



FEBRUARY 5, 2017 Fifth Sunday in Ordinary Time Lectionary: 73 Gospel MT 5:13-16

Jesus said to his disciples: "You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Nor do they light a lamp and then put it under a bushel basket; it is set on a lampstand, where it gives light to all in the house. Just so, your light must shine before others, that they may see your good deeds and glorify your heavenly Father."

Spiritual Reflection: Cardinal Francis Xavier Nguyen Van Thuan once wrote: "The great-hearted person is not boastful, but possess a spirit of self-sacrifice. This person is like a lump of sugar or a grain of salt which, when dissolved, adds flavor to food."

Spiritual Questions

1. Are we making other people's lives better by adding a little flavor of self-sacrifice into their lives or are we making them worse because we do not assist them in their need?
2. Can we humbly make someone's life better without boasting or gloating about it?
3. Can we help others reach their potential while still humble remaining in the background?
4. Can we let others be the center of attention?
5. Can we let others be the center of attention without getting down on ourselves?