

August 16, 2020

19th Sunday in Ordinary Time

Lord, increase our faith!

1Kings 19:9a, 11-13a

Psalms 85:9-14

Romans 9:1-5

Matthew 14:22-33

In the first reading Elijah is at the mountain of God and told to wait for the Lord is to pass by. He sensed the Lord was not present in the strong winds, an earthquake, a fire, but only in a quiet whispering sound.

The Psalmist proclaims that the Lord's salvation is near. Kindness, truth, justice, and peace will merge, some coming from heaven, some from earth. These come and prepare our way for salvation.

In the second reading Paul emphasizes that he speaks the truth in Christ and his conscience and the Holy Spirit join as his witnesses. He is concerned about the Israelites, his kindred, from whom the covenants, the law, the worship, the patriarchs, and now Christ proceed.

In the Gospel Jesus walks out to the disciples who are in a boat and they think they are seeing a ghost. Peter asks that Jesus command him to also walk on the water, and he falters but Jesus' hand reaches out to save him from sinking into the water. The disciples acknowledge, "Truly, you are the Son of God."



The Father shows power in deep silence,
The Son directs its energy
To us through the Holy Spirit.

Reach Out to Christ

Elijah makes it clear that we need internal serenity in order to hear quiet promptings of the Spirit. The psalmist notes that we can find this inner peace through kindness, and justice, while Paul says truth must reside in our consciences. In the Gospel Jesus points to the danger of doubt and how we can overcome it by reaching to Him as he reaches to us. We often need to let go of all anxiety and worry and find a quiet time to withdraw from the noisiness of the world if we are to cultivate sensitivity to the quiet whispers of the Spirit.

If our primary concern in life is to help establish the better world that Jesus believes in then we must be a people that are not anxious and do not waste our energy with worries. We need all the energy possible for good works that exhibit kindness, truth, and justice. We often express too much concern about failing to get our needs fulfilled and forget that Jesus guides us to use our energy in seeking the "Kingdom of God" and all else will fall into place. Anxieties and worries weaken our faith and we can overcome these with the realization of the active presence everywhere of our Heavenly Father who will remove these concerns. Peter worried about sinking into the water and his faith momentarily faltered but when he reached out to Jesus it was immediately restored with the connection. Faith is not inaction as we see that Peter needed to reach out; it is a form of enthusiastic activity that reaches out, especially in critical times in which we feel we are "sinking." This is a reaching out to the unseen power of the Heavenly Father which gives us uplift, an enthusiastic assurance in which we realize that the uplifting energy is personal and kindly. Jesus reminds us that we live in the midst of unseen life and energy.

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A Prayer of Listening

Lord, let this prayer be one of listening
for your guiding whispers.

Clear my mind of all distractions
that might hinder my listening to you.

Let my breathing
in and out
be my simple prayer of thanksgiving
during this meditation.

No words,
no thoughts,
just a mind and spirit open to You.
Amen.

Then the LORD said, "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.

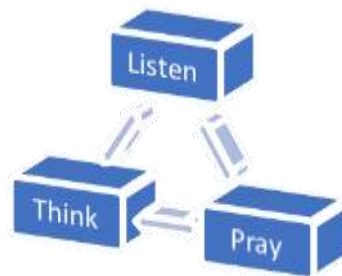
After the wind there was an earthquake--but the LORD was not in the earthquake.

After the earthquake there was fire--but the LORD was not in the fire.

*After the fire there was a tiny whispering
he heard this, Elijah hid his face in his cloak and
stood at the entrance of the cave. A voice said to
why are you here?" He replied, "I have been
for the LORD, the God of hosts.(1Kings 19:11-14)*



*sound. When
went and
him, "Elijah,
most zealous*



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