

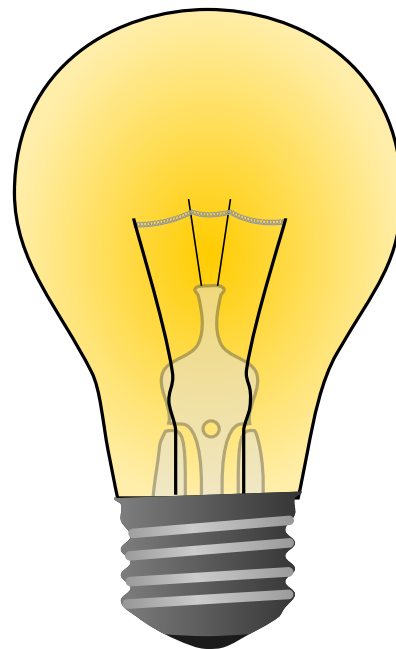
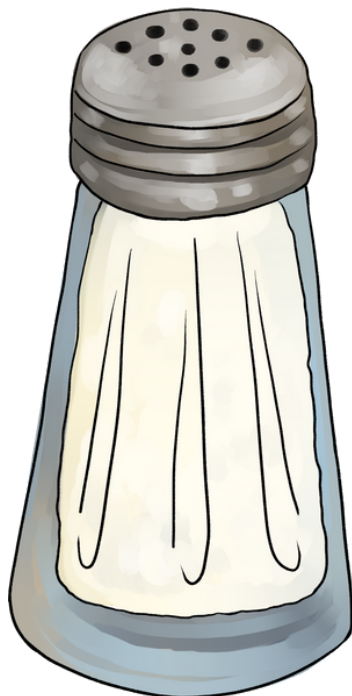
Year A - 5th Sunday in Ordinary Time

Matthew 5:13-16

You are the light of the world.



You are the 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 the light for the whole world. A city built on top of a hill cannot
be hidden, and no one lights a lamp and puts it under a clay pot.
Instead, it is placed on a lampstand,
where it can give light to everyone in the house.
Make your light shine, so others will see the good you do
and will praise your Father in heaven.





- Introduction**
- Jesus calls us to share God's love with others. He calls us to share the gifts we have to change the world around us and make it better.
 - In today's reading, Jesus encourages us to 'shine our light'. How can you and I do that in our everyday life?
 - This message would follow on really well from the salt and light activity on the fourth page of this resource.

- Message**
- After reading the gospel, ask the children about what salt and light do?
 - What are they used for?
 - How do they change things? (salt gives flavour and preserves food, light helps us to see and gives us warmth (plants even use it to make food!))
 - Talk to the children about how, without electricity for lights and fridges, these things were especially important in Jesus day.
 - When we were baptised, the light of Jesus came into us. This is a light for us to share, each in our own special way.
 - Both salt and light are very ordinary, everyday things, but they really make a difference!
 - We can be like that too.
 - We are ordinary. We don't have to do big things, just little things with love.
 - This is how we can be like salt and light.
 - We can share the love of Jesus in small ways that make a big difference to those around us.

- Discussion**
- What sort of things can we do to 'be' salt and light?
 - Who are the people who are like salt and light in my life?

