



## Gospel

### Matthew 5:13-16

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.'



**This is the Gospel of the Lord**

# Prayer One

## The Sign of the Cross

Let us remember that everything we do is  
In the name of the Father, and of  
the Son, and of the Holy Spirit. Amen

### *Reflection:*

*This week we are thinking about Salt and Light. First of all, let's think a little bit about light...*

A hand is shown in a dark blue, monochromatic setting, reaching out from the left side of the frame. The hand is open, with fingers slightly spread, as if offering something or guiding someone. The background is a solid, deep blue, and the overall image has a soft, ethereal quality.

**A light is a very powerful thing. Without light, we would all be in trouble!**

**A light shows the way to people who are lost.**

**A light lets us see things as they really are.**

**A light makes clear what would otherwise be hidden and mysterious.**

**A light shows us that something has life.**

**In our lives, Jesus calls us to be light. So, how well do we do these things? Are we a real force for goodness and love which lights up the world around us? Do we help and guide others? Do we bring goodness to things which are otherwise dark?**

# Final Prayer

**Loving Father,**

**May our light always shine in the world around us,  
and may we always remember that the light comes  
from you.**

**We pray for all those places in the world which so  
desperately need your light and your love.**

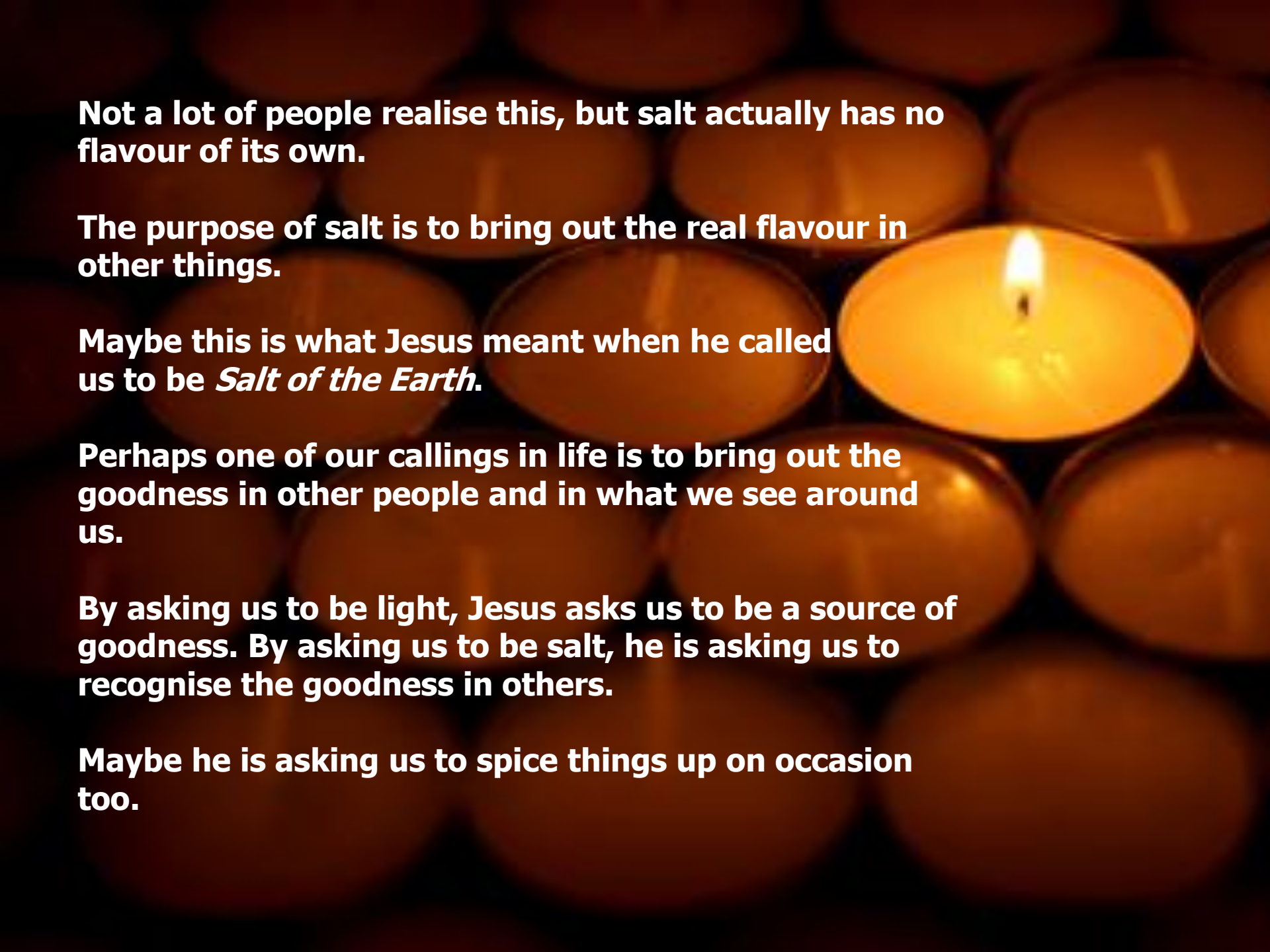
**We make this prayer through Christ our Lord. Amen.**

# Prayer Two

## The Sign of the Cross

**Let us remember that everything we do is  
In the name of the Father, and of  
the Son, and of the Holy Spirit. Amen**

***Reflection: As we think about the Gospel story  
of Salt & Light, let's think a little bit about Salt...***



**Not a lot of people realise this, but salt actually has no flavour of its own.**

**The purpose of salt is to bring out the real flavour in other things.**

**Maybe this is what Jesus meant when he called us to be *Salt of the Earth*.**

**Perhaps one of our callings in life is to bring out the goodness in other people and in what we see around us.**

**By asking us to be light, Jesus asks us to be a source of goodness. By asking us to be salt, he is asking us to recognise the goodness in others.**

**Maybe he is asking us to spice things up on occasion too.**



## **Final Prayer:**

**Loving Father,**

**Help us to always see the good in what is around us. When something is amazing in what you have created, let us appreciate it and love it. When we see something brilliant in the people we spend our days with, let us affirm it and give thanks for it.**

**May the people we meet each day always feel a bit better for having been around us.**

**We make this prayer through Christ our Lord.  
Amen.**

# **Prayer Three**

## **The Sign of the Cross**

**Let us remember that everything we do is  
In the name of the Father, and of  
the Son, and of the Holy Spirit. Amen**

***Reflection: Light can have a  
dramatic effect***

**There is an old saying that a light shines brightest in the dark. It's true, if you think about it. In the daytime a candle or a torch probably doesn't do that much, but in the middle of the night it can make all the difference. It can mean safety, clarity, knowledge and so many more things.**

**As Christians, we are called to bring light to dark places. It's easy to be great people in places that are already full of light, but it's harder to be that light in the darkness.**

**This week, think about how you can do that. How can you, by the good things that you do, bring a bit of light to places that are dark?**

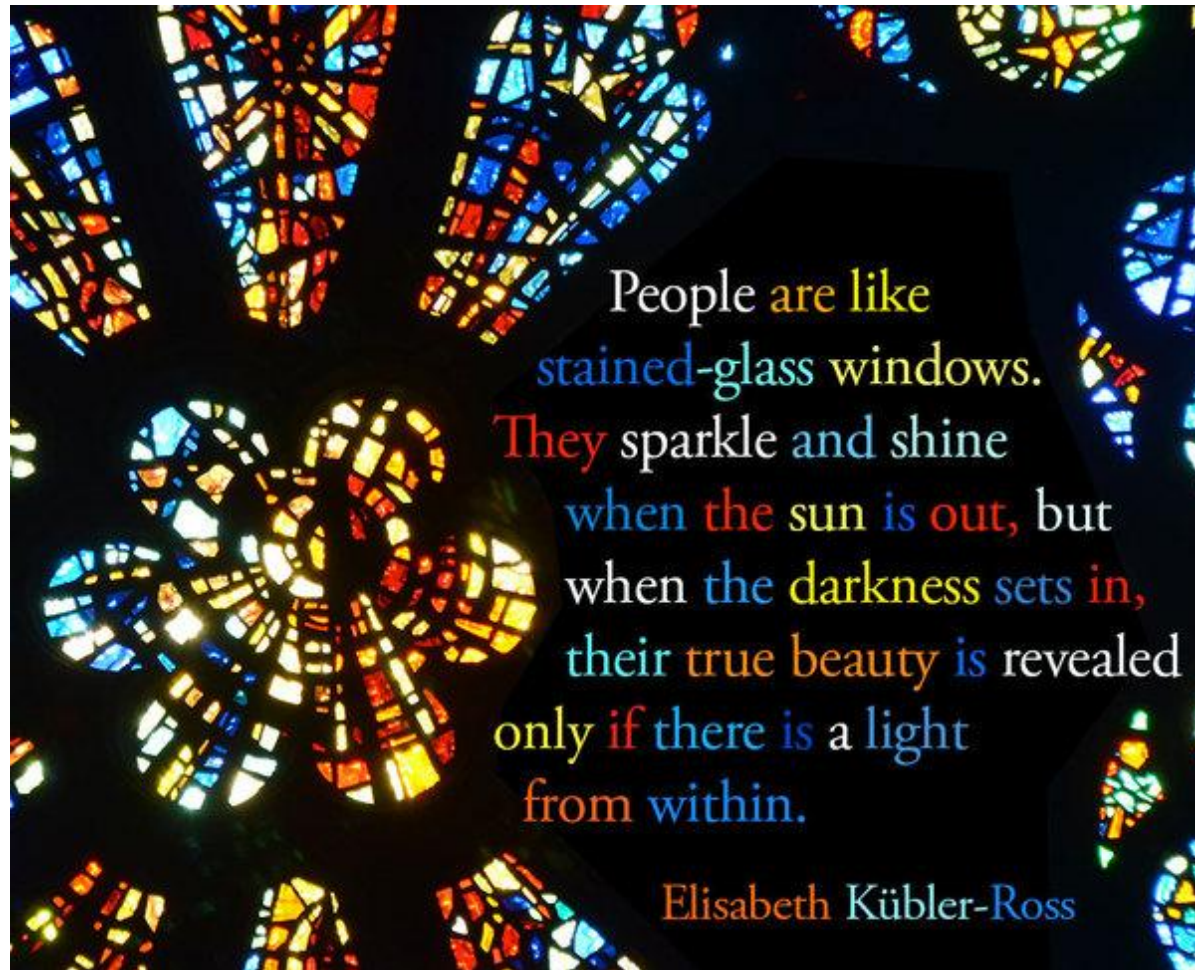
# **Final Prayer**

**LOVING FATHER...**

**When you created each of us, you lit a fire in us that can bring so much light to the world. May we always use the light we have, and may we too be lit up each day of our lives.**

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

# Final Thought...



***After the break: LENT***