

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. ■

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.