

Lectio Divina

February 8th 2026 5th Sunday Ordinary Time – Year A – Matthew 5:13 - 16

⁵⁻¹³“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

¹⁴ “You are the light of the world. A town built on a hill cannot be hidden.

¹⁵ Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house.

¹⁶ In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

- **Read and re-read** – out loud and slowly the Gospel.
- **Meditate** - on reading as being spoken to you, an experience in your life.

- **Pray** - Thanksgiving – Repentance – Petition.
- **Action** – Attitude (Call to change / to act /to do).

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In this week's gospel we see more insights into the qualities of the followers of Jesus, salt, light and a city built on a hilltop. Salt is a very appropriate symbol of Christian living because salt gives taste. A city built on a hilltop cannot be hidden. Jesus tells his disciples to let their light shine in the sight of people so that by seeing their good works, they will give praise to their father in heaven.

How do we as Christians help others to experience the goodness of God? Do we put labels on people or can we see each person as God sees them?

Prayer:

Thank You Lord for the people who have been the salt of the earth for us, bringing life and joy into our lives.

Forgive us Lord for the times we had hidden our light under a tub because we wanted to keep it for ourselves instead of putting it on a lamp stand for all to see especially those who might be in great darkness.

Help us Lord to cope with the challenges of life. Teach us to reach out to all with gentleness and compassion without putting labels on them so that the light of Christ will shine in their lives.