

19th Sunday in Ordinary Time



Jesus calls us into deep waters of faith while only asking us to take one step at a time. He calls us by name and invites us to journey with him as we enter our first meeting, work through the next step, engage the sacramental life, and entrust our experience with our fellows. As we place our first foot forward and find safety, we begin taking the next few steps with confidence that we will be supported along the way.

“Take courage. Do not be afraid.” Christ speaks these words today on our faith journey and walk through recovery, just as he did to Peter when calling him out of the boat and onto the choppy waters in this Sunday's Gospel Reading:

*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 caught Peter, and said to him,
"O you of little faith, why did you doubt?"
After they got into the boat, the wind died down.
Those who were in the boat did him homage, saying, "Truly, you are the Son of God."*

Trouble tends to come when we, like Peter, take our eyes off the Lord and become troubled by the strong wind and crashing waves. It is during these times when the temptation to take back our will is strong, although the hand of God is always within reach.

Speaking at World Youth Day in Paris in 1997, Saint Pope John Paul II shares words of encouragement relevant to us in recovery: “Remember that you are never alone, Christ is with you on your journey every day of your lives! He has called you and chosen you to live in the freedom of the children of God. Turn to him in prayer and in love. Ask him to grant you the courage and strength to live in this freedom always. Walk with him who is 'the Way, the Truth and the Life!'”

Through both dark times and moments of redemption, Christ is with us. We have been called to live in freedom. Addiction is isolating and keeps us hidden in our secrets, shame, and insane behavior. Relying on the company of God, with an honest understanding of our need for Him, is a formula to reach the depths we were made for.

As time passes and our focus shifts, we will need to regularly be reminded of His presence in our lives and how to find it. Consistent with the words of JP2, this week's First Reading notes:

*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.*

Sometimes we need to quiet ourselves to see God in the whispers around us. Sometimes we need to cry out, "Lord, save me!" In every move, He is with us.

- How is God asking you to get out of the boat and put your trust in Him?
- Can you recall the courage needed to overcome fear at pivotal points in your recovery (first meeting, asking someone to sponsor you, beginning the steps, etc...)?
- What are some of the challenges—strong winds and crashing waves—that distract your focus away from recovery and trust in God?

Invest in Healing

Support Catholic in Recovery and deliver hope to individuals and families impacted by addiction

- Faith, fellowship, and freedom made possible through expanded resources for individuals and communities
- Monthly donors enjoy access to our Advocate's Circle:
 - free copy of *The Twelve Steps and the Sacraments*
 - weekly exclusive video/written reflections on faith and recovery delivered to your inbox
- Get started today at catholicinrecovery.com/donate

Sunday Mass Readings this Week

1st Reading: 1 Kings 19:9a, 11-13a

Responsorial Psalm: Psalm 85:9, 10, 11-12, 13-14

2nd Reading: Romans 9:1-5

Gospel: Matthew 14:22-33