

Here's a text if you've only a minute ...

Go out and stand on the mount before the Lord.

First Reading

I will hear what the Lord God speaks;
he speaks of peace for his people.

Psalms

I wish that I were accursed for the sake of my brothers and sisters.

Second Reading

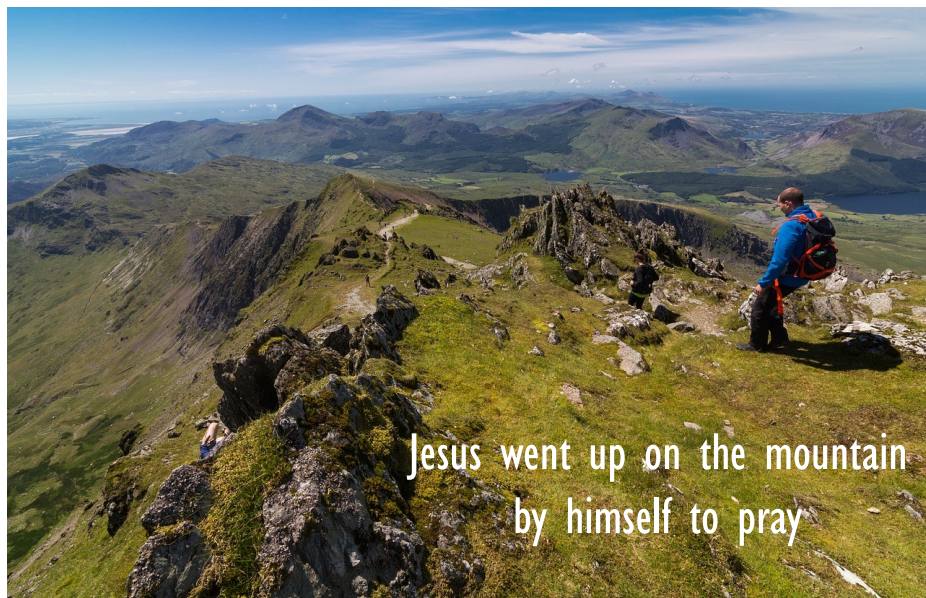
'Take heart; it is I. Do not be afraid.'

Gospel

Almighty ever-living God,
constantly accomplish the Paschal Mystery within us,
that those you were pleased to make new in Holy Baptism
may, under your protective care,
bear much fruit and come to the joys of life eternal.

Old Opening Prayer

This week's texts if you'd like to reflect further:
1 Kings 19: 9a, 11-13a; Ps. 84 (85); Romans 9: 1-5; Matthew 14: 22-33.



Jesus went up on the mountain
by himself to pray

If you'd like to receive Prego by email each week, sign up at
www.stbeunosoutreach.wordpress.com

ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM

Lorenzo Veneziano, Christ Rescuing Peter from Drowning, 1370



PREGO LEAFLET

Nineteenth Sunday in Ordinary Time
Year A, 9th August 2026

'Take heart; it is I.

Do not be afraid.'

In the readings this week, we witness the full range of the earth's natural order: the mountains, the wind, the sea, an earthquake and fire. Through all the upheaval and suffering that life may bring, we are reminded of God's ever-loving presence.

In the **First Reading**, a solitary Elijah is invited to go to the mountain to pray. God reveals himself to Elijah not in the dramatic events he witnesses, but in a gentle, low whisper.

The **Psalms** reminds us that God will always provide for us, if only we open our hearts and ears to him. Guided by God's values of mercy, peace, justice, righteousness and faith we will stay on the right path. St Paul (**Second Reading**) reaches out to his fellow Jews with a great yearning that they should see and accept the abundant gifts offered by Christ their Lord.

The **Gospel** retells another dramatic encounter with the earth's elements: this time the disciples are caught aboard their boat in a storm. Consumed by fear, it takes some time for them to recognise Jesus and accept his saving help.

May we be confident of the enduring presence of our Lord as we navigate our own stormy waters. We need only reach out to him.



Opening Prayer

Almighty and ever-living God,
your Spirit made us your children, confident to call you Father.
Increase your Spirit within us
and bring us to your promised inheritance.

Psalm 84 (85)

**R./ Show us, O Lord, your mercy,
and grant us your salvation**

I will hear what the Lord God speaks;
He speaks of peace for his people and his faithful.
His salvation is near for those who fear him,
And his glory will dwell in our land.

Mercy and faithfulness have met;
Justice and peace have kissed.
Faithfulness shall spring from the earth,
And justice look down from the heaven

The Lord will bestow his bounty,
And our earth shall yield its increase.
Righteousness will march before him,
And guide his steps on the way.

I find a quiet place and prepare to hear what the Lord might want to speak to me. I notice how I am feeling as I take time to become still.

When I am ready, I read the psalm, perhaps a few times. What occurs to me as I read each verse? Are there particular phrases or words that resonate?

I hold in prayer any people or areas that are in conflict and in need of God's justice and peace. Perhaps there are parts of my own life where I need to feel his peace and salvation.

I may want to ponder the importance of mercy. I recall a time when I have experienced great mercy; or when I have shown mercy to others. Perhaps there is an area of my life in which I need to show or receive mercy.

I share openly with the Lord who loves and knows me through and through.

I take time with the third verse. Am I ready to accept the promise that the Lord will bestow his bounty? that our earth will provide for us? How does that make me feel?

As I draw my prayer to a close, I bring to the Lord whatever might be ahead of me this coming week and ask that he guide my steps.

Gospel Matthew 14: 22–33

After the crowd had eaten and were satisfied: Immediately Jesus made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone, but the boat by this time was a long way from the land, beaten by the waves, for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, and said, 'It is a ghost!' and they cried out in fear. But immediately Jesus spoke to them saying, 'Take heart; it is I. Do not be afraid.' And Peter answered him, 'Lord, if it is you, command me to come to you on the water.' He said 'Come.' So Peter got out of the boat and walked on the water and came to Jesus. But when he saw the wind, he was afraid, and beginning to sink he cried out, 'Lord, save me.' Jesus immediately reached out his hand and took hold of him, saying to him, 'O you of little faith, why did you doubt?' And when they got into the boat, the wind ceased. And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

As I read this familiar gospel, I may want to place myself in the scene. Am I one of the crowd, satisfied after being fed, or am I wanting for more?

Perhaps I am one of the disciples, encouraged by Jesus to go out into the boat?

To what extent am I aware of Jesus's presence as I go about my daily tasks? Perhaps I wish to accompany him up the mountain to pray. As I approach the top, I take in the peace and space that the mountain offers and sit quietly with him. What happens?

In time, I hear the cry of help from the disciples. Perhaps loved ones, other people or situations who are overwhelmed with fear or doubt come to mind.

I share my prayer with the Lord.

I hear him saying: '*Take heart; it is I. Do not be afraid*'. He might repeat this a few times to me. How do I want to respond?

I bring this time of prayer to an end, thanking the Lord for whatever he has revealed to me. I ask that I more readily reach out for his healing hand in my daily life.