

Prayer Gathering for the 19th Ordinary Time

SIGN OF THE CROSS +

OPENING PRAYER

**Loving and Creating God,
the awareness of our littleness, our vulnerability, our limits, life's risks
can quake our hearts and still our breath.
Help us to trust in your strength and in your tenderness
that we may know your protection and care.
We ask this in the power of the Holy Spirit, through Christ, Our Lord. AMEN.**

READING

MOMENT FOR SILENCE

GOSPEL PASSAGE

SHARING QUESTIONS

"But the LORD was not in the earthquake. ... a tiny whispering sound."
**We often look for God in calamities, but is that where God is found?
Where do you see God these days?**

Jesus: "Take courage, it is I; do not be afraid."
**Jesus says some version of "Do not be afraid" more than anything else in the Bible.
How is following that teaching hard for you?**

POSTED RECENTLY



DISCUSSION

**What area of your life gives you the most enduring cause of anxiety?
How does your faith respond to that?**

**How has your relationship with fear or anxiety changed over the course of your life?
In what era of your life have you been most anxious? When have you been least anxious?**

LITANY

I have set my people on a rock. They will always prevail in the end.

Quiet Our Hearts, Lord. Calm Our Fear.

No leader has dominion over the earth that I have made.

All earthly leaders are passing. I live forever.

Quiet Our Hearts, Lord. Calm Our Fear.

Let nothing frighten you. Your life comes from me.

Quiet Our Hearts, Lord. Calm Our Fear.

I made each person out of love, and the color of their skin delights me.

Quiet Our Hearts, Lord. Calm Our Fear.

My Kingdom is not of this world. It cannot be defeated.

Quiet Our Hearts, Lord. Calm Our Fear.

This too shall pass.

Quiet Our Hearts, Lord. Calm Our Fear.

The worry that you bring forth now in silence... I will master that too.

Quiet Our Hearts, Lord. Calm Our Fear.

OUR FATHER

[OPTIONAL] PRAYER FOR SPIRITUAL COMMUNION (St. Alphonsus Ligouri)

My Jesus, I believe that you are present in the most Blessed Sacrament.

I love You above all things and I desire to receive You into my soul.

Since I cannot now receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there, and unite myself wholly to You.

Never permit me to be separated from You. AMEN.

CLOSING PRAYER

Glory be to the Father and to the Son and to the Holy Spirit.

As it was in the beginning, is now, and ever shall be, world without end. AMEN.

SIGN OF THE CROSS +

READING 1

A reading from the First Book of Kings:

At the mountain of God, Horeb,
Elijah came to a cave where he took shelter.

Then the LORD said to him,
*“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 sound.

When he heard this,
Elijah hid his face in his cloak
and went and stood at the entrance of the cave.

The Word of the Lord

Thanks be to God.

READING 2

A reading from the Holy Gospel according to Matthew:

[Jesus] went up on the mountain by himself to pray.
When it was evening he was there alone.

Meanwhile the boat, already a few miles offshore,
was being tossed about by the waves,
for the wind was against it.

During the fourth watch of the night,
he came toward them walking on the sea.
When the disciples saw him walking on the sea
they were terrified.

“It is a ghost!” they said, and they cried out in fear.

At once Jesus spoke to them: *“Take courage, it is I; do not be afraid.”*

Peter said to him in reply,
*“Lord, if it is you,
command me to come to you on the water.”*

He said, *“Come.”*

Peter got out of the boat
and began to walk on the water toward Jesus.

But when he saw how strong the wind was he became frightened; and,
beginning to sink, he cried out, *“Lord, save me!”*

Immediately Jesus stretched out his hand and caught Peter.

The Gospel of the Lord

Praise to You, Lord, Jesus Christ

Matthew, chapter 14