

Sunday Message

NINETEENTH SUNDAY IN ORDINARY TIME

THE WORD

Year A • 9 August 2026 • Psalter Week 3

JESUS WALKS ON WATER

MATTHEW 14:22-33



In this passage, Jesus demonstrates both his divinity and his care for his disciples in a moment of fear and uncertainty. After sending the crowds away, he goes to a mountainside to pray, showing the importance of solitude and communion with the Father even in the midst of ministry. Meanwhile, the disciples face a storm on the sea, symbolising life's trials and the challenges of faith.

Jesus approaches them, walking on the water, revealing his authority over creation. Peter's request to join him illustrates human courage and desire for closeness to Christ, but also the fragility of faith: when Peter focuses on the wind and waves, he begins to sink. Jesus' immediate response – "Take courage! It is I. Do not be afraid" – highlights that divine help is available the moment we call on him.

The episode teaches that faith requires focus on Christ rather than circumstances. Discipleship is not the absence of fear or difficulty but trusting Jesus' presence in the storm. Matthew emphasises that Christ not only commands nature but also sustains and strengthens those who seek him, reinforcing the call to trust, courage, and dependence on God. ■

REFLECT

Faith often grows in the midst of life's storms. The disciples are terrified as the wind and waves threaten their boat, yet Jesus comes to them, walking on the water. His presence reminds us that we are never alone, even when circumstances feel overwhelming.

Peter's bold step onto the water shows the courage that faith can inspire. Yet when he notices the storm, fear overtakes him, and he begins to sink. Jesus' hand reaches out immediately: "Take courage! It is I. Do not be afraid." Faith is not about being fearless; it is about keeping our eyes fixed on Christ, especially when life feels uncertain or threatening.

We, too, face storms – in work, relationships, health, or spiritual struggles. Discipleship calls us to call out to Jesus, to trust his presence, and to step forward even when the way is unclear. The Gospel encourages us to act with courage, to rely on Christ rather than our own strength, and to remember that even when we falter, he is there to lift us up. Faith grows in trust, not in comfort. ■

DO

When you feel overwhelmed, remember to reach out for help – spiritual, practical, or emotional – trusting that God's support is always near.



SAY

Lord Jesus,
Help me to keep my eyes on you in every storm.
Strengthen my faith and reach out your hand when I begin to falter.
Amen.

LEARN

Faith requires trust in Christ, especially in times of fear and difficulty. God's presence sustains and strengthens us when we step out in courage.

ENTRANCE ANTIPHON

*Look to your covenant, O Lord,
and forget not the life of your poor ones for ever.
Arise, O God, and defend your cause,
and forget not the cries of those who seek you.*

COLLECT

Almighty ever-living God,
whom, taught by the Holy Spirit,
we dare to call our Father,
bring, we pray, to perfection in our hearts
the spirit of adoption as your sons and daughters,
that we may merit to enter into the inheritance
which you have promised.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.

Amen.

FIRST READING 1 Kings 19:9a. 11-13a

A reading from the First Book of Kings.

In those days: Elijah reached Horeb, the mount of God. There he came to a cave and lodged in it. And behold, the word of the LORD came to him. And he said, 'Go out and stand on the mount before the LORD.' And behold, the LORD passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the LORD, but the LORD was not in the wind. And after the wind an earthquake, but the LORD was not in the earthquake. And after the earthquake a fire, but the LORD was not in the fire. And after the fire the sound of a low whisper. And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

Psalm 85(84):9ab, 10. 11-12. 13-14. R.8

*R: Show us, O Lord, your mercy,
and grant us your salvation.*

1. I will hear what the LORD GOD speaks;
he speaks of peace for his people and his faithful.
His salvation is near for those who fear him,
and his glory will dwell in our land. **R.**
2. Mercy and faithfulness have met;
justice and peace have kissed.
Faithfulness shall spring from the earth,
and justice look down from heaven. **R.**
3. The LORD will bestow his bounty,
and our earth shall yield its increase.
Righteousness will march before him,
and guide his steps on the way. **R.**

SECOND READING Romans 9:1-5

A reading from the Letter of Saint Paul to the Romans.

Brothers and sisters: I am speaking the truth in Christ. I am not lying. My conscience bears me witness in the Holy Spirit – that I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my brothers and sisters, my kinsmen

according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises. To them belong the patriarchs, and from their race, according to the flesh, is the Christ, who is God over all, blessed for ever. Amen.

The word of the Lord.

Thanks be to God.

ACCLAMATION BEFORE THE GOSPEL Psalm 130(129):5

R: Alleluia, alleluia.

I long for you, O LORD,
my soul longs for his word.

R: Alleluia.

GOSPEL Matthew 14:22-33

A reading from the holy Gospel according to Matthew.

After the crowd had eaten and were satisfied: Immediately Jesus made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone, but the boat by this time was a long way from the land, beaten by the waves, for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, and said, 'It is a ghost!' and they cried out in fear. But immediately Jesus spoke to them, saying, 'Take heart; it is I. Do not be afraid.' And Peter answered him, 'Lord, if it is you, command me to come to you on the water.' He said, 'Come.' So Peter got out of the boat and walked on the water and came to Jesus. But when he saw the wind, he was afraid, and beginning to sink he cried out, 'Lord, save me.' Jesus immediately reached out his hand and took hold of him, saying to him, 'O you of little faith, why did you doubt?' And when they got into the boat, the wind ceased. And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

Be pleased, O Lord, to accept the offerings of your Church,
for in your mercy you have given them to be offered
and by your power you transform them
into the mystery of our salvation.

Through Christ our Lord.

Amen.

COMMUNION ANTIPHON

*O Jerusalem, glorify the Lord,
who gives you your fill of finest wheat.*

Or

*The bread that I will give, says the Lord,
is my flesh for the life of the world.*

PRAYER AFTER COMMUNION

May the communion in your Sacrament
that we have consumed, save us, O Lord,
and confirm us in the light of your truth.

Through Christ our Lord.

Amen.