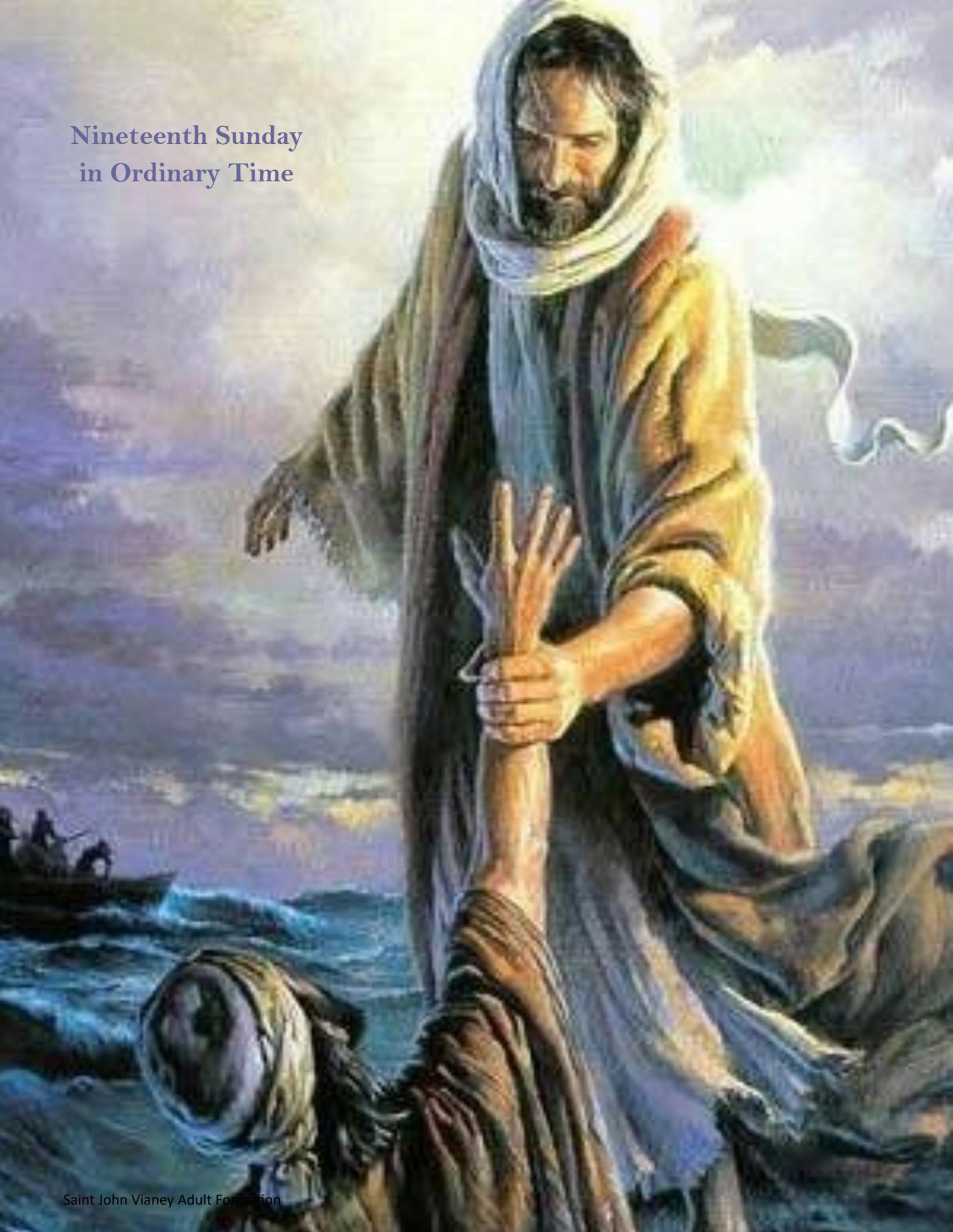


Nineteenth Sunday  
in Ordinary Time



## Order for Liturgy of the Word

### Nineteenth Sunday in Ordinary Time, Year A

#### Entrance Antiphon: Leader

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.

Cf. Ps 74 (73): 20, 19, 22, 23

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Sisters and Brothers, God desires to converse with us through his Word. Let us bless him for his goodness. Blessed be God forever. **Response:** Blessed be God forever.

#### Introduction: Leader

We gather today to celebrate the Lord's Day. One with our sisters and brothers and the entire Church, we will listen to God's Word and join in prayer. As we prepare to hear of God's love poured out through Christ, let us acknowledge that He is the source of pardon and strength:

#### All: *The Confiteor*

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

**Leader:** In acknowledgement and thanksgiving for God's mercy we offer our praise:

#### All: *The Gloria*

Glory to God in the highest. And on earth peace to men 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 the 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.

**Leader:** Let us pray:

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, one God, for ever and ever. Amen

**First reading:** A reading from the First Book of Kings: 19:9a, 11-13a

At the mountain of God, Horeb, Elijah came to a cave where he took shelter. Then the LORD said to him, "Go outside and stand on the mountain before the LORD; the LORD will be passing by." A strong and heavy wind was rending the mountains and crushing rocks before the LORD— but the LORD was not in the wind. After the wind there was an earthquake— but the LORD was not in the earthquake. After the earthquake there was fire— but the LORD was not in the fire. After the fire there was a tiny whispering sound. When he heard this, Elijah hid his face in his cloak and went and stood at the entrance of the cave. The word of the Lord. **R.** Thanks be to God.

**Responsorial Psalm**

Ps 85: 9, 10, 11-12, 13-14

**R. (8) Lord, let us see your kindness, and grant us your salvation.**

I will hear what God proclaims; the LORD — for he proclaims peace. Near indeed is his salvation to those who fear him, glory dwelling in our land.

**R. Lord, let us see your kindness, and grant us your salvation.**

Kindness and truth shall meet; justice and peace shall kiss. Truth shall spring out of the earth, and justice shall look down from heaven.

**R. Lord, let us see your kindness, and grant us your salvation.**

The LORD himself will give his benefits; our land shall yield its increase. Justice shall walk before him, and prepare the way of his steps.

**R. Lord, let us see your kindness, and grant us your salvation.**

## Second reading:

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

9: 1-5

Brothers and sisters: I speak the truth in Christ, I do not lie; my conscience joins with the Holy Spirit in bearing me witness that I have great sorrow and constant anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites; theirs the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; theirs the patriarchs, and from them, according to the flesh, is the Christ, who is over all, God blessed forever. Amen. The word of the Lord. **R.** Thanks be to God

## Gospel acclamation:

**R. Alleluia, alleluia.**

I wait for the Lord; my soul waits for his word.

Cf. Ps 130-5

**R. Alleluia, alleluia.**

## Gospel proclamation:

A reading from the holy Gospel according to Matthew:

14: 22-33

After he had fed the people, Jesus made the disciples get into a boat and precede him to the other side, while he dismissed the crowds. After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone. Meanwhile the boat, already a few miles offshore, was being tossed about by the waves, for the wind was against it. During the fourth watch of the night, he came toward them walking on the sea. When the disciples saw him walking on the sea they were terrified. "It is a ghost," they said, and they cried out in fear. At once Jesus spoke to them, "Take courage, it is I; do not be afraid." Peter said to him in reply, "Lord, if it is you, command me to come to you on the water." He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how strong the wind was he became frightened; and, beginning to sink, he cried out, "Lord, save me!" Immediately Jesus stretched out his hand and caught Peter, and said to him, "O you of little faith, why did you doubt?" After they got into the boat, the wind died down. Those who were in the boat did him homage, saying, "Truly, you are the Son of God."

The Gospel of the Lord. **R.** Praise to you, lord Jesus Christ.

To understand Elijah's journey and why he just wanted to die, one must read the previous chapter to the one from which our First Reading is taken. Elijah is being chased for good reasons by Jezebel and Ahab who have killed all the other prophets of Israel. Elijah in his turn has proven the prophets of Baal, who is a "god of fertility," to be no god at all. He has mocked their god and then slaughters all one hundred and fifty false prophets. So Elijah is on the run, making for the mountain of the covenant. We see him exhausted, frustrated, and ready to quit. An angel wakes him and urges him to eat and drink; he does this twice. He then gets up and journeys for forty days and forty nights before arriving at Horeb. What we read today is the deep listening which Elijah experienced while resting and hiding in a cave.

The Gospel begins with a dismissal of the crowds after the multiple feeding. Afterwards the disciples leave as well but Jesus remains to pray. It is quiet there but out on the sea there is a storm and the disciples are in fearful trouble.

Jesus comes toward them walking on the water and the disciples cry out in fear. Jesus says, "It is I, do not be afraid." Peter, who often puts his foot in his mouth does it again and Jesus invites him to put his foot on the water and "come."

Peter responds eagerly but gets a sinking feeling. Jesus catches him and returns him back to the boat where the others "of little faith" are awestruck and making the profound act of affirmation and faith, "Truly you are the son of God."

In the Gospel Peter has faith but fears as well. It seems that whenever Peter has a failure, Jesus reveals to Peter and the Gospel readers—us— even more clearly who Jesus is for those who can find faith within their fears. In the holy scriptures it seems that revelation takes place within the dramatic context of human and personal timidity and poverty.

John's Gospel says that love casts out fear. Fear and doubt are appropriately human and embraced by the love of the Creating God. "You of little faith" is not a condemnation but the context for Jesus becoming our Lord and Savior.

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Author and actress Christina Crawford, commenting on a low-point in her life, says: "Lost is a place too!" She's right. And lost is the place from which we are especially invited to pray. When we hurt all over and live in a shame we can't bear, and are on our knees because we're too weak to stand, we're in the perfect posture for prayer. God hears prayers of helplessness.

Lost is a place too!

**Having listened to God's word in these passages from Holy Scripture we now profess our faith in all that He has revealed:**

**All—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,  
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.

## Prayers of the Faithful—Leader

**Introduction:** Lord, we stretch out our hands and lift up our hearts and voices in confidence that you hear our prayers:

### Intentions:

For freedom from fear: that we may hear the voice of Christ telling us to “not be afraid” and learn to turn to him when challenges arise in our lives; we pray to the Lord.

**Response:** Lord, hear our prayer.

For all who struggle with doubt and uncertainty: that they may find a path for growth and deeper faith; we pray to the Lord. **Response:** Lord, hear our prayer.

For all who are experiencing storms in their daily life: that they keep their eyes and attention on Jesus who strengthens us and calms our chaos; we pray to the Lord.

**Response:** Lord, hear our prayer.

For greater civility in public discourses: that political leaders show sincere respect for one another, express their ideas and concerns thoughtfully, and work to promote the common good of society; we pray to the Lord. **Response:** Lord, hear our prayer.

For those who are sick: that they recall Jesus’ words to them: “Take courage, ...; do not be afraid,” and experience his peaceful consolation; we pray the Lord.

**Response:** Lord, hear our prayer.

For those who have died: may they enter into the inheritance which God has promised and rest forever in the resounding sound of his love; we pray to the Lord. **Response:** Lord, hear our prayer.



**Prayer:** O Lord, accept these prayers from us, your people, which we humbly bring before you in faith for we believe that “the Lord himself will give his benefits; our land shall yield its increase.” We offer this and all our prayers through Christ our Lord, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. Amen.

## **The Lord's Prayer:**

**Leader:** Let us pray with confidence to the Father in the words our Savior gave us:

**All:** Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil.

**Leader:** With the love of Christ, let us offer one another a sign of peace.

## **Leader: Communion Antiphon:**

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

**Cf. Jn 6:51**

## **All—Spiritual Communion:**

My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

## **Leader: A Prayer After Spiritual Communion**

May the communion in your Sacrament that we have consumed presently and in times past, save us, O Lord, and confirm us in the light of your truth. Through Christ our Lord. **Response:** Amen.

## **Blessing—making the sign of the cross:**

**Leader:** May the Lord bless us, protect us, and bring us to everlasting life.

**Response:** Amen.

**Leader:** Let us go in peace.

**Response:** Thanks be to God.

## *Closing Thoughts*

Elijah, having been promised that he would find the Lord on the mountain, left the shelter of his cave. Sure enough, God showed up, but not in mighty gales or crashing rocks. The Lord was not even encountered in the earthquake or the fiery extravaganza. It was a tiny whispering voice that made Elijah cover his face in the presence of the Most High. Elijah was called in the quiet.

Peter and his companions, tossed about by waves and wind, saw the Lord as a ghost upon the water and were terrified. The voice over the tumult said: "Get hold of yourselves! It is I! Do not be afraid!" Peter heard the call to cross the raging waters. But daunted by the strength of the wind and his own frailty, he began to sink in fear. Even so, despite his going under, Peter was called to faith in the midst of turmoil.

Some of us imagine that God is found only in the gentle whisper, the nook of isolation, the mountain of retreat and quiet. And indeed the call is often heard there, far from the noise and distraction, not in turbulence but in serenity.

But that should not lead us to believe that the storms of life signal godforsakenness. Too easily suspecting that terrors are graceless, we ignore the strongest calls made in days of strife and struggle. Rather than think our fears indicate a loss of moorings, we should imagine them as opportunities for deeper anchor.

Fears rise as invitations to greater trust, if we only face them and move through them. Once back in the boat, the storm past, we are able to say with a faith hitherto unfelt, "Beyond doubt you are the Son of God."

Fear most often assails us, it seems to me, when we are in danger of losing something or someone we cling to but the threat of loss is the call across troubled waters.

The sinking feeling may be nothing other than the recognition of our inability to walk the waters on our own. Going under despite our efforts, we finally turn our faces up more honestly, more in faith, to the one who carries us. Ebbing powers and promise do not signal the end. They remind us that it is only in God that we are strong. Fright does not necessarily mean cowardice; it also invites the admission that we are wondrously dependent.

Storms are omens of deliverance as well as of disaster. If we break through to freedom in the following calm, we discover a faith in God so newly grounded. A radical faith, the daughter of dark times, finds the sun wherein all the loves we have had are illumined in the love that is light.

If fear is the last word in our love, we will communicate only fear to those we cherish. Such fear is a futile strain, as if we could walk, by our puny skills, on water. But fear faced and released in faith allows us to love the beloved more freely and the giver of the gift more authentically.

John Kavanaugh, SJ

Art: *Our Refuge and Our Strength* by Morgan Weistling

# Jesus Walks on the Water

During the fourth watch of the night Jesus went out to them, walking on the lake. Matthew 14:25 (NIV)

Based on Matthew 14:22-33 (NIV)



G E V E N I N G R P B C Y P O  
S S C P Q N T S D U R O O A W  
C I V D O U B T K O X A A M C  
U D N W A L K I N G F F Y T E  
O N E K G A X B Y A U Y S U O  
S J D U K L A W C F Q N I T M  
D L V H O Q L B O G A M Y P H  
D Z O E I C O J U W Q N B L Z  
D J Y F M M N O R V A J W N W  
T K V W L I E A A D X T O Q A  
I A W I N D M F G P V R E F V  
F P S A V E U R E W S B A R E  
V L A K E D Y A S P K Y Y S S  
C Y O X H E Z I T U Z U A I K  
R H A N D A N D Q Y N H W X H

EVENING  
COURAGE  
LAKE  
PRAY

HAND  
AFRAID  
WALKING  
COME

DOUBT  
SAVE  
BOAT  
WATER

WAVES  
SINK  
WIND  
ALONE