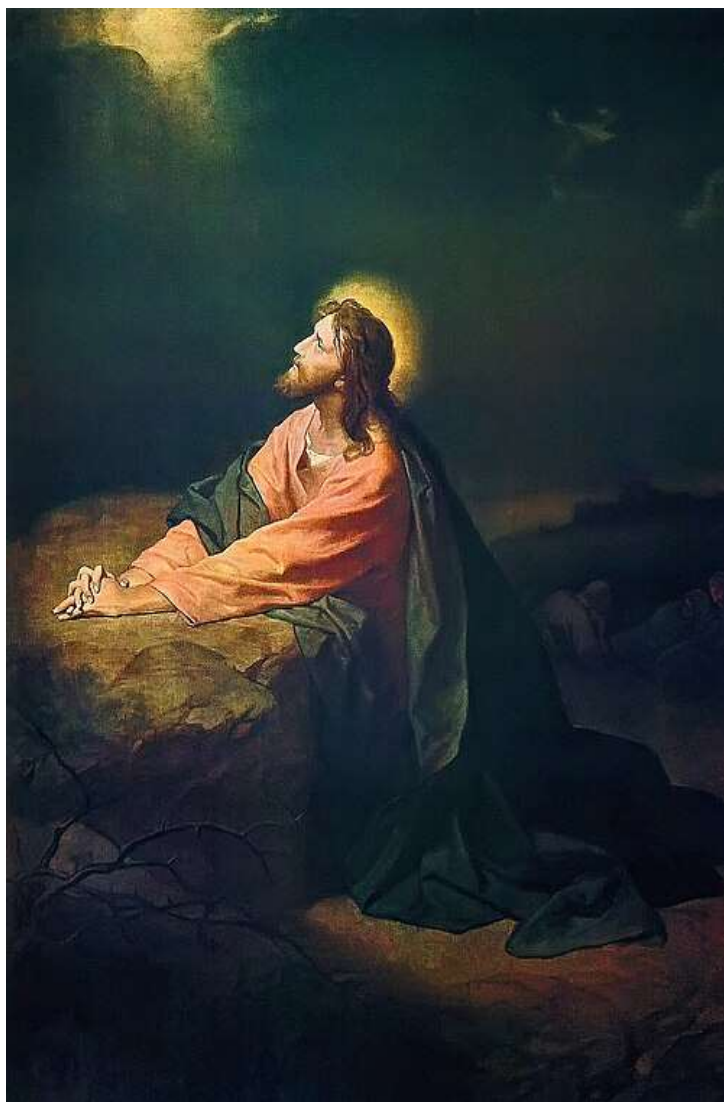


Sunday Gospel Reflection

19th Sunday Ordinary Time

1. Sign of the Cross

2. Gospel: Matthew 14:22-33 *“he went up the mountain by himself to pray”*



Jesus Walks on the Water

²² Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. ²³ And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, ²⁴ but by this time the boat, battered by the waves, was far from the land, for the wind was against them. ²⁵ And early in the morning he came walking toward them on the sea. ²⁶ But when the disciples saw him walking on the sea, they were terrified, saying, “It is a ghost!” And they cried out in fear. ²⁷ But immediately Jesus spoke to them and said, “Take heart, it is I; do not be afraid.”

²⁸ Peter answered him, “Lord, if it is you, command me to come to you on the water.” ²⁹ He said, “Come.” So Peter got out of the boat, started walking on the water, and came toward Jesus. ³⁰ But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, “Lord, save me!” ³¹ Jesus immediately reached out his hand and caught him, saying to him, “You of little faith, why did you doubt?” ³² When they got into the boat, the wind ceased. ³³ And those in the boat worshiped him, saying, “Truly you are the Son of God.”

3. Reflection: (reflect on your own or share together if with others)

1. Where do you like to go to pray?
2. Have you had a moment in your life when you felt the need to be “saved”?
3. At what times in your life have you needed to hear those words, “do not be afraid”?

- 4. Share petitions that you would like to pray for: Finish with the Special Petition.**

Special Petition: For all married couples.

- 5. Lord's Prayer**

- 6. Sign of the Cross.**