

REFLECTION

19th Sunday in Ordinary Time, Year A, August 9th, 2026

Scripture: Matthew 14:31

Today I would like to reflect on the verse that says: Jesus immediately reached out his hand and caught him, saying to him, "You of little faith, why did you doubt?"

We tend to start with faith in God, but when hardships arise—such as illness, financial constraints, broken relationships, or worry about the future—we might lose sight of Christ and get absorbed by our worries. Doubt rarely begins with a lack of faith; rather, it begins when our focus shifts from the Lord to the storm. But the most consoling aspect of this passage is Jesus' immediate reaction.

He didn't wait for Peter to get stronger or more needy. Jesus was already there to save him at his lowest point. This serves as a reminder that God's mercy is never far away. When we shout out, "Lord, save me," He hears us and reaches forth His saving hand.

Today, Jesus urges us to focus on Him rather than the waves of fear and anxiety. May we never be afraid to call on the Lord in our times of weakness, realizing that His hand is stronger than every fear and His love is greater than every storm.

