
August 2nd 2026 18th Sunday Ordinary Time – Year A Matthew 14:13-21

¹⁴⁻¹³When Jesus heard what had happened, he withdrew by boat privately to a solitary place.

Hearing of this, the crowds followed him on foot from the towns. ¹⁴When Jesus landed and saw a large crowd, he had compassion on them and healed their sick.

¹⁵As evening approached, the disciples came to him and said, “This is a remote place, and it’s already getting late. Send the crowds away, so they can go to the villages and buy themselves some food.”

¹⁶Jesus replied, “They do not need to go away. You give them something to eat.”

¹⁷“We have here only five loaves of bread and two fish,” they answered.

¹⁸“Bring them here to me,” he said. ¹⁹And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. ²⁰They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over. ²¹The number of those who ate was about five thousand men, besides women and children.

➤ **Read and re-read** – out loud and slowly the Gospel.

➤ **Meditate** - on reading as being spoken to you, an experience in your life.

➤ **Pray** - Thanksgiving – Repentance – Petition.

➤ **Action** – Attitude (Call to change / to act /to do).

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In this week’s gospel we read about Jesus as experienced by the people. He was the kind of leader people felt drawn to. They 'go after him' even when they have to travel long miles on foot. They follow him when he and his disciples 'withdraw by boat to a lonely place' where they can be by themselves. We also see Jesus as being so sensitive that when he hears that a great man has been martyred he felt a need to go to a lonely place. We also see him as very selfless even when in distress he reaches out to those in need.

Are we like the disciples sending people away when they need help?

Do we follow the example of Jesus acting with compassion and helping those we encounter even when we are tired or sad in ourselves?

Prayer:

Thank You Lord for the people who have walked with us and helped us to come out of the darkness of our lives. They helped us to realise that as long as we have a relationship with you we will be able to come out from behind these dark clouds.

Forgive us Lord for when we are afraid to get close to people and travel with them in their hour of darkness helping them to realise that they are your sons and daughters and your favour rests with them.

Help us Lord when people fall on their faces before you, overcome with fear to reach out and touch them and say as you did "Do not be afraid"..