

Sunday Gospel Reflection

5th Sunday Ordinary Time

1. Sign of the Cross

2. Gospel: Matthew 5:13-16

“Let your light shine before human beings.”



Salt and Light

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 hid. ¹⁵ No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light

to all in the house. ¹⁶ In 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.

3. Reflection: (reflect on your own or share together if with others)

1. In what ways can you let your light shine before others?
2. How might we lose our taste, like salt losing its saltiness?
3. Have you ever seen someone who chose to become Catholic because they were inspired by a Catholic person or family?

4. Share petitions that you would like to pray for: Finish with the Special Petition.

Special Petition: For all those who are terminally ill and their families.

5. Lord's Prayer

6. Sign of the Cross.