



August 9, 2026

Nineteenth Sunday in Ordinary Time

1 Kgs 19:9a, 11-13a | Rom 9:1-5 | Mt 14:22-33

Written by
THE
FAITHFUL
DISCIPLE

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

As I prepared to become a teacher, a professor reminded me that the most effective way to command the attention of a room full of boisterous students is to lower my voice. Matching their volume only adds to the chaos. But approaching with a low, calm voice demands attention due to the contrast in volume. Prior to the scene in which Elijah encounters God on Mount Horeb, he was fleeing for his life. He was distraught. Likewise, in the Gospel the Apostles were in distress as they were tossed about on the sea. Chaos, anxiety, and distress are unfortunately all too common experiences. But God breaks through our worries and brings peace. God speaks to Elijah in a whisper. Christ walks calmly toward the disciples in the rocking boat. God doesn't match the chaos and the volume of our broken world. When Christ says, "Peace be with you," it is a genuine extension of peace to our weary souls from the Prince of Peace. The challenge for us comes in finding the quiet to experience the peace that Christ offers.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

Doing the work of God does not mean that we always have to get louder. Proclaiming the Good News may mean that our words grow softer while the gentleness and peace from the Spirit become more visible. I find it interesting that as the crowds are dispersing and the Apostles are getting into a boat, Jesus finds a spot of solitude to pray. All too often in my own ministry, I see the tasks that need to be completed and disregard my own need for solitude. But it is in this quiet that we hear the voice of God that gives life to ministry and that guides us in the path of holiness. God will not add chaos to the world – peace is in his nature and he cannot act contrary to his nature. And so in the midst of our busyness and brokenness, God lowers his voice and calls us to attention.

LISTEN

Particularly with the expansive nature of technology, it can be difficult to block out the world in order to silence our minds and hearts. But we know from Christ's example of prayer and from Elijah's experience on Mount Horeb that God speaks to us in the quiet. Spend some time this week in quiet solitude to make yourself available to encounter God and hear his voice.