

XIX SUNDAY IN ORDINARY TIME

Entrance Antiphon

Cf. Ps 74 (73):20, 19

Look to Your covenant, O Lord, and forget not the life of your poor ones for ever.
Arise, O God, and defend Your cause, and forget not the cries of those who seek You.

Reading 1

1 Kgs 19:9a, 11 – 13a

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.

Responsorial Psalm

Psalm 85 (84)

Lord, let us see Your kindness, and grant us Your salvation.

Reading 2

Rom 9:1 – 5

Brothers and sisters:
I speak the truth in Christ, I do not lie;
my conscience joins with the Holy Spirit in bearing me witness
that I have great sorrow and constant anguish in my heart.
For I could wish that I myself were accursed and cut off from Christ
for the sake of my own people,
my kindred according to the flesh.
They are Israelites;
theirs the adoption, the glory, the covenants,
the giving of the law, the worship, and the promises;
theirs the patriarchs, and from them,
according to the flesh, is the Christ,
who is over all, God blessed forever. Amen.

Alleluia

I wait for the Lord; my soul waits for his word.

Gospel

Mt 14:22 – 33

After he had fed the people, Jesus made the disciples get into a boat and precede him to the other side, 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 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.”

Offertory Antiphon

Cf Psalm 31 (30)

I trust in You, O Lord;
I say, You are my God.
My life is in Your hands.

Communion Antiphon

John 6:52

The bread that I will give is My flesh for the life of the world.

Prayer to Saint Michael

Saint Michael the Archangel, defend us in battle;
be our defense against the wickedness and snares of the devil.
May God rebuke him, we humbly pray;
And do thou, O prince of the heavenly host,
By the power of God, cast into hell Satan and all the evil spirits
who prowl about the world seeking the ruin of souls. Amen