

Sunday, Aug 09, 2026

Shake that sinking feeling

Two important stories in scripture—God’s coming to Elijah in a “tiny whispering sound” and Jesus’ walk on the water—say a lot about our spiritual journey. Elijah was not in a good way. He lived in a bad place with a bad king, the other prophets were dead, and Queen Jezebel had a contract out on his life. Saint Peter also had a problem: Boldly stepping out on the water to walk to his Lord, he got scared and started to go under. For both these holy people in distress, God came to the rescue. When things get tough, we can, like them, lose our nerve. But we know God will answer. The trick may be to have that confidence before we get into trouble.

NINETEENTH SUNDAY IN ORDINARY TIME

1 Kings 19:9a, 11-13a; Romans 9:1-5; Matthew 14:22-33 (115).
“Peter got out of the boat and began to walk on the water toward Jesus.”

Monday, Aug 10, 2026

Know where your treasure lies

The word *deacon* means servant and was first used to describe someone who waited on tables. Today there are more than 51,000 deacons serving in the church worldwide, nearly half of them in the United States. But deacons were not always welcome. In the midst of a severe persecution of the Christians of Rome in the second century, Lawrence (d. 258) was the last remaining deacon to be sentenced to death. We are told that he spent his final days giving everything the Christian community owned to those in need. When a Roman official demanded he produce the wealth of the church, Lawrence replied, “Here is the treasure of the church” as he brought forth poor, sick, blind, and lame people. Look to Lawrence for inspiration as you strive to understand the true meaning of Christian charity and the value of every life.

FEAST OF LAWRENCE, DEACON, MARTYR

2 Corinthians 9:6-10; John 12:24-26 (618). *“Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life.”*

Tuesday, Aug 11, 2026

Giftgiving made holy

One of the most beautiful lines in the Eucharistic Prayer for Children is: “We bring you bread and wine and ask you to . . . make these gifts the body and blood of Jesus your Son. Then we can offer to you what you have given to us.” These words could be the motto of the Poor Clares, founded in 1212 by Saint Francis and Saint Clare. The Poor Clares live, work, and pray in constant, joyful recognition of their complete dependence on God. Their intentional poverty is their way of offering to God what God has given to them. We might not live in voluntary poverty, but what can we do today to recognize our dependence on God?

MEMORIAL OF CLARE

Ezekiel 2:8-3:4; Matthew 18:1-5, 10, 12-14 (414). *“Whoever becomes humble like this child is the greatest in the Kingdom of heaven.”*

Wednesday, Aug 12, 2026

Wings, wheels, and wisdom

When we think “cherubim,” most of us imagine that chubby little angel sitting on Grandma’s bookshelf. But the cherubim, who play a role in Judaism, Christianity, and Islam, are grander and more intimidating than that. In Christianity they are the second highest of nine choirs of angels. Ezekiel describes them as curious creatures with both wings and wheels—which have given centuries of artists a field day trying to illustrate. Cherubim also have many eyes,

which is why they received the attribute of wisdom. Their main job is to worship God continuously—which is what the wise do.

Ezekiel 9:1-7; 10:18-22; Matthew 18:15-20 (415). *“Then the cherubim lifted their wings, and the wheels went along with them.”*

Thursday, Aug 13, 2026

A heart-healthy habit

The Mayo Clinic specializes in wellness—not just physical but also emotional. Their list of the benefits of forgiving someone include: better relationships; greater spiritual and psychological well-being; less anxiety, stress, and hostility; lower blood pressure; fewer symptoms of depression; a stronger immune system; improved heart health; higher self-esteem. Pretty healthy stuff, this forgiveness. Of course, Christians have touted the spiritual and physical benefits—or graces—that come with forgiveness for 2,000 years. Take two doses of forgiveness and call an estranged loved one in the morning!

Ezekiel 12:1-12; Matthew 18:21-19:1 (416). *“So will my heavenly Father do to you, unless each of you forgives his brother from his heart.”*

Friday, Aug 14, 2026

The word made flesh

Maximilian Kolbe (1894-1941), a Franciscan Friar, earned his martyrdom when he volunteered to die in place of a stranger at Auschwitz, the most notorious of the Nazi concentration camps. What is less well known is that Kolbe was a prolific publisher. He published catechetical and devotional material, a daily Catholic newspaper that reached a circulation of 225,000, and a monthly magazine with a circulation approaching 1 million. Within a month of arriving in Japan on a mission in 1930, penniless and knowing no Japanese, Kolbe and his brother friars were printing a Japanese magazine that grew to a circulation of 65,000. Not only did Kolbe spread the Good News of God’s love, but in his life and death he lived it. May we do the same.

MEMORIAL OF MAXIMILIAN KOLBE, PRIEST, MARTYR

Ezekiel 16:1-15, 60, 63; Matthew 19:3-12 (417). *“The word of the LORD came to me.”*

Saturday, Aug 15, 2026

In praise of magnificent humanity

In 1950, following the devastation of World War II, Pope Pius XII proclaimed the infallible doctrine of the Assumption of Mary, affirming that Mary was assumed body and soul into heaven. Pius expressed hope that the “exalted destiny of both soul and body may in this striking manner be brought clearly to the notice of all persons.” It was a vision of the human person in stark contrast to the unspeakable inhumanity of the war. In celebrating Mary, we remember that our bodies and souls “bear witness to the grandeur of humanity, in which God has made his dwelling,” as Pope Leo frames it in *Magnifica Humanitas*. “At the heart of the Christian understanding of the human person,” says Leo, “lies the great biblical affirmation that men and women are created in the image and likeness of the Triune God.” May our embrace of this teaching renew our reverence for human life and strengthen our resolve to reject war.

SOLEMNITY OF THE ASSUMPTION OF THE BLESSED VIRGIN MARY

Revelation 11:19A; 12:1-6A, 10AB; 1 Corinthians 15:20-27; Luke 1:39-56 (622). *“My soul proclaims the greatness of the Lord.”*

Invest just five minutes a day, and your faith will deepen and grow—a day at a time



© 2026 TrueQuest Communications. All rights reserved. Noncommercial reprints permitted with the following credit: Reprinted with permission from TakeFiveForFaith.com. Scripture citations from the New American Bible Revised Edition. **Signup for free daily email available at TakeFiveForFaith.com/subscribe.**