

19th Sunday in Ordinary Time

(Sunday August 9, 2026)

One of the great truths of our Christian faith—and sometimes one of the hardest to believe—is that God never abandons us, even in the storms we encounter in our daily lives.

In today's Gospel, the disciples are alone in their boat, battered by the waves and fighting against the wind. Several of them are experienced fishermen, but this time they have no control over what is happening.

And then, in the darkest part of the night, Jesus comes to them, walking across the water.

I think all of us know something about storms.

Sometimes they come through illness or the loss of someone we love.

Sometimes through problems we face in our families, or worries about our children or grandchildren, or financial pressures, or loneliness, or disappointment, or uncertainty about the future.

And sometimes we wonder: *Where is God in all of this?*

But notice something important in today's Gospel.

At first the disciples can't see Jesus — but Jesus can see them.

They may feel alone in that boat, but they have never been out of His sight.

And He comes toward them saying:

“Take courage, it is me; do not be afraid.”

Those words are meant for us too.

Then Peter steps out of the boat and actually begins walking toward Jesus on the water.

But then he looks around, noticing other things – the wind, the waves. Fear takes over again—and he begins to sink.

Isn't that sometimes what happens to us?

We can become so focused on everything that's wrong, everything we're worried about, everything we can't control. We lose sight again and again, if but for a moment – of the Lord who's right there with us.

Peter cries out: "Lord, save me." In the midst of his fear he trusts and Jesus catches him again.

Friends, that's the Good News today.

Hope doesn't depend upon our having perfect faith.

Our hope rests in a perfect Saviour who reaches out His hand when we call upon Him.

So perhaps we can take one very practical thing into this coming week.

When something begins to overwhelm you—before reacting, before worrying yourself sick, before assuming the worst—pause and pray: *"Lord, save me. Jesus, help me keep my eyes on You."*

We will all encounter storms.

We cannot control everything that happens around us. But we can choose where we look in the storm.

And if we keep turning our eyes toward Jesus, we may discover something wonderful: He has been closer to us than we realized all along.

"Take courage, it is me; do not be afraid."