

February 5th 2023 5th Sunday of Ordinary Time Year A – Matthew 5:13 – 16

¹³‘You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

¹⁴‘You are the light of the world. A city built on a hill cannot be hidden. ¹⁵No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. ¹⁶In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

<p>➤ Read and re-read – out loud and slowly the Gospel.</p> <p>➤ Meditate - on reading as being spoken to you, an experience in your life</p>	<p>➤ Pray - Thanksgiving – Repentance – Petition</p> <p>➤ Action – Attitude (Call to change / to act /to do</p>
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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.

Lord help us 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.

