

# Getting Ready for Sunday!



**Fifth Sunday in Ordinary Time**  
**5 February 2023**

Jesus uses images that speak to the people to whom He was speaking.

The fishermen, Jesus disciples, knew all about salt water because sea water is salty. They would have made salt by drying sea water.

What is salt used for?

- To give flavour to food
- To clean wounds and aid healing
- To preserve food for use at a later stage
- To clean stubborn dirt by abrasion
- To help our bodies absorb water
- To provide an environment for salt loving creatures, e.g. fish....

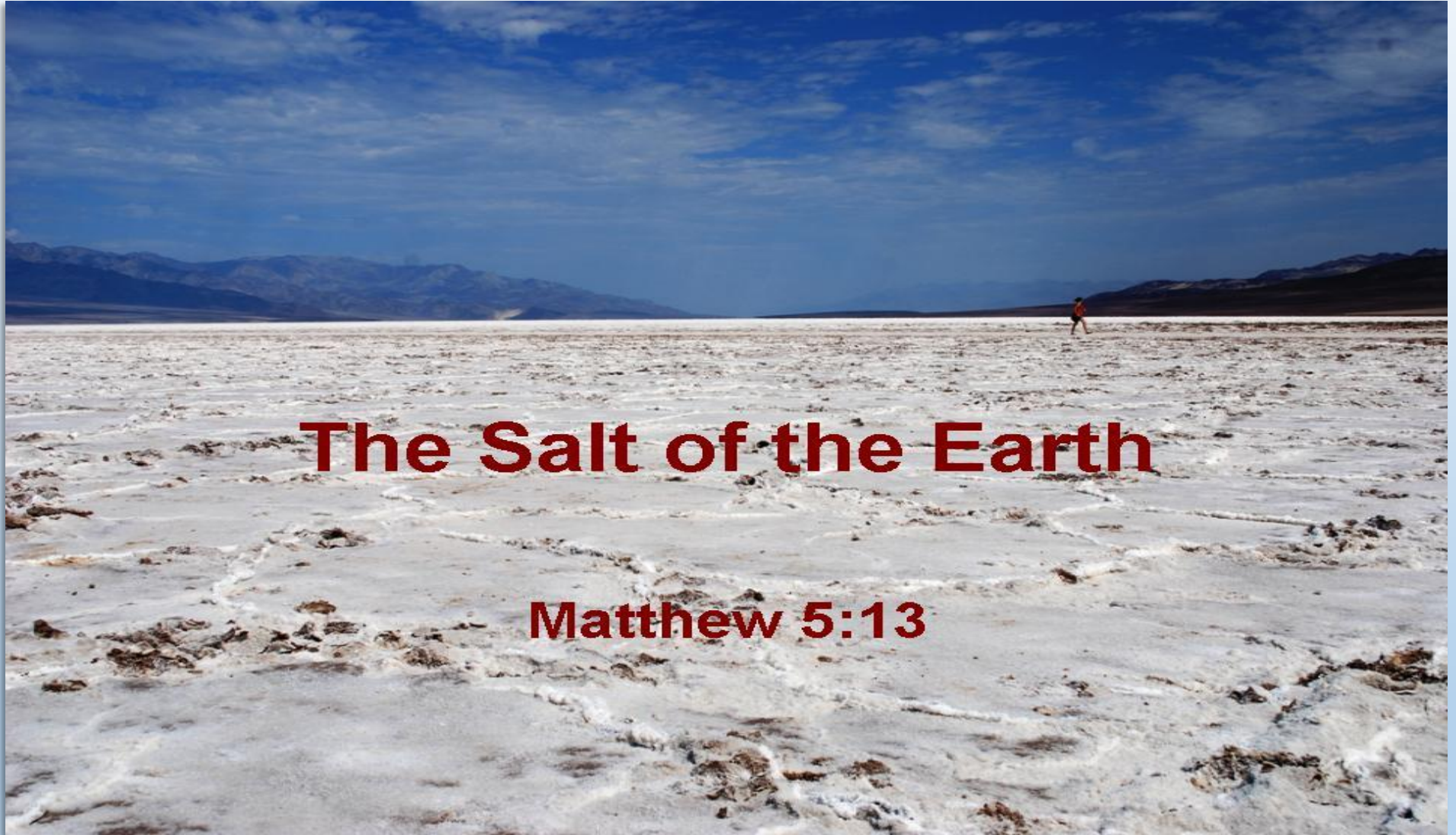
Salt is vital for life and for quality of life!

Jesus often uses the image of light to talk about what is of God.  
The image of light tells us something about God.

What does light do for us?

- Shows us the way
- Helps us to see all clearly
- Prevents us from stumbling and falling
- Puts us in good humour
- Allows us to see the beauty of one another and of creation
- Enables us to use our sense of sight to read, play, etc.
- Gives us warmth....

# Matthew 5:13-16



## **The Salt of the Earth**

**Matthew 5:13**

**Salt and Light**

You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.



**Jesus tells us:**  
**YOU** are precious!  
**YOU** really matter!  
You make a difference!

Without you, your  
family, friends,  
community would not  
be the same!

What does salt do that  
you can do?



**You are the light of the world. A city built on a hill cannot be hidden.**

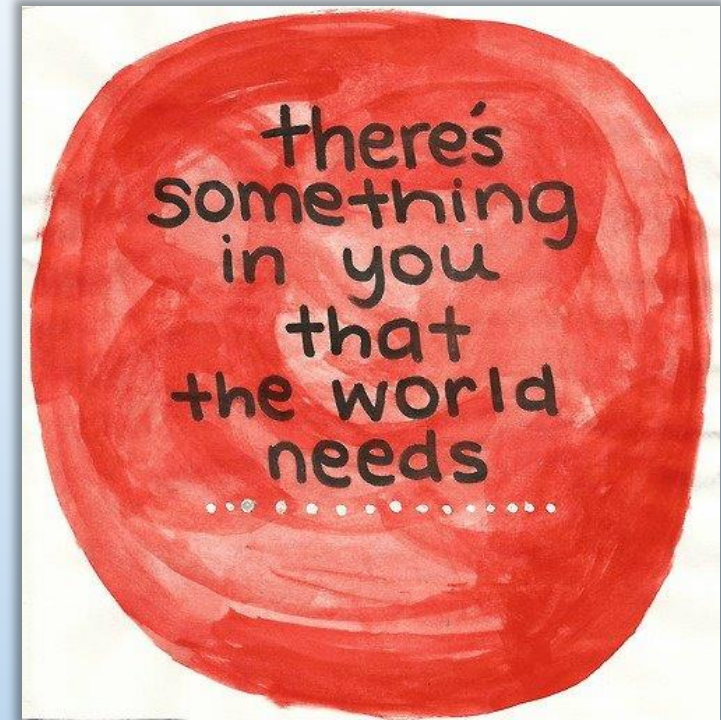
**Don't hide the talents  
God has given you!**

**Don't hide behind  
others!**

**If you have an opinion  
to share – let someone  
hear it!**



Jesus said: No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house.



Can you brighten anyone's day today?



Jesus said: In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.





BELIEVE IN YOURSELF  
WHEN OTHERS DON'T..



BECAUSE GOD  
BELIEVES IN YOU!

## **Bible Search**

**Read Matthew 5:13-16 in your family Bible.  
This is the Gospel reading at Mass this Sunday.**



# Consider



*How can you make a difference for good today?*

# Praying to Jesus



Pray for the grace to know how much God believes in YOU.

