

5th Sunday in Ordinary Tme, 5 February 2017
"You are the salt of the earth, the light of the world"

Reading 1: Is 58:7-10
 Reading 2: 1 Cor 2: 1-5

Responsorial Psalm : Ps 112:4-5, 6-7, 8-9
 Gospel : Mt 5:13-16

Gospel Reading: *Mt 5:13-16*

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 trodden under foot by men. You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven.

Meditation:

Jesus used the image of salt to describe the transforming effect of God's work in our lives - and how the Holy Spirit wants to work through us to bring the power and blessing of God's kingdom to others. As salt purifies, preserves, and produces rich flavor for our daily food, we, too, as disciples of Jesus, are "salt" for the world of human society. The Lord wants to work in and through us to purify, preserve, and spread the rich flavor of God's kingdom everywhere - his "kingdom of righteousness, peace, and joy in the Holy Spirit"..

What did Jesus mean by the expression "if salt has lost its taste... it is no longer good for anything except to be thrown out and trodden under foot"? Salt in the ancient world was often put into ovens to intensify the heat. When the salt was burned off and no longer useful it was thrown out on the ground where it would easily get stepped on and swept away. How can we lose our "saltiness"? When we allow the world, sin, and Satan to corrupt us. The Lord wants us to preserve our "saltiness" - through virtuous living and rejection of sin - not only for our own sake but also for the sake of others.

Jesus used the image of light and a lamp to further his illustration of God's transforming work in and through us. Lamps in the ancient world served a vital function, much like they do today. They enable people to see and work in the dark and to avoid stumbling. The Jews also understood "light" as symbol or expression of the inner beauty, truth, and goodness of God. In his light we see light. His word is a lamp that guides our steps. God's grace not only illumines the darkness in our lives, but it also fills us with spiritual light, joy, and peace.

There is great freedom and joy for those who live in the light of God's truth and goodness. Do you know the joy and freedom of living in God's light?

Questions for Community Faith Sharing:

1. How are we "salt" and "light" to people around us?
2. How do you maintain your relationship with the Lord?

"Lord Jesus, you guide me by the light of your saving truth. Fill my heart and mind with your light and truth and free me from the blindness of sin and deception that I may see your ways clearly and understand your will for my life. May I radiate your light and truth to others in word and deed"

Source: www.dailyscripture.net, author [Don Schwager](#)

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