

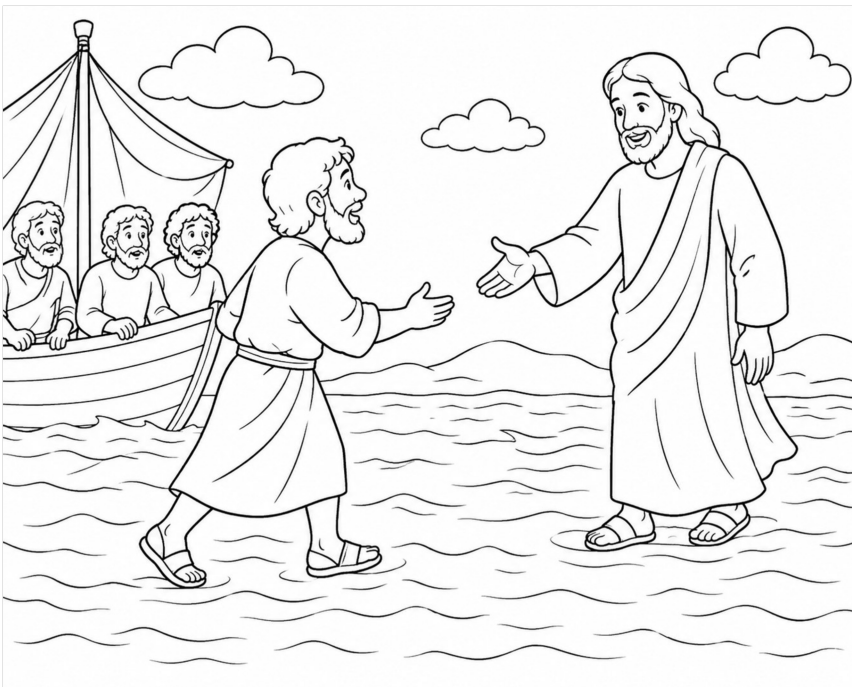


Sunday the 9th of August 2026, Nineteenth Sunday in Ordinary Time, Year A

Our Lady of Perpetual Help Parish **Children's Bulletin**

Jesus is ready to catch you

Find the differences in the bottom picture then colour in the top picture.



Jesus says, “Don’t be afraid!”

(Matthew 14:22-33)

One night, Jesus sent his friends out in a boat while he went up a mountain to pray by himself. Later that night, a big storm came. The wind was blowing hard and the waves were tossing the boat around. The disciples were scared!

Then something amazing happened. They saw someone walking towards them, right on top of the water! At first they thought it was a ghost and screamed in fear. But it was Jesus! He called out to them, “Don’t worry, it’s me! Don’t be afraid!”

Peter, one of the disciples, shouted back, “Jesus, if it’s really you, tell me to come to you on the water!”

Jesus said, “Come!”

So Peter climbed out of the boat and started walking on the water too, just like Jesus! But then Peter started looking around at the big wind and waves and got scared. He started to sink. “Jesus, save me!” he cried out.

Right away, Jesus reached out his hand and saved Peter. He said, “Why did you doubt me?” They climbed into the boat together, and the storm became calm. Everyone in the boat was amazed and said to Jesus, “You really are the Son of God!”

What can we learn from this story?

Jesus is always with us, even in scary storms. Sometimes we go through things that can feel like a big storm. We might be scared of the dark, nervous about a test, worried about a friend, or upset about something. This story reminds us that Jesus doesn't leave us alone in our storms. He comes to us, even when we don't expect it, and says, "Don't be afraid, I'm with you!"

It's okay to feel scared and still reach out to Jesus. Peter did something brave. He stepped out of the boat. Then he got scared and started to sink, but he didn't just give up. He called out, "Jesus, save me!" And Jesus caught him right away, without being angry. That's a beautiful lesson: whenever we feel scared or unsure, we can always call out to Jesus. He is always ready to reach out and help us, just like He helped Peter.



What are three things that scare you or make you feel unsure?

- 1.
- 2.
- 3.

A challenge for this week

Think of one thing that makes you feel scared or worried. Every day this week, when you start to feel this way, say a small prayer like Peter did: "Jesus, help me!" Remember that Jesus is right there with you, ready to hold your hand and help.

A prayer for this week

Dear Jesus, thank you for always being with me, even when I'm scared. Please reach out your hand and help me when I feel afraid or unsure, just like you did for Peter. Help me remember that I can always call out to you. Amen.

Come and join the new Youth Group for Primary School Students (Years 4 to 6)

'Cana Kids' is starting this week. Cana Kids will meet from 11-12am every second Sunday in the St Monica's meeting room. Meeting dates for this term will be the 26th of July, 9th of August, 23rd of August, 6th of September and 20th of September.

For more information see the flyer in the foyer, the poster up in the foyer (or with the other notices outside the Church at St Michael's) or contact Rebecca and Katie (our Youth Coordinators) at youth.belconnennorth@cg.org.au.