

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.

GLORIA

Glory to God in the highest,
and on earth peace to people of good will.

We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.

For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.

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 Kg 19:9, 11-13

A reading from the first book of the Kings.

When Elijah reached Horeb, the mountain of
God, he went into the cave and spent the night
in it. Then he was told, 'Go out and stand on
the mountain before the Lord.' Then the Lord
himself went by. There came a mighty wind, so
strong it tore the mountains and shattered the
rocks before the Lord. But the Lord was not in
the wind. After the wind came an earthquake.
But the Lord was not in the earthquake. After
the earthquake came a fire. But the Lord was
not in the fire. And after the fire there came the
sound of a gentle breeze. And when Elijah heard
this, he covered his face with his cloak and went
out and stood at the entrance of the cave.

The word of the Lord.

Thanks be to God.

PSALM

Ps 84:9-14

Response:

Let us see, O Lord, your mercy and give us
your saving help.

1. I will hear what the Lord God has to say,
a voice that speaks of peace.
His help 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 embraced.
Faithfulness shall spring from the earth
and justice look down from heaven. (R.)
3. The Lord will make us prosper
and our earth shall yield its fruit.
Justice shall march before him
and peace shall follow his steps. (R.)

SECOND READING

Rm 9:1-5

A reading from the letter of St Paul to the
Romans.

What I want to say is no pretence; I say
it in union with Christ - it is the truth - my
conscience in union with the Holy Spirit
assures me of it too. What I want to say is this:
my sorrow is so great, my mental anguish so
endless, I would willingly be condemned and be
cut off from Christ if it could help my brothers
of Israel, my own flesh and blood. They were
adopted as sons, they were given the glory
and the covenants; the Law and the ritual were
drawn up for them, and the promises were
made to them. They are descended from the
patriarchs and from their flesh and blood came
Christ who is above all, God for ever blessed!
Amen.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, alleluia!

Blessings on the King who comes, in the
name of the Lord!
Peace in heaven and glory in the highest
heavens! Alleluia!

GOSPEL

Mt 14:22-33

A reading from the holy Gospel according to
Matthew.

Jesus made the disciples get into the boat
and go on ahead to the other side while he
would send the crowds away. After sending
the crowds away he went up into the hills by
himself to pray. When evening came, he was
there alone, while the boat, by now far out on
the lake, was battling with a heavy sea, for there
was a headwind. In the fourth watch of the night
he went towards them, walking on the lake, and
when the disciples saw him walking on the lake
they were terrified. 'It is a ghost' they said and
cried out in fear. But at once Jesus called out to
them saying, 'Courage! It is I! Do not be afraid.'
It was Peter who answered. 'Lord,' he said, 'if it
is you, tell me to come to you across the water.'
'Come' said Jesus. Then Peter got out of the
boat and started walking towards Jesus across
the water, but as soon as he felt the force of the
wind, he took fright and began to sink. 'Lord!
Save me!' he cried. Jesus put out his hand at
once and held him. 'Man of little faith, he said
'why did you doubt?' And as they got into the
boat the wind dropped. The men in the boat
bowed down before him and said, 'Truly, you are
the Son of God.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PROFESSION OF FAITH

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,

the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with
the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,

(all bow during the next three lines)

and by the Holy Spirit was incarnate of the
Virgin Mary,
and became man.

For our sake he was crucified under
Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord,
the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored
and glorified,
who has spoken through the prophets.

I believe in one, holy, catholic and
apostolic Church.

I confess one Baptism for the forgiveness
of sins

and I look forward to the resurrection of the
dead
and the life of the world to come. Amen.

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.

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.

.....
Truly a faithful friend is the medicine of life. Truly
a faithful friend is a strong defence. For what will
not a genuine friend perform? What pleasure
will he not afford? What benefit? What security?
Though you should name infinite treasures,
none of them is comparable to a genuine friend.

Saint John Chrysostom

Sunday Message

NINETEENTH SUNDAY IN ORDINARY TIME

THE WORD

Year A • 9 August 2026 • Colour: Green • Psalter Week 3

JESUS WALKS ON WATER

MATTHEW 14:22-33



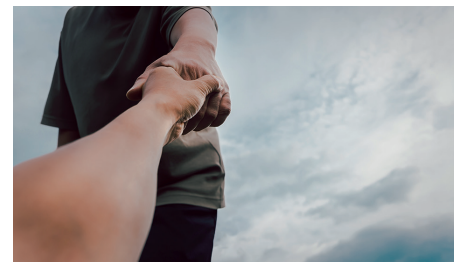
In this passage, Jesus demonstrates both his divinity and his care for his disciples in a moment of fear and uncertainty. After sending the crowds away, he goes to a mountainside to pray, showing the importance of solitude and communion with the Father even in the midst of ministry. Meanwhile, the disciples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

DO

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



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. ■

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.