



*Light and
Love in the
darkness*

CELEBRATING AT HOME 19TH SUNDAY IN ORDINARY TIME

Living the Kingdom
(Mt 14:22-33)

This resource is presented by the Carmelites of Australia & Timor-Leste at a time when we cannot gather together as we usually do to celebrate the Eucharist. We are conscious that Christ is present not only in the Blessed Sacrament but also in the Scriptures and in our hearts. Even when we are on our own we remain part of the Body of Christ.

In the room you decide to use for this prayer you could have a lighted candle, a crucifix and the Bible. These symbols help keep us mindful of the sacredness of our time of prayer and can help us feel connected with our local worshipping communities.

This text is arranged with parts for a leader and for all to pray, but the leader's parts can be shared among those present.

As you use this prayer know that the Carmelites will be remembering in our prayer all the members of our family at this time.

CELEBRATING AT HOME

19TH SUNDAY IN ORDINARY TIME

Sign of the Cross

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

Amen.

The Lord is here, present among us.

**We are gathered with the whole Church
in this moment of prayer.**

Preparing to hear the Word

Lord Jesus,
you never abandon us.

Lord Jesus,
you are our hope.

Lord Jesus,
you support us in our weakness.

Scripture Reading (Matthew 14:22-33)

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 head wind.

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 toward 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.'

Reflection - *Living the Kingdom*

Trust is an essential element in the formation of faith. This section of St Matthew's Gospel is about the Kingdom of God being seen in the Church when human needs are responded to with the life of God.

Jesus is forming the faith of the disciples and helping them to understand that they can do great and unexpected things if they allow the grace of God to work in them.

For that to happen the disciples must have faith in Christ. They must learn to sense the presence of God within themselves just as Elijah learnt to recognise the presence of God in the gentle breeze in the first reading today. Jesus and Elijah remain in communion with God through moments of solitary prayer.

St Matthew uses the story of Jesus approaching the disciples across the water to illustrate the confidence and trust the disciple needs to have in Christ. The story also shows how fear can erode faith and shake confidence.

Sometimes we, too, feel like we are sinking beneath the waves. For the people in Matthew's community this story was a call to faith, trust, courage and boldness in the midst of the hostile forces of the world. Peter's actions in the story are a mixture of impulsive love and faith weakened by doubt. Peter and the others see clearly for the first time exactly who Jesus is.

Prayers of Intercession

Gracious God,
stand by us in these difficult times.

In our quiet moments,
help us hear your voice in the gentle breeze.

Give us a courageous heart,
to allow you to work in and through us.

Lord's Prayer

Formed by the teaching and example of Jesus,
we pray:

**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.**

Closing Prayer

Blessed are you, O Lord,
You are the hope that sustains us
and the life that empowers us
in these changing and challenging times.

May your Spirit continue to come to life in us
and in our world, through Christ our Lord.
Amen.

Blessing

May the grace of our Lord, Jesus Christ,
the love of God,
and the fellowship of the Holy Spirit,
be with us now and always.

First Reading *(1 Kings 19, 11-13)*

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.