

Getting Ready for Sunday!



Fifth Sunday in Ordinary Time

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

A wide, flat, white salt flat landscape under a blue sky with mountains in the distance. A person is visible in the distance on the right side of the flat.

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!**

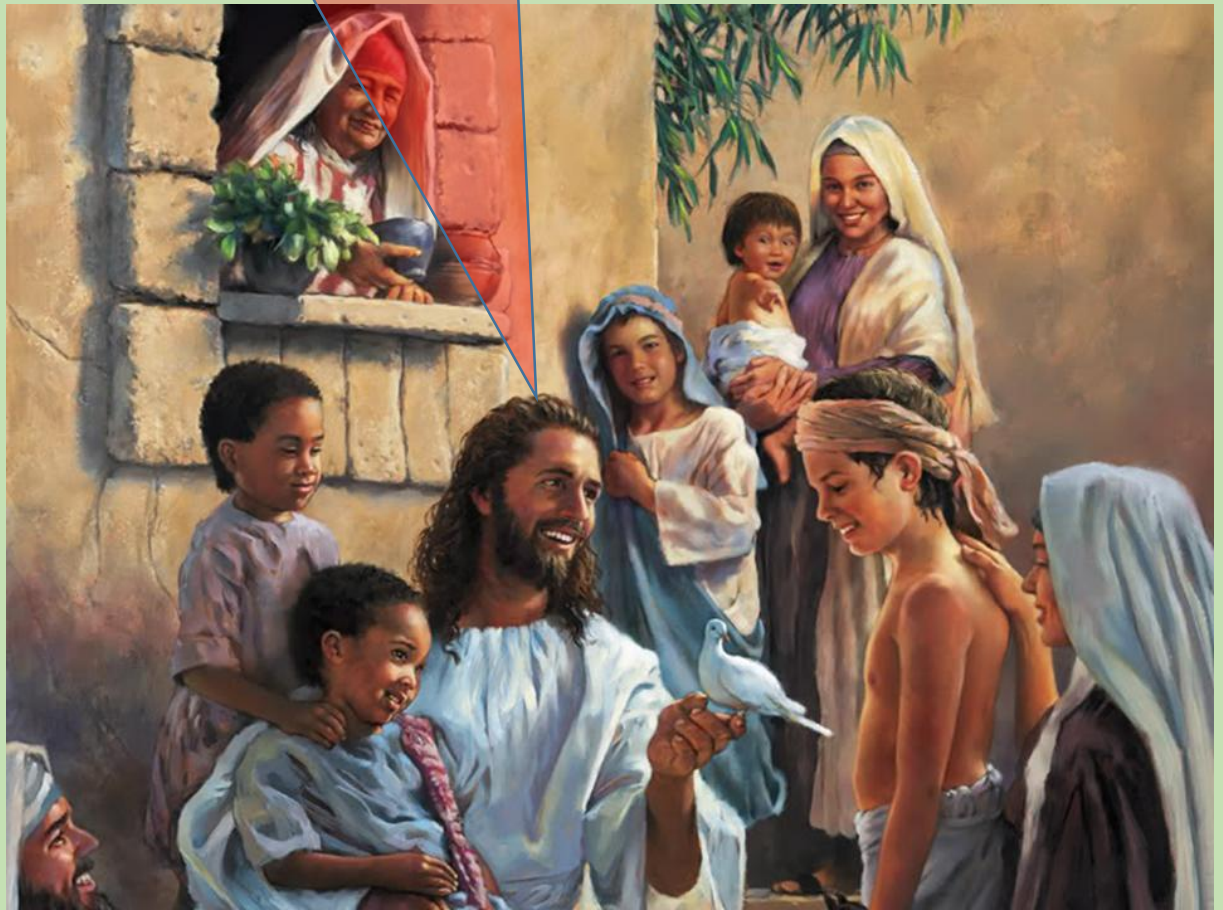
**What does salt do
that you can do?**

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

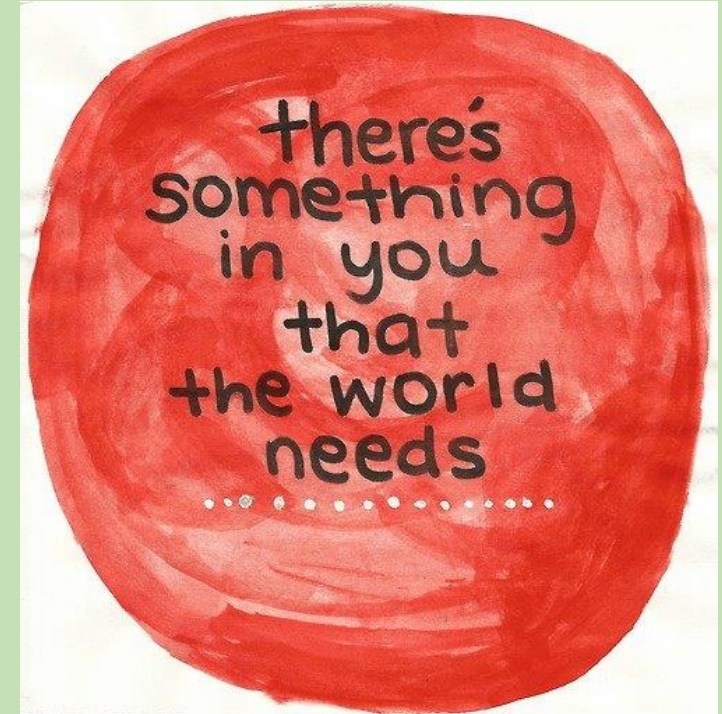
**Don't hide the talents
God has given you!**

**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.*



**Let your light shine so brightly
that others can see their
way out of the dark.**

**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.

