

FAITH @ Home

8TH FEBRUARY 2026: YEAR A: 5TH SUNDAY OF ORDINARY TIME

Diocese of Waterford & Lismore
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Celebrating and supporting faith, hope and love in the heart of the family!

"TO THE HEIGHTS" YOUTH EDITION ALSO AVAILABLE

Sunday Mass Readings

First Reading:

Isaiah 58:7-10

Responsorial Psalm:

Psalm 111(112): 4-9

Second Reading:

1 Corinthians 2:1-5

Gospel:

Matthew 5:13-16

"You are the salt
of the earth...
You are the light
of the world."

LET your
LIGHT
shine



image: canva.com

Hear



Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings online [HERE](#).

Reflect



- In the Gospel today we hear familiar words from Jesus to His Disciples about being the salt of the earth and the light of the world.
- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- Do you feel like the salt of the earth? What gifts do you feel God has given to you that you bring to others? How have you added "flavour" to life for people? Thank God for those gifts.
- Have you ever been tempted to hide your light under a tub? Have you ever been too concerned about what others might think or say to truly be yourself, and witness to God's life and love at work in you? Pray for the grace to let God's light fill you and shine through you this week!

Family Prayer



Lord Jesus, make us your salt and light in today's world, that we may bring goodness, joy, peace and truth to all we meet. Amen

Chat



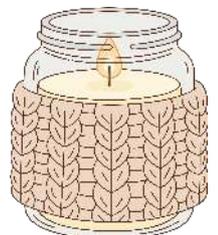
Today's Gospel Jesus teaches His disciples about what it means to be light and to be salt, in terms of following Him.

- Have you ever heard someone described as the "salt of the earth"? What does that phrase mean? Is it a positive thing?
- Have you ever heard anyone described as "a shining light", or that they "brighten up your day?" What kind of person does that, or is like that?
- Jesus says that if salt becomes tasteless it's no good for anything: how can we make sure that the witness we give to our faith in Jesus is never "tasteless"? How can we stay connected to Jesus and full of the flavour of the Gospel? How can we be lights for Him in the world around us this week?

Family Challenge!



Choose a night to gather together to read the Gospel. Turn off the lights in the room, and just light one candle or one flashlight. Take time to notice just how much can be done with one little light!



SALT OF THE EARTH

In Season 2 of The Chosen series, Matthew quizzes Jesus on the meaning of His metaphor: "You are the salt of the earth". The character of Jesus, played by Jonathan Roumie explains:

"Salt preserves meat from corruption; it slows its decay. I want My followers to be a people who hold back the evil of the world. Salt also enhances the flavour of things. I want My followers to renew the world and be part of its redemption. Salt can also be mixed with honey and rubbed on the skin for maladies. I want My people to participate in the healing of the world, not its destruction."



CHECK IT OUT:

BAPTISED AND SENT IN LENT

REFLECTION PROGRAMME FOR LENT 2026



*Join us for these afternoons of reflection as we rediscover who we are as God's people, listen to the Holy Spirit and take concrete steps, individually and collectively towards living our baptismal calling more deeply. Offered in three locations around the Diocese on Sundays 2.30 – 4pm (Feb 22nd – March 22nd): St John's Pastoral Centre, John's Hill, Waterford X91 HW9D | St Mary's Parish Pastoral Room, Mitchel St., Dungarvan, X35DE98 | * St Oliver's Pastoral Centre, Clonmel E91 E339 (* Begins on March 1st in Clonmel) Led by the Diocesan Synodal Team and Diocesan volunteers. All are welcome! More info on <https://waterfordlismore.ie/pastoral/synod/>*

CARLO'S CORNER



SALT AND LIGHT

Salt of the earth, light of the world... if you're like me, you've heard these phrases again and again. What do they really mean though?



What relevance do they actually have for our lives today? We have lots of other flavours and other ways of preserving meat apart from salt. We don't live in darkness either. We even have flashlights on our phones; we're not just relying on little candles or oil lamps these days.

There's a great scene in Season 2 of The Chosen series where Jesus explains to a confused Matthew what his salt metaphor means: "Salt preserves meat from corruption; it slows its decay. I want My followers to be a people who hold back the evil of the world. Salt also enhances the flavour of things. I want My followers to renew the world and be part of its redemption. Salt can also be mixed with honey and rubbed on the skin for maladies. I want My people to participate in the healing of the world, not its destruction." That's the kind of salt I want to be! There's a lot more going on than just adding flavour to chips! What about light? Light reveals, shows us what is real and true, comforts and guides. When we are baptised, we receive the light of Christ. Let's not hide it under a tub but let it shine for all to see!

Be on the lookout this week for intentional ways to be the salt of the earth and the light of the world! Maybe it'll mean sacrificing a treasured cup of coffee, like the friar in the South Bronx. Maybe it'll mean giving up time or energy to help someone else. Maybe it'll mean words of encouragement, offering a prayer for someone, brightening someone's day.



LIVING AS SALT OF THE EARTH (Fr Mark Mary CFR)



SALT AND LIGHT (Lauren Daigle)



To the Heights Youth Resource also available



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- Faith@Home / Let's Dive In (faithathome@waterfordlismore.ie)
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