

Fifth Sunday in Ordinary Time
8 February 2026 - Year A
"You are the light of the world."

Something to Think About

How do you think you could make a difference in the lives of other people?

The Story

Today Jesus continues to teach about the Kingdom of God. He is telling his disciples how they should behave in the world, and he uses two common items to explain what he means: salt and a lamp. Just like salt improves food by adding flavour and interest, followers of Jesus are to add flavour to the lives of others. Just like a lamp gives light, so are Jesus' followers to let their light shine through doing good deeds in the world.

The Scriptures

A reading from the holy Gospel according to Matthew (5:13-16)

Jesus said to his disciples:

"You are like salt for everyone on earth.

But if salt no longer tastes like salt,
how can it make food salty?

All it is good for is to be thrown out and walked on.

"You are like light for the whole world.

A city built on top of a hill cannot be hidden,
and no one would light a lamp and put it under a clay pot.

A lamp is placed on a lamp stand,
where it can give light to everyone in the house.

Make your light shine,
so that others will see the good that you do
and will praise your Father in heaven."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Group Discussion

Salt makes a difference to the flavour of food. Invite the children to reflect on how they could make a difference to the 'flavour' of people's lives through being generous, fair, forgiving. Jesus also called his disciples to be a light for all, to show the way! Invite the children to discuss ways of letting their light shine this week! Is there some way in which they could 'show the way' to other children this week?

Praying For Others

Leader: Let us pray now for the leaders of our Church, our world, for those in our community and for our own needs.

Reader 1: We pray that our leaders will show compassion, wisdom and justice. Lord, hear us.

All: Lord, hear our prayer.

Reader 2: We pray for those who don't have enough food to eat. Lord, hear us.

All: Lord, hear our prayer.

Reader 3: We pray for courage to be faith-filled disciples. Lord, hear us.

All: Lord, hear our prayer.

Reader 4: We pray that we will add joy to people's lives. Lord, hear us.

All: Lord, hear our prayer.

Reader 5: We pray that we may let our light shine so that all people will praise God. Lord, hear us.

All: Lord, hear our prayer.

Reader 6: We pray for our own needs. *(Invite the children to pray for their own special intentions).* Lord, hear us.

All: Lord, hear our prayer.

Leader: Loving God, listen to the prayers we make in the name of Jesus.

All: Amen.

Prayer



Dear Jesus,
Give us the courage to make a
difference in the world. Help us to
spread joy, light and love.
Amen.

Video (optional)

Click to watch the video: [Let Your Light Shine](#)



Group Activity (optional)

LET YOUR LIGHT SHINE!

You will need a template for each child, coloured markers, sticky-tape, scissors.

- Invite children to colour the template (lantern and handle). Printing the templates on brightly coloured paper adds a nice effect.
- Cut out the two pieces.
- Fold the large rectangle in half. Then cut the folded rectangle along the 10 smaller lines.
- Unfold the rectangle. Then roll it into a tube and tape the ends together.
- Tape each end of the handle to the lantern.



Let your light shine!

Let your light shine!



ASK A PARENT TO PLAY A NIGHT-TIME GAME WITH YOU USING A TORCH.

TURN OFF THE LIGHTS AND USE IT TO SPOT THINGS.



**GO OUTSIDE...
HOW FAR DOES IT SHINE?**

**NOW LOOK AT LIGHTS FAR AWAY.
YOU CAN SEE THEM A LONG WAY OFF.
LOOK AT THE STARS!**

**WHEN YOU ARE FINISHED
PRAY THIS GOSPEL PRAYER TOGETHER**

**JESUS SAID: YOU ARE LIKE
LIGHT FOR THE WHOLE WORLD.
LORD, MAKE OUR LIGHT SHINE,
SO THAT OTHERS WILL SEE
THE GOOD THAT WE DO
AND WILL PRAISE YOU ALWAYS.**