

Sunday, August 9, 2026
Nineteenth Sunday of Ordinary Time

Prayer for the Morning

Before the Word of God, let us bow and pray in peace!
Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be for ever. Amen. Alleluia

Hymn **Meter: 87 87 87**

I will sing the Lord's high triumph,
Ruling earth and sky and sea;
God my strength, my song, my glory,
My salvation now is he.
Through the waters, through the waters
God has brought us liberty.
By the storm and at the mountain
Grace and judgment both are shown;
All who planned his people's ruin
Power divine has overthrown.
Nations tremble, nations tremble,
God has made his mercy known.

Psalm **107:17-22**

*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." (Mt 14:32-33)
Even amid the storms that threaten to sweep us away,
we need not fear: Jesus Christ, God-with-us, keeps us
even through the wildest of storms. God is the God of
all of life – the chaos of the sea, the security of the
land, the storm and the stillness.*

Some were sick on account of their sins
and afflicted on account of their guilt.
They had a loathing for every food;
they came close to the gates of death.
Then they cried to the Lord in their need
and he rescued them from their distress.
He sent forth his word to heal them
and saved their life from the grave.
Let them thank the Lord for his love,
for the wonders he does for men.

Let them offer a sacrifice of thanks
and tell of his deeds with rejoicing.

Word of God **Job 38:8-11**

And who shut within doors the sea,/ when it burst
forth from the womb;/ When I made the clouds its
garment/ and thick darkness its swaddling
bands?/ When I set limits for it/ and fastened the
bar of its door,/ And said: Thus far shall you come
but no farther,/ and here shall your proud waves
be stilled!

Say to those whose hearts are frightened:/
Be strong, fear not!/ Here is your God,/ he comes
with vindication;/ With divine recompense/
he comes to save you. (Is 35:4)

Canticle of Zechariah

*Fear not, I am with you;/ be not dismayed; I am your
God./ I will strengthen you, and help you,/ and
uphold you with my right hand of justice. (Is 41:10)*

Blessed be the Lord, the God of Israel; he has
come to his people and set them free. He has
raised up for us a mighty savior, born of the house
of his servant David.

Through his holy prophets he promised of old that
he would save us from our enemies, from the
hands of all who hate us. He promised to show
mercy to our fathers and to remember his holy
covenant.

This was the oath he swore to our father Abraham:
to set us free from the hands of our enemies, free
to worship him without fear, holy and righteous in
his sight all the days of our life. You, my child,
shall be called the prophet of the Most High; for
you will go before the Lord to prepare his way, to
give his people knowledge of salvation by the
forgiveness of their sins. In the tender
compassion of our God the dawn from on high
shall break upon us, to shine on those who dwell
in darkness and the shadow of death, and to guide
our feet into the way of peace.

Glory to the Father...

Intercessions

With confidence, we pray:

R/You will give strength to your people!

Your voice resounds in every troubled heart: grant us ears to hear and a heart to trust in you in our need. **R/**

Your voice shatters tumult and restores peace: grant us faith in your love and your power. **R/**

Your voice thunders over every threat that confronts us: grant us peace.. **R/**

Personal intentions

Our Father....

God of glory and power, you sent your Son, Jesus Christ, to redeem us from the waters of chaos and death. Grant us the wisdom and courage to turn to him in prayerful confidence when the forces of sin and destruction threaten our peace and the peace of those around us. Through Christ our Lord. Amen.

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Reading 1 1 Kings 19:9a, 11-13a

At the mountain of God, Horeb, Elijah came to a cave where he took shelter. Then the Lord said to him, "Go outside and stand on the mountain before the Lord; the Lord will be passing by." A strong and heavy wind was rending the mountains and crushing rocks before the Lord—but the Lord was not in the wind. After the wind there was an earthquake—but the Lord was not in the earthquake. After the earthquake there was fire—but the Lord was not in the fire. After the fire there was a tiny whispering sound. When he heard this, Elijah hid his face in his cloak and went and stood at the entrance of the cave.

Reading 2 Romans 9:1-5

Brothers and sisters: I speak the truth in Christ, I do not lie; my conscience joins with the Holy Spirit in bearing me witness that I have great sorrow and constant anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites; theirs the

adoption, the glory, the covenants, the giving of the law, the worship, and the promises; theirs the patriarchs, and from them, according to the flesh, is the Christ, who is over all, God blessed forever. Amen.

Gospel 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."

Men of St. Joseph Prayer

St. Joseph, help me to be like you. Help me to be obedient to the teachings of the Church and faithful to God's commands. Help me to patiently endure my cross each day. Let me be a model of holiness and a pillar of virtue. I solemnly promise to embrace God's will and I accept the challenge to work tirelessly for my family's salvation. Be my guide and companion on this journey. St. Joseph, terror of demons, pray for us!

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