

19th Sunday in Ordinary Time

First Reading: 1 King 19:9a, 11-13a
Resp. Psalm: Psalm 85:9, 10, 11-12, 13-14,
Second Reading: Romans 9:1-5
Gospel Matthew 14:22-33

[Full readings can be found here!](#)

1. HEAR

Pick up your bible and look up the Gospel reading. Don't have one? No worries you can find the Gospel reading by clicking [HERE](#). (Bishop O'Connell's Gospel Reflection page.)

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). (YouTube, WOG channel, 1:59 min)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube, Superbook channel, 2:20min.)

2. PRAY

Gather your family around your prayer space, light a candle, and begin with the Sign of the Cross. Slowly proclaim Sunday's Gospel (Matthew 14:22-33), inviting everyone to imagine they are in the boat with the disciples. Listen carefully to Jesus' words: **"Take courage, it is I; do not be afraid."** Remain in silence for a few moments, allowing His words to rest in your hearts.

This Gospel reminds us that Jesus is always present in our Domestic Church, especially in the midst of life's joys, challenges, and storms. Invite one family member to make a simple paper boat or draw one on a sheet of paper. Then, ask the Holy Spirit to enlighten each person's heart and help them recognize what Jesus is inviting them to bring before Him in prayer. In silence, invite each family member to write or draw inside the boat a prayer intention related to their personal life, family, vocation, or school.

Together, offer the boat to the Lord, praying: **"Jesus, we trust in You. Remain with our family and give us the courage to always walk with You."**

Spend a few moments in silent prayer and conclude by praying the Our Father together.

3. TALK

In today's Gospel, the disciples find themselves caught in a storm. As fear begins to overwhelm them, Jesus comes to them walking on the water and says, **"Take courage, it is I; do not be afraid."** Peter steps out in faith, but when he loses sight of Jesus, he begins to sink. Jesus reaches out, takes hold of him, and calms the storm.

Share as a family:

1. What "storm" are you or our family facing right now? How can we invite Jesus into that situation?
2. Can you share a time when you experienced God's presence, peace, or guidance during a difficult moment?

How can our family bring hope and encouragement to someone who may be going through a storm in their life?

Take a moment to thank God for His faithful presence in your family and ask for the courage to trust Him each day. Together proclaim: **"Truly, you are the Son of God."**

