

Nineteenth Sunday in Ordinary Time – Year A (Mt 14: 22-33)

08th & 09th of August 2026

Dear friends,

How many of you have started your day feeling completely in control, only to have one stressful phone call or unexpected bill bring trouble to your whole life?

In today's Gospel, Jesus walks on water. Peter courageously steps out of the boat to meet Him. But the moment Peter focuses on the strong wind instead of Jesus, he begins to sink.

This gospel speaks directly to our lives. Every day, we try to walk in faith, care for our families, and work hard. Then, the unexpected storms of life hit us. It could be a sudden sickness, money worries, or arguments at home.

Consider the story of a young boy learning to ride a bicycle without training wheels. His father held the back of the seat, running alongside him. The boy was pedaling perfectly, smiling and feeling unstoppable. But then, the boy looked down at the spinning wheels and the hard pavement. Fear took over, his handlebars twisted, and he crashed. He didn't fall because he forgot how to pedal. He fell because he took his eyes off his father's encouraging face.

Like that little boy, Peter did not sink because the storm grew worse. He sank because he shifted his look from Jesus to the problem.

When we look only at our problems, we sink. When we look at Jesus, we stand. Our Lord does not promise that the storms of life will never blow. He promises that He is always

closer to us than the storm. Even when Peter began to sink, Jesus did not hesitate. He immediately stretched out His hand and caught him.

Whenever we feel overwhelmed by worry, anxiety, or doubt about our life this day, do not focus on the size of our storm. Focus on the power of our Saviour. Cry out like Peter: "Lord, save me!" He is always ready to catch us.

Let us pray:

Lord Jesus, when the storms of life frighten us, help us to keep our eyes fixed on You. Reach out Your hand and calm our restless hearts. Amen.