

NINETEENTH SUNDAY IN ORDINARY TIME

Many adult children become experts at watching the storm. Growing up in dysfunctional homes often meant paying close attention to other people's moods, anticipating conflict, and trying to stay one step ahead of whatever might happen next. This hypervigilance may have helped us survive, but it can continue long after the circumstances have changed. Recovery invites us to discover a different way of living, one that is rooted not in constant vigilance, but in growing trust in God's presence. The readings this Sunday speak directly to that invitation. In the first reading, Elijah stands on the mountain waiting for the Lord (1 Kings 19:9a, 11-13a). A violent wind tears through the rocks, an earthquake shakes the ground, and fire passes before him. Yet the Lord is not present in any of these dramatic events. Instead, God comes in a tiny whispering sound. Elijah recognizes His presence, covers his face, and steps forward.

Many adult children expect healing to come through dramatic breakthroughs. God can certainly work that way. More often, however, His healing unfolds quietly through faithful daily practices. We begin to recognize His voice during prayer, while reflecting on Scripture, through honest conversations in meetings, in the guidance of a sponsor or trusted friend, and in the growing ability to pause before reacting. These moments may seem ordinary, but they gradually reshape how we experience ourselves, others, and God.

The gospel offers another image of this transformation (Matthew 14:22-33). Peter steps out of the boat after hearing Christ's invitation. For a moment, he walks on

the water. Then he notices the wind and waves, becomes frightened, and begins to sink. His immediate response is simple: "*Lord, save me!*" Jesus reaches out His hand without hesitation.

This experience often mirrors the recovery journey of an adult child. We begin to trust God, establish healthier relationships, and practice new ways of living. Yet when conflict arises, someone becomes disappointed with us, or life feels uncertain, old survival patterns can quickly return. We begin scanning for danger, trying to control outcomes, or assuming responsibility for situations beyond our control. Before long, fear becomes louder than faith.

Peter's experience reminds us that the problem is not the storm itself. The turning point comes when his attention shifts away from Christ and toward everything that feels threatening. Recovery teaches us to notice when that shift is happening. Instead of becoming consumed by fear, we pause, pray, and remember that our security rests in God's presence rather than in our ability to predict or manage every situation.

Step Eleven encourages this new way of living through prayer and meditation. Rather than remaining trapped in anxious thoughts or old survival strategies, we intentionally seek conscious contact with God. Over time, we become less reactive and more responsive. We discover that peace grows not because life becomes predictable, but because Christ remains faithful through every uncertainty.

This transformation takes patience. The habits formed in childhood are not replaced overnight. Yet each time we

choose trust over fear, honesty over hiding, and connection over isolation, the foundation of our lives becomes a little stronger. We slowly discover that we no longer have to live as though every storm determines our safety.

Elijah's whisper and Peter's rescue proclaim the same hope. God is present even when life feels overwhelming. As we continue in recovery, we are invited to quiet our hearts, keep our eyes fixed on Christ, and trust that His steady presence is stronger than every fear we learned to carry.

REFLECTION QUESTIONS

- What situations are most likely to awaken old survival patterns or hypervigilance in your life?
- Where have you experienced God speaking through quiet moments rather than dramatic circumstances?
- What helps you return your attention to Christ when fear begins to shape your thoughts or decisions?

MASS READINGS

FIRST READING 1 Kings 19:9a, 11-13a

RESP. PS. Psalm 85:9, 10, 11-12, 13-14

SECOND READING Romans 9:1-5

GOSPEL Matthew 14:22-33