

Sunday Message

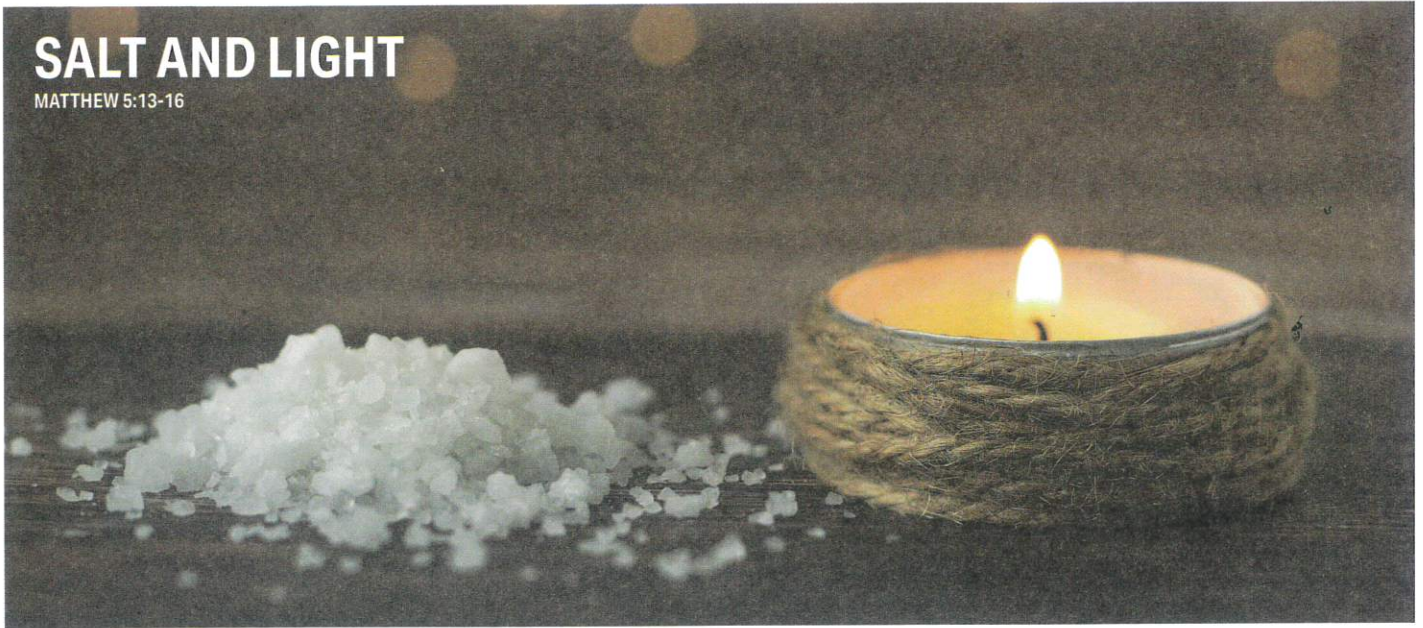
5TH SUNDAY IN ORDINARY TIME

THE WORD

Year A • 8 February 2026 • Psalter Week 1

SALT AND LIGHT

MATTHEW 5:13-16



In this passage, Jesus tells His followers that they are the “salt of the earth” and the “light of the world.” Salt was valuable in Jesus’ time – not just for flavour, but for preserving food. When He calls us salt, He means we are meant to bring goodness, preserve what is right, and add something special to the world.

Then Jesus calls us light. Light drives away darkness and helps people see clearly. We are to shine God’s love and truth into the world through our words and actions.

But Jesus also warns that if salt loses its taste, or if a light is hidden, it’s no longer helpful. This reminds us to keep our faith alive and active – not hiding it or letting it grow dull.

Finally, Jesus encourages us to let our good deeds shine so others can see them and praise God. Our faith isn’t just for ourselves; it’s a gift meant to bless others and bring glory to God.

This passage invites us to ask: How am I being salt and light in my daily life? Am I sharing God’s love and truth with those around me? ■

DO

Today, look for one small way to brighten someone’s day – with a kind word, a smile, or a helpful action – and remember that even little acts of love can shine God’s light.



SAY

Lord Jesus,
you call us to be salt and light in the world.
Help us to bring your love and goodness to those around us.
Keep our faith strong and our hearts shining bright,
so others may see you through us.
Amen.

LEARN

We are called to be like salt and light – to bring goodness and hope into the world, not just for ourselves but to help others see God’s love.

REFLECT

Have you ever tasted food that’s completely bland? No salt, no flavour? Imagine if that’s how we showed up in the world – dull, unnoticed, and without impact. Jesus tells us we are *the salt of the earth* – not just to exist, but to bring life and flavour to everything we touch.

And what about light? When was the last time you used a torch to find your way in the dark? Light is not just helpful – it’s life-saving. Jesus says we are the light of the world, called to shine bright in places where people feel lost or afraid.

But here’s the challenge: salt that loses its saltiness and light hidden under a bowl do no good. Are we sometimes hiding our faith? Are we holding back the love and kindness God wants us to share?

Today, think about one way you can add a little “salt” or “light” to your world. Maybe it’s a kind word, a listening ear, or a simple act of generosity. Whatever it is, trust that even small things can make a big difference. ■

ENTRANCE ANTIPHON

*O come, let us worship God
and bow low before the God who made us,
for he is the Lord our God.*

COLLECT

Keep your family safe, O Lord, with unfailing care,
that, relying solely on the hope of heavenly grace,
they may be defended always by your protection.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.

Amen.

FIRST READING Isaiah 58:6-10

A reading from the Prophet Isaiah.

Thus says the Lord:

Is not this the fast that I choose:
to loose the bonds of wickedness,
to undo the straps of the yoke,
to let the oppressed go free,
and to break every yoke?
Is it not to share your bread with the hungry
and bring the homeless poor into your house;
when you see the naked, to cover him,
and not to hide yourself from your own flesh?
Then shall your light break forth like the dawn,
and your healing shall spring up speedily;
your righteousness shall go before you;
the glory of the LORD shall be your rearguard.
Then you shall call, and the LORD will answer;
you shall cry, and he will say, 'Here I am.'
If you take away the yoke from your midst,
the pointing of the finger, and speaking wickedness,
if you pour yourself out for the hungry
and satisfy the desire of the afflicted,
then shall your light rise in the darkness
and your gloom be as the noonday.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM Psalm 112(111):4-5. 6-7. 8a. 9. R. 4a

R: A light rises in the darkness for the upright.

Or *Alleluia.*

1. A light rises in the darkness for the upright;
he is generous, merciful, and righteous.
It goes well for the man who deals generously and lends,
who conducts his affairs with justice. *R.*
2. He will never be moved;
for ever shall the upright be remembered.
He has no fear of evil news;
with a firm heart, he trusts in the Lord. *R.*
3. With a steadfast heart he will not fear.
Open-handed, he gives to the poor;
his justice stands firm for ever.
His might shall be exalted in glory. *R.*

SECOND READING 1 Corinthians 2:1-5

A reading from the First Letter of Saint Paul to the Corinthians.

I, when I came to you, brothers and sisters, did not come
proclaiming to you the testimony of God with lofty speech or
wisdom. For I decided to know nothing among you except Jesus
Christ and him crucified. And I was with you in weakness and in
fear and much trembling, and my speech and my message were
not in plausible words of wisdom, but in demonstration of the Spirit
and of power, so that your faith might not rest in the wisdom of men
but in the power of God.

The word of the Lord.

Thanks be to God.

ACCLAMATION BEFORE THE GOSPEL John 8:12

R: Alleluia, Alleluia.

I am the light of the world, says the Lord;
whoever follows me will have the light of life.

R: Alleluia.

GOSPEL Matthew 5:13-16

A reading from the holy Gospel according to Matthew.

At that time: Jesus said to his disciples, 'You are the salt of
the earth, but if salt has lost its taste, how shall its saltiness be
restored? It is no longer good for anything except to be thrown out
and trampled under people's feet.

'You are the light of the world. A city set on a hill cannot be hidden.
Nor do people light a lamp and put it under a basket, but on a
stand, and it gives light to all in the house. In the same way, let
your light shine before others, so that they may see your good
works and give glory to your Father who is in heaven.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

O Lord our God,
who once established these created things
to sustain us in our frailty,
grant, we pray,
that they may become for us now
the Sacrament of eternal life.
Through Christ our Lord.

Amen.

COMMUNION ANTIPHON

*Let them thank the Lord for his mercy,
his wonders for the children of men
for he satisfies the thirsty soul,
and the hungry he fills with good things.*

Or

*Blessed are those who mourn, for they shall be consoled.
Blessed are those who hunger and thirst for
righteousness,
for they shall have their fill.*

PRAYER AFTER COMMUNION

O God, who have willed that we be partakers
in the one Bread and the one Chalice,
grant us, we pray, so to live
that, made one in Christ,
we may joyfully bear fruit
for the salvation of the world.
Through Christ our Lord.

Amen.