

August 5, 2025

Daily Reflections



DO NOT BE AFRAID!

By Sister Jayne Helmlinger, CSJ

Today's Gospel

Jesus made the disciples get into a boat and precede him to the other side of the sea, while he dismissed the crowds. After doing so, he 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 him, 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." After making the crossing, they came to land at Gennesaret. When the men of that place recognized him, they sent word to all the surrounding country. People brought to him all those who were sick and begged him that they might touch only the tassel on his cloak, and as many as touched it were healed.

MATTHEW 14:22-36

Reflection

This passage from Matthew is vivid in its description of the scene on the sea. It provides us a deeply moving picture of Jesus coming to the aid of his disciples. We see the trust Peter has in Jesus, until he falters when the winds and waves become too strong. Peter calls out to Jesus to save him and of course, he does.

I find this symbolic of our own lives, when our faith and trust in God are tested by the storms of life. Sometimes our prayer and connection to God can feel distant and removed. It is our faith, meeting our own real or perceived fear, that can trip us up in life. This gospel reading reminds us to call out to God in our distress and allow God's presence to calm and draw us back to God. It is important for us to know, in the marrow of our bones, that God always walks with us; we are not alone.



LePuy-En-Velay, France
Photo by Sister Jayne Helmlinger, CSJ

For Pondering

- When the winds and waves of life toss you about, how do you keep your faith and stay grounded in God?
 - How is the relationship between Peter and Jesus reflected in your own life?
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For Prayer

*O God,
in these turbulent times,
we pray for the grace to remain faithful to you.
May we always remember that you are with us each step of our journey.
We pray for the grace to be a calming presence
in the lives of those who are in need of a safe harbor
as they navigate the rough waters of life.
Amen.*

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