



The Word
5th Sunday in Ordinary Time
February 8, 2026

Call to Prayer and Sharing

- ✦ *Leader invites all into a few moments of silent reflection to remember that we are in the presence of God. (reflective pause)*
- ✦ *Then: "In the name of the Father and of the Son . . ."*

The Word of God

- ✦ *Leader reads part or all of one of the scripture texts from the previous Sunday.*

Matthew 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."

Faith Sharing

- ✦ *Leader reminds everyone of the Question of the Week which relates to the particular group gathered . . .*

Children: What good deeds can you do at home or in school?

Teens: Whose example has brought light into your life?

Adults: How do you let your light shine?

We offer this form of contemplative sharing for pondering Scripture while considering the question, and for the faith sharing which follows.

- Listen/ Read (Lectio): Ponder God's word and listen for what touches your heart.

- Meditate (Meditatio): Notice what you notice. Allow God's word to resonate in you.
- Speak/Share (Oratio): Prayerfully share with the group your thoughts and feelings.
- Rest in God's presence (Contemplatio): Notice God's presence and be still, surrounded by God's love.
- Choose to act (*Actio*): Trusting in God's nearness, commit to action rooted in love.

Time is provided for sharing responses to the question. Silence between responses is to be expected. Allow about 15 minutes for faith sharing. For larger groups, leader invites members to divide into groups of three or four for faith sharing.

✦ *When the sharing comes to an end, the leader invites everyone to take a moment to silently and reverently hold what has been shared together.*

✦ *Continue with the meeting, turning to the agenda.*

Concluding the meeting

At the end of the meeting, the leader closes with the following prayer:

Good and Gracious God,
 your love for us surpasses all understanding.
 As we leave here today,
 be with us in all our comings and goings,
 and in all that we say and do.
 We pray this in the name of Christ Jesus who is our Light.
 Amen.