

THE WORD

**ENTRANCE ANTIPHON**

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.

**GLORIA**

Glory to God in the highest, and on earth peace to people 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, 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.

**COLLECT**

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** 1 Kings 19:9.11-13

A reading from the first book of the Kings. 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.

The word of the Lord. Thanks be to God.

**PSALM** Psalm 84:9-14

Response: Let us see, O Lord, your mercy and give us your saving help.

1. I will hear what the Lord God has to say, a voice that speaks of peace. His help is near for those who fear him and his glory will dwell in our land. (R.)
2. Mercy and faithfulness have met; justice and peace have embraced. Faithfulness shall spring from the earth and justice look down from heaven. (R.)
3. The Lord will make us prosper and our earth shall yield its fruit. Justice shall march before him and peace shall follow his steps. (R.)

**SECOND READING** Romans 9:1-5

A reading from the letter of St Paul to the Romans.

What I want to say is no pretence; I say it in union with Christ – it is the truth – my conscience in union with the Holy Spirit assures me of it too. What I want to say is this: my sorrow is so great, my mental anguish so endless, I would willingly be condemned and be cut off from Christ if it could help my brothers of Israel, my own flesh and blood. They were adopted as sons, they were given the glory and the covenants; the Law and the ritual were drawn up for them, and the promises were made to them. They are descended from the patriarchs and from their flesh and blood came Christ who is above all, God for ever blessed! Amen.

The word of the Lord. Thanks be to God.

**GOSPEL ACCLAMATION**

Alleluia. alleluia!  
Blessings on the King who comes, in the name of the Lord!  
Peace in heaven and glory in the highest heavens!  
Alleluia!

**GOSPEL** Matthew 14:22-33

A reading from the holy Gospel according to Matthew.

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 headwind. 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 towards 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."

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

**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,

(all bow during the next three lines)

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.

**PRAYER OVER THE OFFERINGS**

Be pleased, O Lord, to accept the offerings of your Church, for in your mercy you have given them to be offered and by your power you transform them into the mystery of our salvation. Through Christ our Lord. Amen.

**COMMUNION ANTIPHON**

O Jerusalem, glorify the Lord, who gives you your fill of finest wheat.

**PRAYER AFTER COMMUNION**

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

"True, God is infinite majesty, but he is also infinite goodness and infinite love. There can be no greater Lord than God; neither can there be a more ardent lover than he".

St Alphonsus Liguori



Imagine the disciples' panic. They are in the boat all by themselves when a storm begins to rage. It's so bad the boat is in danger of sinking. They are full of fear. All seems lost... and then they see Jesus walking towards them, on the water.

Eager as ever, Peter asks Jesus if he, too, can walk on the water, and Jesus invites him to come to him. Peter climbs out of the boat, but the wind rises, and he begins to sink. Even Peter, the most important figure in the early Church, has a faith that falters in the midst of the storm.

Jesus saves him, and castigates him for his weak faith. As soon as they are back in the boat, the storm eases, the winds calm, and the awestruck disciples acknowledge Jesus as the Son of God.

The message is clear: the boat represents the Church, and the disciples represent all believers, while the storm represents the difficulties and doubts the Church is facing. The boat will face many storms, but if the disciples make sure to recognise Jesus and trust in him, they will always be safe. Trust in God and an adventurous faith have the power to overcome doubting fear. ■

**REFLECT**

One of the classic songs of the last half-century is "Bridge over Troubled Water". At the time he wrote it, Paul Simon was influenced by Gospel music, and this influence comes across in the chorus of the song:

"When you're weary, feeling small  
When tears are in your eyes  
I will dry them all  
I'm on your side  
Oh, when times get rough  
And friends just can't be found  
Like a bridge over troubled water  
I will lay me down..."

The words speak of offering comfort, solace, help, refuge. It is the assurance Jesus offers his frightened followers in today's Gospel.

It's what he offers us in our distress and at all times. Jesus is our bridge over troubled water. It's easy to trust in Jesus when life is good and all is plain sailing. Like Peter, we can even begin to think we can walk on water. Nothing can sink us.

Then, suddenly or over time, the skies darken and storm winds blow in. Maybe a relationship crumbles or our health fails, or financial woes overwhelm us, or scandal envelops us, and, like Peter, we flounder. We begin to sink. Our faith is tested. We feel lost and frightened and afraid. But we are not alone. Jesus is with us in every storm in which we find ourselves. He never abandons us. Trust in him, call out to him, as Peter does, and we will be safe. ■

**SAY**  
"Lord, I believe; help my unbelief."

**DO**

As Christians, we know that Jesus is with us in the midst of any storm in which we find ourselves. But he is more than with us; he calls on us to face that storm. To have courage. To trust. To be not afraid. Think of the challenges and difficulties you and your loved ones are facing at this time. Ask the Lord's help in facing them.



**PRAY**

Pray for those who feel as if they are caught in a storm – those who are ill, or depressed, or suicidal, or bullied, or suffer from discrimination or intimidation – that they may experience Jesus's soothing, calming, saving presence with them.

**LEARN**

God is with us always, in good times and bad.

It is okay to experience doubts and difficulties so long as we continue to trust in God.