



who do you think you are?

Week 1 - August 9-15

Our identity, or at least who we think we are, forms the foundation of our choices and decisions, fuels our confidence and sense of purpose and determines nearly every aspect of our lives.

This series, kicking off our fall season, will explore our sense of identity and the more solid foundation we can find, beyond money, cars, schools, sports and kids, in a life lived according to what God's word says about who we are.

OPENING PRAYER

Heavenly Father,

You call each of us by name and invite us to place our trust in Your Son. As we gather today, open our hearts to hear Your voice above the noise and distractions of our lives. May Your Holy Spirit guide our conversation so that we may encourage one another in faith and grow as disciples of Jesus.

We ask this through Christ our Lord. **Amen.**

Readings for Sunday, August 9

1st Reading: 1 Kings 19:9a, 11-13a – *Elijah encounters God in the gentle whisper.*

2nd Reading: Romans 9:1-5 – *God's faithfulness to His people.*

Gospel: Matthew 14:22-33 – *Jesus walks on the water; Peter steps out in faith.*

REFLECTION

When Peter keeps his eyes on Jesus, he walks on water. When fear takes over, he begins to sink. Our identity as disciples is not based on having perfect faith but on trusting the One who never lets go of us.

ADDITIONAL SCRIPTURE PASSAGES

Matthew 17:20 - *Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you.'*

QUESTIONS FOR REFLECTION AND DIALOGUE

Take some time to reflect on this week's message and discuss with your group:

1. How do you think Jesus felt when Peter walked on water? Do you think he was encouraging him?
Excited even?
2. What storms are you facing today? Where is God calling you to "get out of the boat?"
3. When have you experienced Jesus reaching out to you?
4. What fears keep you from trusting God more fully?
5. How does the Eucharist strengthen your faith each week?

PRAY

- Pray each morning: "Jesus, if it is you, call me to come. "
- Spend five minutes in silence each day, asking God to reveal where He is inviting you to trust Him more deeply.

ACT

- Face one situation this week with faith instead of fear by intentionally placing it in God's hands.
- Visit the adoration chapel at St. Mary's- take one situation and give it to God.
- Reach out to someone who may be struggling and offer encouragement, a phone call, or a simple act of kindness.

INSPIRE

- Share with someone a time when God carried you through a difficult season.
- Invite a family member or friend to join you at Mass or pray with them before a meal or gathering

INTERCESSIONS FOR THE GROUP AND CLOSING PRAYER

Take some time to pray together for the persons or people on the hearts of your small group members.

Lord Jesus,

Like Peter, we sometimes become overwhelmed by fear and doubt. Take us by the hand whenever we begin to sink. Help us to trust Your presence in every storm and to walk with confidence wherever You lead us this week.

We ask this in Your holy name. Amen.