to call you, to bring you closer to Him.
- Reflect on how this scripture passage has a three-fold meaning God the Father has named His Son, Jesus and He belongs to the Father. God the Father has also called Joseph by name and he, as an adopted

son, belongs to God the Father. Joseph names Jesus, as directed by God's messenger, and takes Him as his son.

#### Pray (Oratio)

Turn your attention to our Heavenly Father.

- Talk to God in your own words about what you have read.
- Praise God for His plan of redemption. In Genesis 3:15 God promises
  redemption of the Fall and in Luke 2 we read how this plan begins to
  unfold with the conception of Jesus in Mary's womb.
- Ask God to help you feel His presence and hear Him as He calls your name.
- Thank God for calling you by name, for redeeming you and for willing you to belong to Him.

#### Contemplate (Contemplatio)

- · Read the scripture again.
- Ask God, "What should I remember or take away from this moment?"
- When we know someone's name we enter into a relationship with that person. Read again the story of God revealing His name to Moses in Exodus 3:13-14.
- The name Joseph means 'God will give/add'. The child Jesus was a blessing added to Joseph's life – rest in the blessings added by God to your life.

"And Joseph also went up from Galilee, from the town of Nazareth, to Judea, to the city of David, which is called Bethlehem, because he was of the house and lineage of David, to be registered with Mary his betrothed, who was with child. And while they were there, the time came for her to give birth. And she gave birth to her first-born son and wrapped him in swaddling cloths and laid him in a manger, because there was no place for them in the inn."

Luke 2:4-7 (ESV)

#### Read (Lectio)

Choose a comfortable seat.

- Take a moment to clear your mind of distraction.
- Read the scripture above three times, allowing it to sink in.

#### Meditate (Meditatio)

- · Joseph was of the "house and lineage of David". The Gospel of Matthew begins with a genealogy revealing that Joseph is a direct descendant of King David and therefore a member of the royal family of Israel. Think about the humility of Joseph, living life as a humble carpenter in a quiet village in contrast to the reality of his family lineage.
- Betrothal is much more than our current day engagement. It was a contractual agreement signed by the man and the woman which is why a writ of divorce would be necessary to break it off. Think of the challenge Joseph faced in trusting God and taking Mary as his wife with the responsibility of being an earthly father to God's Son.

- · God weaves and knits together His plan of salvation. He has fulfilled the promise given to King David in ways more wonderful than David imagined – God has done more than simply give David's line a house, He has given His Son and ultimately the body of His Son as a new Temple. Joseph, as a royal descendant, is entrusted with the care of this Temple - Jesus.
- Reflect on the character of Joseph responsible, steadfast, loyal, trusting, faithful, righteous. A man after God's own heart, like King David. And Joseph is part of that Davidic royal family.
- The mystery of the Incarnation is the foundation of our Christian faith and it is here in Bethlehem that the reality of God made man is revealed, as Jesus is finally born into the world, nine months after being conceived in Mary's womb.

#### Pray (Oratio)

Turn your attention to our Heavenly Father.

- Talk to God in your own words about what you have read.
- Praise God for always walking with us, whether in times of trial or in times of joy.
- Ask God to help you rest in the wonder of the Incarnation God made man.
- Thank God for the gift of life from the moment of conception to natural death.

#### Contemplate (Contemplatio)

- · Read the scripture again.
- Ask God, "What should I remember or take away from this moment?"
- · Moments after the birth of Jesus, Joseph may have recalled the following from Psalm 66:5 "Come and see what God has done" (ESV).
- Reflect on how God's plan to join us in the fullness of our humanity began at the moment of His conception but was visible to human eyes at the moment of His birth.

"I will be his father, and he shall be my son." 2 Samuel 7:14 NIV

#### Read (Lectio)

Choose a comfortable seat.

- · Take a moment to clear your mind of distraction.
- Read the scripture above three times, allowing it to sink in.

#### Meditate (Meditatio)

- The word 'father' can make us think of many things. Does it call to mind authority, dominance, care, love, support?
- It isn't easy if you have broken relationships, or you do not know the person who fathered you. There is great pain in this reality for many people. Yet each of us is a child of God and we have been given a great gift in being able to call God our Father.
- Many men long to be fathers and many men have stepped into the role of fatherhood.
- · Reflect on the reality of these words which show God is the father of Jesus, His beloved Son; God is the father of Joseph and Joseph is the earthly father of Jesus, the Son of God.
- Joseph images the fatherhood of God for His Son Jesus. He mirrors the humility of God who has humbled Himself to share Joseph's humanity. Joseph is a righteous man and a faithful father to Jesus. He has supported his wife, Mary. He has protected his family from the despotic King Herod and he has provided a livelihood for them in the little village of Nazareth.

#### Pray (Oratio)

Turn your attention to our Heavenly Father.

- Talk to God in your own words about what you have read.
- Praise God for the words Jesus gave us to pray to Him as our Father you might like to pray the Lord's Prayer now.
- Thank God for the men who step into roles of fatherhood who become fathers to children not biologically related to them; who act in the place of a deceased father; who heal the pain and trauma of broken relationships.
- Ask God to be with those who long to be fathers; to comfort those
  who have suffered at the hands of their father; to strengthen those
  who have lost a father; to give peace to those who have never known
  the person who fathered them biologically.

#### Contemplate (Contemplatio)

- · Read the scripture again.
- · Ask God, "What should I remember or take away from this moment?"
- Reflect on God's words at Jesus's baptism (Matthew 3:17) and His Transfiguration (Matthew 17:5), "This is my beloved Son, with whom I am well pleased; listen to Him. (ESV)" Perhaps you might pray for, or spend time with someone who carries the pain caused by a broken relationship with the man who biologically fathered them.



"...to bring to light for everyone what is the plan of the mystery hidden for ages in God, who created all things" Ephesians 3:9 (ESV)

#### Read (Lectio)

Choose a comfortable seat.

- Take a moment to clear your mind of distraction.
- Read the scripture above three times, allowing it to sink in.

#### Meditate (Meditatio)

- Origen of Alexandria (185–253 AD) wrote in his *Homilies on Luke*: "But the Savior had so arranged His plan that the devil did not know that He had taken on a body."
- Reflect again on the words of Genesis 3:15 "I will put enmity between you and the woman, between your seed and her seed" (NRSVA).
- · God's plan from the beginning was that His Son, Jesus, the second person of the Trinity, would humble Himself to become like one of us. God models humility in His plan for us; Jesus models humility becoming like us; Joseph models humility quietly and obediently following God's plan. This stands in stark contrast to the pride of Satan who despises God's creation of humanity and fails to understand God's love for us His children.
- God's plan of salvation was instant, it wasn't a plan B He knew from the beginning that Jesus would enter our world as an unborn baby, with a mother and a father.

• Joseph's silent obedience to God which resulted in his role as a father to Jesus and a husband to Mary meant that the Incarnation was concealed from Satan, Herod's wicked plan to kill the baby Jesus was foiled and Jesus grew up in a village that nobody thought anything good could come from (John 1:46). This allowed Jesus to grow up unhindered in preparation for His public mission and His ultimate gift of His life on the cross.

#### Pray (Oratio)

Turn your attention to our Heavenly Father.

Talk to God in your own words about what you have read.

- Praise God for choosing Joseph to help protect the lives of both Mary and Jesus through his role as a righteous man and as father and husband.
- Ask God to help us all to work with Him in creating a culture of life that stands with both lives, mother and child, from the moment of conception.
- Thank God for bringing the plan of salvation, spoken of in Genesis 3:15, to fulfilment.

#### Contemplate (Contemplatio)

- · Read the scripture again.
- · Ask God, "What should I remember or take away from this moment?"
- · The apostle Nathaniel said, "Can anything good come out of Nazareth?" (John 1:46). Reflect on Joseph, Mary and Jesus living, working, praying in Nazareth.
- Perhaps you might share this wonderful story of God Unborn with a friend today.

We hope this Lectio Divina has enriched your prayer life and has helped you reflect more on the mystery of the Incarnation. We pray it has brought you joy and blessings over the past seven days. We pray also that the truth that the God of all planned and chose to become an unborn baby and that this had been His plan right from the beginning, has strengthened your understanding of the value of all life. We pray that as you have sat in this mystery that Jesus, the Son of God, the second Person of the Trinity grew and developed in His mother's womb, waiting to be born, that you have felt God's grace and presence with you in your prayers.

We would love to hear how you have felt over the past seven days as you sat in the wonder of the Incarnation. Email: stand@bothlives.co.uk

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