

Saint Boniface Parish

Faith Formation Handout – Sunday, August 9th

Nineteenth Sunday in Ordinary Time

Matthew 14:22-33

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."



How is Jesus moving me to grow in my faith?

First Grade

We can grow in our faith the closer we are to Jesus. How is Jesus a part of your life now? When are times during the day that you talk with Him in prayer? How could you talk with Him more and pray more during the day? Growing in faith also means loving people more. Who are the people that you love? How can you love them more?

Second Grade

Jesus moves us to grow in our faith in many ways. One way is through the Sacraments. Each time that we come to Mass and receive Him in the Eucharist, He gives us the gift of faith. What are some ways that you have grown in faith? What are your favorite parts of Mass? How do or can you participate in the Mass more than you used to?

Third and Fourth Grades

In today's Gospel we hear that Jesus saves Peter from drowning when he was walking on the water. Why did Peter start to sink into the water? What did Jesus do to help him? When was a time that was difficult for you and you felt like you were drowning? How did God pick you up and help you to get through it? What can you say to God to give Him thanks?

Fifth and Sixth Grades

No matter what age we are, Jesus wants us to keep growing in our faith, because when we grow in our faith we also grow in happiness. What are three ways that you can be happier the older you get? What do you think are three ways that you will be happier the closer you are to God? What can you do to grow in your faith?

Seventh and Eighth Grades

Jesus invited Peter to walk on the water because He knew that Peter would be successful, even though Peter was afraid. What is something that you think or know you should be doing, but are afraid to fail? How can you ask Jesus for help to make succeeding possible? It will still be scary, but you can do it with Jesus' help!

High School and Adults

Like Peter in today's Gospel, following Jesus can seem difficult if not impossible to do. However, Jesus shows us that with Him nothing is impossible. He helps Peter walk on water! What are two things that you have been holding back from Jesus because you think that it is an impossible situation, even for Him? How can you start to trust Him more?

For this Week...

We are Catholic always and in everything we do. Throughout the week bring your faith into your school, your work, your play and your family. Here are some ideas for you.

Monday

One way that Jesus calls us to grow in our faith is through our prayer life. When do you usually pray? What do you usually pray about? This could mean praying more or going deeper in our prayer. Today, ask God how He is moving you to pray more or differently. How can your prayer be a greater opportunity to grow closer to Jesus throughout your day?

Tuesday

Jesus moves us to grow in our faith by challenging us to do more! What that 'more' is, is different for each person. Today, ask Jesus what more He is asking you to do with your life. This may mean giving more time or things to others, increasing how you love the family already around you or beginning a new relationship. Be bold and ask God what more He wants you to do.

Wednesday

Jesus moves us to grow in our faith by challenging us to trust in Him and not give into temptation. At times, it can feel like we could never say no to temptation, but with His help we don't need to always make the same mistakes and have the same bad habits. Today, talk with God and ask Him for help with something that you have been struggling with.

Thursday

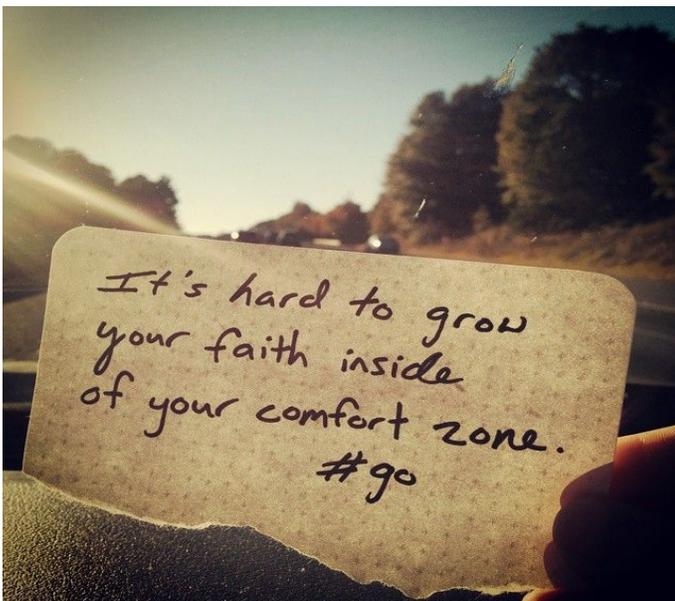
Sometimes, Jesus moves us to grow in our faith by inviting us to give something up, even something that is good! Fasting is when we give up something in order to grow stronger and closer to God. Today, ask God what good thing in your life you should fast from – coffee, candy, dessert, TV? Also, for how long – a week, a month or a whole year?

Friday

It can be tempting to not grow in our faith because we can either be happy where we are or not realize that Jesus wants more for us. What are the temptations in your life that cause you not to grow closer to Jesus? Today, identify one thing that is holding you back from growing and ask Jesus to help you to overcome it. What is the first step He wants you to take?

Saturday

Growing in your faith becomes much easier when you grow alongside someone else. Don't try to make changes and grow on your own. Instead, find someone who you can walk in the faith with. Today, ask God who in your life you should talk with about making changes and working to grow closer to Jesus. Then, be bold and start a conversation with them.



FROM THE CATECHISM...

Our moral life has its source in faith in God who reveals His love to us. St. Paul speaks of the 'obedience of faith' as our first obligation. He shows that 'ignorance of God' is the principle and explanation of all moral deviations. Our duty toward God is to believe in Him and to bear witness to Him.

Catechism of the Catholic Church, 2087

Next Week's Readings

Here are the readings for next Sunday so that on Saturday you can read through them. If you take a few minutes to read them and prepare, you will get a lot more from Mass. They are available online at www.usccb.org. Use the calendar on the right.

Isaiah 56:1,6-7 Psalm 67:2-3,5,6,8 Romans 11:13-15,29-32 Matthew 15:21-28

This handout was created by the Lynn Catholic Collaborative. For more info on how to use at your parish please email admin@lynncatholic.org