

# 5th Sunday in Ordinary Time

## 8th February 2026



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

Salt and light. These two words are what Jesus calls his disciple to be. These verses come right after Jesus has just finished speaking to the crowd of followers and telling them about the qualities of true disciples. Jesus is speaking to his disciples now; he is speaking to us. You are the salt of the earth and you are the light of the world.

These are not things we aspire to be; this is what he declares us to be as his disciples. Salt and light are the essences of what it means to be a disciple. To follow Jesus is to become like Jesus. Moulding ourselves into the image of Jesus is the goal for all disciples.

What does it mean for us to be salt? Salt's value derives from its many uses. Salt enhances flavour, it is a preservative, and it is also a disinfectant. These are all things we should be as Christians. We should enhance the world around us by making life better for the people with whom we come into contact. We improve the world around us with the love of Christ.

We preserve the message of Christ when we act as ambassadors of the Gospel. Continuing to follow the example of Christ is a means of maintaining His message to a lost and hurting world. Finally, salt disinfects wounds and promotes healing. In a world that has been wounded by sin and infected with pain and suffering, we can share with people the healing that is available through Christ.

In these verses, Jesus calls us not only to be salt but also to be light. Our lives as disciples of Christ are to be like a beacon of hope in a dark and hopeless world. For our light to shine before others, we have to take it out into the world around us.

Jesus calls on us to display his love through our actions and our treatment of everything and everyone around us; the love that he has first shown us. How will you respond?

*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 around the world who need to share in the light of Christ to live in peace and harmony;
- ◆ all those affected by the ongoing war.



**You are the light of the world.**

**Matthew 5**