

## Lectio Divina

### August 13<sup>th</sup> 2023 19<sup>th</sup> Sunday of Ordinary Time– Year A – Matthew 14:22-33

<sup>22</sup>Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. <sup>23</sup>And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, <sup>24</sup>but by this time the boat, battered by the waves, was far from the land, \* for the wind was against them.

<sup>25</sup>And early in the morning he came walking towards them on the lake. <sup>26</sup>But when the disciples saw him walking on the lake, they were terrified, saying, 'It is a ghost!' And they cried out in fear. <sup>27</sup>But immediately Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.'

<sup>28</sup>Peter answered him, 'Lord, if it is you, command me to come to you on the water.' <sup>29</sup>He said, 'Come.' So Peter got out of the boat, started walking on the water, and came towards Jesus. <sup>30</sup>But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, 'Lord, save me!' <sup>31</sup>Jesus immediately reached out his hand and caught him, saying to him, 'You of little faith, why did you doubt?' <sup>32</sup>When they got into the boat, the wind ceased. <sup>33</sup>And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

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| <ul style="list-style-type: none"><li>➤ <b>Read and re-read</b> – out loud and slowly the Gospel.</li><li>➤ <b>Meditate</b> - on reading as being spoken to you, an experience in your life</li></ul> | <ul style="list-style-type: none"><li>➤ <b>Pray</b> - Thanksgiving – Repentance – Petition</li><li>➤ <b>Action</b> – Attitude (Call to change / to act /to do</li></ul> |
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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.

