

OT XIX (A) Sunday > Homily ~ August 9, 2026.

Life is full of storms. Some are visible - illness, financial struggles, family problems. Others are hidden - fear, anxiety, loneliness, disappointment, or uncertainty about the future. We all experience moments when, like the disciples on the Sea of Galilee, we wonder if we are alone.

Today's readings remind us that God is always present, even in the middle of our storms.

In the first reading, the prophet Elijah had reached the point of exhaustion and fear. Yet when he stood on Mount Horeb, God did not come in the mighty wind, the earthquake, or the fire. God came in the gentle whisper. Sometimes we look for God only in extraordinary events, but He often speaks quietly - in prayer, in Scripture, in the Eucharist, and in the kindness of another person.

In the Gospel, the disciples are terrified by the storm. Then Jesus comes to them walking on the water and says, "Take courage, it is I; do not be afraid." Peter begins to walk toward Jesus, but the moment he focuses on the wind instead of the Lord, he begins to sink. Yet Peter does one thing exactly right. He cries out, "Lord, save me!" Immediately Jesus stretches out His hand and catches him.

That is the message for us. Faith does not mean that storms disappear. Faith means that we know Jesus is with us in the storm. When we keep our eyes fixed on Him, we find strength and peace. When we become overwhelmed by fear, we need only pray as Peter did: "Lord, save me." It is one of the shortest prayers in the Bible, but also one of the most powerful.

Our world today faces many storms - the suffering of families, violence, uncertainty, divisions, and the challenges within the Church itself. Yet history teaches us that Christ has never abandoned His Church. He remains present, guiding and strengthening His people through every trial.

This week, let us make a simple resolution. Whenever we feel anxious, discouraged, or afraid, let us pause and say with trust: "Lord, save me." Then let us spend a few moments each day with Him in prayer, reading a passage from the Gospel, and, whenever possible, participating in the Holy Mass and receiving the Sacraments. These are the moments that strengthen our faith and remind us that we never face life's storms alone.

May the Lord help us to keep our eyes fixed on Him, to trust Him in every circumstance, and to hear His comforting words each day: "Take courage. It is I. Do not be afraid."