



AMDG
FIFTH SUNDAY
IN ORDINARY TIME
YEAR A,
9TH FEBRUARY 2020



**A good person is a light in darkness:
generous, merciful and just.**

OPENING PRAYER

Keep your family safe, O Lord, with unfailing care,
That, relying solely on the hope of heavenly grace,
they may be defended always by your protection.

The readings this week speak of the need for those who believe in God to show that this makes a difference to the way they treat others. It is not enough to believe; we are asked to give evidence of our faith by showing others what God is like through the way we live.

We are called to serve the hungry, the homeless, and the destitute; to act in ways that prevent oppression, anger and harsh words (*First Reading*); to speak, not out of our own goodness or holiness, but in the power that comes from the Holy Spirit (*Second Reading*); to become like lights shining in the darkness, so that our good works encourage others in their journey towards the praise of God in their own lives (*Gospel*).

If we live in these ways, the Lord promises us lives of integrity, free from fear and full of trust in God. We will find joy in living in the presence of the Lord (*Psalm*).

We pray for the grace to become humble servants relying only on God to help us serve others (*Second Reading*).

FIRST READING ISAIAH 58: 1–10

Thus says the Lord:
Share your bread with the hungry,
and shelter the homeless poor,
clothe the man you see to be naked
and turn not from your own kin.
Then will your light shine like the dawn
and your wound be quickly healed over.

Your integrity will go before you
and the glory of the Lord behind you.

Cry, and the Lord will answer;
call, and he will say, 'I am here.'

If you do away with the yoke,
the clenched fist, the wicked word,
if you give your bread to the hungry,
and relief to the oppressed,
your light will rise in the darkness,
and your shadows become like noon.

I begin my prayer by remembering that God invites me to spend these moments with him. So I take time to become still and attentive.

I ask the Holy Spirit to help me.

After a while, I read the passage from Isaiah slowly.

I notice the firm instructions from the Lord about how to live and share with others. What do I feel or think about them?

Are there ways in which I might try to make them more real in my own life?

I also listen carefully to the promises of God ... to answer me, to heal me, to lighten my darkness, to show me his glory. I speak to the Lord about them.

What do I need from God today to enable me to live even more faithfully by his values?

I end my prayer thanking God for his presence with me, now and as I try to live by his word.

Glory be to the Father ...

GOSPEL MATTHEW 5: 13–16

Jesus said to his disciples:
‘You are the salt of the earth. But if salt becomes tasteless, what can make it salty again? It is good for nothing, and can only be thrown out to be trampled underfoot by everyone.’

‘You are the light of the world. A city built on a hill-top cannot be hidden. No one lights a lamp to put it under a tub; they put it on the lamp-stand where it shines for everyone in the house. In the same way your light must shine in the sight of all people, so that, seeing your good works, they may give the praise to your Father in heaven.’

After coming to stillness in whatever way is best for me, I read this familiar passage slowly, as if for the first time. I do not rush, but allow the words and images to become vivid.

I notice what seems to resonate with me in particular.

I may like to consider:

who are the people who have given light for me in my life?

What experiences do I savour as I recall them?

I reflect on what was special about those people or experiences, and thank God for them.

What is it like to hear Jesus call me the salt of the earth? Or the light of the world? Joyous, fulfilling, a ‘big ask’, or ...?

I speak with the Lord about the thoughts and feelings that rise within me.

I take time to listen for whatever God might have to say to me.

Perhaps I smile at the images of unsalty salt or lamps put to shine under tubs?

I ponder: what do these images mean for me?

Before whom am I called to shine?

Whose lives am I called to enhance for the sake of the Kingdom?

I ask for whatever grace I need.

After a time, I end my prayer slowly.

I may like to recall the different moments of my prayer with gratitude.

Our Father ...

Here's a text if you've only got a minute ...

Thus says the Lord:

Share your bread with the hungry, and shelter the homeless poor.

First Reading

The good person will never waver ...

with a firm heart, their trust is in the Lord.

Psalm

Happy those who mourn for they shall be comforted.

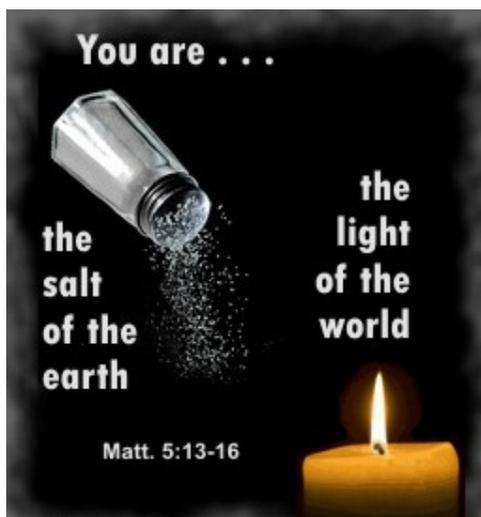
Happy those who hunger and thirst for what is right,

for they shall be satisfied.

Communion Antiphon

This week's texts if you want to reflect further

Isaiah 58: 7-10; Psalm 111 (112); 1 Corinthians 2: 1-5; Matthew 5: 13-16



ST BEUNO'S OUTREACH
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