

1. Read (Seek) — Read the verses slowly and prayerfully several times. Write down any words or phrases that seem to stand out:

2. Meditate (Find) — Now begin to reflect on the verses and ask God what it means and how he wants to speak to you through the passage.
God what are you saying to me through this?

3. Pray (Ask) — Respond from your heart to what God has been saying to you. **What do you want me to know?** Write down your prayer to him or record whatever he says to you.

4. Contemplate (Taste) — Be quiet before the Lord enjoying His presence. **How is God calling you to act in response to what he has shown you?**

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Link to Liturgy**



[1] Mt 8:26
[2] The Jerome Biblical Commentary Mt. 43: 104
[3] In conversation with God 4, 55.2
[4] Catholic Dictionary pg. 136
[5] footnotes NAB Mt 6:30
[6] The Jerome Biblical Commentary Mt. 43: 104

Quick Connect

What is the Gospel saying? Matthew 14:22-33 — Pg. 1
What is the Church saying Past and Present? Pages 1-3
What is God saying to you through this passage? Page 4

Gospel Reading – Matthew 14:22-33 – Roman Missal

After he had fed the people, Jesus made the disciples get into a boat and precede him to the other side, while he dismissed the crowds. After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone. Meanwhile the boat, already a few miles offshore, was being tossed about by the waves, for the wind was against it. During the fourth watch of the night, he came toward them walking on the sea. When the disciples saw him walking on the sea they were terrified. “It is a ghost,” they said, and they cried out in fear. At once Jesus spoke to them, “Take courage, it is I; do not be afraid.” Peter said to him in reply, “Lord, if it is you, command me to come to you on the water.” He said, “Come.” Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how strong the wind was he became frightened; and, beginning to sink, he cried out, “Lord, save me!” Immediately Jesus stretched out his hand and caught Peter, and said to him, “O you of little faith, why did you doubt?” After they got into the boat, the wind died down. Those who were in the boat did him homage, saying, “Truly, you are the Son of God.”

Spiritual Reading – Office of Readings – August 8

From various writings on the history of the Order of Preachers

Dominic possessed such great integrity and was so strongly motivated by divine love, that without a doubt he proved to be a bearer of honor and grace. He was a man of great equanimity, except when moved to compassion and mercy. And since a joyful heart animates the face, he displayed the peaceful composure of a spiritual man in the kindness he manifested outwardly and by the cheerfulness of his countenance. Wherever he went he showed himself in word and deed to be a man of the Gospel. During the day no none was more community-minded or pleasant toward his brothers and associates. During the night hours no one was more persistent in every kind of vigil and supplication. He seldom spoke unless it was with God, that is, in prayer, or about God; and in this matter he instructed his brothers. Frequently he made a special personal petition that God would deign to grant him a genuine charity, effective in caring for and obtaining the salvation of men. For he believed that only then would he be truly a member of Christ, when he had given himself totally for the salvation of men, just as the Lord Jesus, the Savior of all, had offered himself completely for our salvation. So, for this work, after a lengthy period of careful and provident planning, he founded the Order of Friars Preachers. In his

conversations and letters he often urged the brothers of the Order to study constantly the Old and New Testaments. He always carried with him the gospel according to Matthew and the epistles of Paul, and so well did he study them that he almost knew them from memory. Two or three times he was chosen bishop, but he always refused, preferring to live with his brothers in poverty. Throughout his life, he preserved the honor of his virginity. He desired to be scourged and cut to pieces, and so did for the faith of Christ. Of him Pope Gregory IX declared: "I knew him as a steadfast follower of the apostolic way of life. There is no doubt that he is in heaven, sharing in the glory of the apostles themselves."

Have Courage – Lesson and Discussion

"Oh you of little faith"

As mentioned in the previous lesson, [Do Not Be Afraid] this situation of the Apostles being in harms way due to the weather happened before. Similar to the previous time when the Apostles were on a boat and the weather was pounding them, Jesus again mentions the lack of faith saying, you of little faith[1]. They still had a ways to go. Yet, it was Peter showing extreme faith and courage by coming out and following Christ, even for just a few moments.

Why did Peter get out of the boat? "His (Peter) special position in the Twelve is clearly affirmed; here it is suggested that Peter has responsibilities not shared by the others. If he is to meet these responsibilities, he must have faith." [2] Matthew is the only narrative to tell of Peter's courage. This is no surprise because this is the start in his Gospel showing Peter's place as head of the Apostles.

Why did Peter start to sink? "Peter stopped looking at Jesus and began to notice the difficulties around him. Seeing that the wind was so strong, he became fearful. He forgot for a moment that the strength holding him up on the water did not depend on the circumstance, but on the Will of the Lord...Peter began to sink, not because of the waves but because his confidence in him who can do all things wavered." [3]

What things in our life have distracted us from Christ? If we are supposed to keep our eyes on Jesus, how do we do that in our lives? How can we keep our eyes on Jesus?

What is courage? Courage is a "virtue of bravery in facing difficulties, especially in overcoming the fear of consequences in doing good." [4] There are two types of courage; moral and physical. Moral courage deals with the pursuit of doing what is right even if that means we are ridiculed for it. Physical courage is the emotional or physical strength to hold up against certain opposition. One area in particular that we can exercise our courage is in the Pro-Life movement. We face fierce opposition, and it takes real courage to go and pray in front of an abortion clinic. **Discuss some other areas where we can be courageous.**

How is courage different from fortitude? "Courage is being more aggressive in undertaking, whereas fortitude is more patient in undergoing what is virtuous but hard." There are times in our lives when we need to be aggressive; to take charge in our life. Courage is the virtue that helps us step out of the timid part of ourselves and do what needs to be done.

How did Peter have courage? Peter aggressively went after what God had called him to do. For us in our own vocation, we must be courageous and go after what God is calling us to do. We must have confidence in God to keep us from drowning under this world.

Why does Jesus say "oh you of little faith"? He only remarks this to His disciples, not to everyone. He tells it to those who should have the deepest of faith in Him. [5] Since we are followers of Christ, we too should hear Jesus' remarks.

How can we regain our confidence? We can make an examination of conscience and see where we made our faults. Remember, God is the constant. We are the ones who go off and lose sight of Him. We are the ones who get tossed around when the waves are rough, but we are all called, just as Jesus called Peter out of the boat, to begin our trust in Him again.

"The disciples in the boat represent, in a not too subtle way, the Church, from which Jesus is never far even when the situation is threatening and he is invisible." [6] The next time we are sinking or our lives seem to be tossed around, we must have the courage to ask for our Lord's help. We must realize we are the ones who have taken our gaze off of Jesus who is our way, and reach out in faith for Him to help lift us out of our distress.