

19th Sunday in Ordinary Time- Be Still and Take Heart

Life is a journey marked by both blessings and challenges. Reflecting on life, Saint Augustine once compared it to a ship crossing a vast and unpredictable sea, exposed to hidden dangers, strong winds, and violent storms. Such is the reality of our earthly pilgrimage, often marked by illness, loss, disappointments, and uncertainties that can test our faith. Yet, amid every storm, God's presence remains constant, guiding and sustaining us when the horizon seems unclear. This Sunday's readings assure us that the Lord walks beside us and strengthens us in our weakness. In every circumstance, He invites us to be still and take heart, trusting that He will guide us safely through every storm.

In the first reading, Elijah was overwhelmed by fear. Queen Jezebel had threatened to kill him after he confronted the prophets of Baal. Fleeing for his life, Elijah took refuge in a cave, where he expected to encounter God in the mighty wind, the earthquake, and the fire. Instead, God revealed Himself in a gentle whisper reminding Elijah, and teaching us, that His presence is often encountered not in dramatic displays of power, but in the quietness of faith and trust.

In the Gospel, the disciples were caught in a violent storm at the sea and overcome by fear. Their anxiety deepened when they saw someone walking toward them on the water. Jesus immediately reassured them: "Take courage; it is I. Do not be afraid" (Mathew 14:27).

Peter stepped out of the boat in faith and began walking toward Jesus. But he was focused on the wind and waves rather than on the Lord, fear overcame him and he began to sink. In his distress, he cried out, "Lord save me!" Jesus immediately reached out His hand, rescued Peter and calmed the storm.

Like Elijah and the disciples, we too experience fear, uncertainty, and discouragement. We often search for God in extraordinary signs, while He comes to us in quiet and unexpected ways, offering us strength, peace, and assurance of His constant presence.

As we journey through the turbulence waters of life, may we keep our eyes fixed on Christ and listen attentively to His voice. With the Psalmist, let us pray that God will show us His mercy and grant us salvation. In this Eucharistic celebration, let place before the Lord our fears, worries, and doubts, confident in His unfailing love and providence. May He deepen our trust in Him, calm the storms of our lives, and help us to be still and take heart. Amen

God bless,

Fr. Dr. Ben Ampong