

3rd Sunday in Ordinary Time

25th January 2026



The water that I will give him will become a spring of water within him welling up to eternal life.
JOHN 4:14

Jesus, who is the light of the world, brings that light to men who are in darkness. Light is often used as a metaphor for Jesus. Light brings the idea of illumination (knowledge and wisdom), exposure (our sins), and radiance (holiness) to our minds. This Sunday's Gospel reading from Matthew describes Jesus as the fulfilment of the prophecy of Isaiah 9:1,2. He is the great light seen by a people living in darkness, sitting in the shadow of death. He is the light dawning that will break the grip of night.

At this point in the Gospel, darkness has fallen following John the Baptist's arrest but with Jesus now present, the light shines once again as he picked up the message John the Baptist had been proclaiming, "Repent, for the kingdom of heaven is at hand." The light now shines brighter than ever before. The Messiah has come and, in his coming, he brings hope to the world.

Make up the differences between you instead of disagreeing among yourselves.

1 Corinthians 1

*Almighty God who art the Light of the world,
grant us Thy heavenly blessing.
May the radiance of Your Light
illumine our hearts and
brighten our home with the
spirit of faith and love.
Let the Light of Your Presence guide us,
for in Your Light do we see light.
Bless us also with Your Spirit,
that happiness and peace may ever abide in all men.
Amen.*

In addition, this week let us pray for:

- ♦ all those connected to our community who are unwell, upset or mourning;
- ♦ all those affected by the ongoing war.



Dear young people, let yourselves be taken over by the light of Christ, and spread that light wherever you are.

Pope Saint John Paul II



"We must restore hope to young people, help the old, be open to the future, spread love. Be poor among the poor. We need to include the excluded and preach peace." - Pope Francis