

August 9th 2026 19th Sunday Ordinary Time – Year A Matthew 14:22-33

¹⁴⁻²²Immediately Jesus made the disciples get into the boat and go on ahead of him to the other side, while he dismissed the crowd. ²³After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone, ²⁴and the boat was already a considerable distance from land, buffeted by the waves because the wind was against it.

²⁵Shortly before dawn Jesus went out to them, walking on the lake. ²⁶When the disciples saw him walking on the lake, they were terrified. “It’s a ghost,” they said, and cried out in fear.

²⁷But Jesus immediately said to them: “Take courage! It is I. Don’t be afraid.”

²⁸“Lord, if it’s you,” Peter replied, “tell me to come to you on the water.”

²⁹“Come,” he said.

Then Peter got down out of the boat, walked on the water and came toward Jesus. ³⁰But when he saw the wind, he was afraid and, beginning to sink, cried out, “Lord, save me!”

³¹Immediately Jesus reached out his hand and caught him. “You of little faith,” he said, “why did you doubt?”

³²And when they climbed into the boat, the wind died down. ³³Then those who were in the boat worshiped him, saying, “Truly you are the Son of God.”

➤ Read and re-read – out loud and slowly the Gospel.	➤ Pray - Thanksgiving – Repentance – Petition.
➤ Meditate - on reading as being spoken to you, an experience in your life.	➤ Action – Attitude (Call to change / to act /to do).

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In this week’s gospel we see Jesus sending away both the disciples and crowds so that he could go up the hills by himself and pray. By doing this he also gave them space to find themselves even though he eventually had to go and save them. It was because Jesus was faithful to his times of solitude that he was able to be aware of the needs of others. We also see Jesus inviting Peter to walk on the water but like us often when he took the first step in faith he became afraid but Jesus put out his hand and helped him as he does for each one of us in our many moments of doubt. The experience of Peter gives us encouragement when we waver in our trust and belief in God. Who are the people who have reached out a helping hand to you when you felt you were sinking?

Prayer:

Thank You Lord for faithful friends who like Jesus when we felt the force of the wind and took fright listened to our call of "save me" and put out their hand to save us.

Forgive us Lord for the times when we did not trust you as you invited us to come to you but let ourselves be taken over by fear and doubt.

Help us Lord we pray that Jesus will be our model in our work of spiritual guidance when we find people have little faith. Do not let us be impatient or reject them but put out our hand and encourage them.