



5th SUNDAY, 5th of February 2023 -Cycle A

YOU ARE THE SALT OF THE EARTH



AND THE LIGHT OF THE WORLD

SETTING

Pray, talk to you and tell me my things. Trusting in you that you are always there, confident in the things that occupy me, you consider them, trusting that you teach us how to be the salt, put spark into our lives, encourage it, put passion in it; trusting that you teach us how to be the light, how to illuminate in the dark, and how to be lead towards you.

Our being, our thought, what we believe, we have to specify in life, we have to express it with words, but above all with works, good works.

Put colour to life, from the identity of each one, from what we have received for free. We especially can put the note of detail; do

everything with the greatest care, with greatest kindness. Provide illusion and hope from the small.

SONG. SALT AND LIGHT - REBEAH WOLFE

<https://www.youtube.com/watch?v=cPq8NUR5kj0>

GOSPEL –Mathew 5, 13 -16

“You are the salt of the earth. But if the salt has lost its taste, how can its saltiness be restored? It is no longer good for anything other than to be thrown out and trampled under foot. You are the light of the world. A city located on top of a hill cannot be hidden. Neither do you light a lamp and put it under the bushel basket, but on the candlestick, so that it shines for all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father who is in heaven.”

Let us deepen ourselves in the gospel

It is good for a lamp to be pretty, but frankly, it is not the most important thing! The first thing that is asked of a lamp is that it shines because if the lamp does not shine, it will not be seen that it is beautiful either. As for salt, its vocation is to disappear to fulfil its section, but "if it is missing", the plate of food will be less good.

Another reality is that both light and salt do not exist by themselves; in fact, Jesus says to his disciples "You are the salt of the earth... You are the light of the world..." The important thing, then, is the earth and the world. Salt and light are of no importance next to the earth and the world! But what relationship exists between these two natural elements, to which Jesus compares his disciples. These two elements are revealing: salt enhances the flavour of food and light allows knowing and appreciating the beauty of beings and the world. Food exists before receiving salt; beings and the world exist before being enlightened. This clearly defines the mission that Jesus entrusts to his disciples, and also to us. No one needs us to exist, but we have all been entrusted with carrying out a specific task. We are salt of the earth; we are here to reveal to people the taste of their lives.

People do not wait for us to experience magnificent gestures of love and sharing. Evangelizing is simply saying: "the Kingdom is in your midst, in every gesture, in every word of love." It is there that everyone awaits us to reveal the Name of the One who acts through them: since "where there is love, there is God".

Light of the world, we are there to highlight the value of this world: it is the look of love that reveals the true face of people and things. The Holy Spirit has been given to us precisely so that we could come into contact with every gesture or word that comes from Him. Now, to be the salt and light, you have to love a lot! **Now, to be the salt and light, you have to love a lot!**

Imaginative Contemplation

- Read the text silently, imagine the situation, listen to the words of Jesus, what do you feel when you hear them?
- - What words resonate in your heart? What are you invited to?
- - How does your light shines in the places where you are? How does this light you gives the glory to God?

AMBIENTAL MUSIC. Ludovico Einaudi - Relaxing Piano
<https://www.youtube.com/watch?v=dmOgDIWAKU&t=936s>

YOU INSPIRE MY LIFE
TO BE THE SALT AND LIGHT

GIVE YOUR TOUCH

You are for me the salt and
light
That launches me to be it too,
For everyone else.
Called to be,
To share the experiences
Of our lives,
To be like you, the Good
News.
Like the salt that dissolves,
And gives life,
So my life brings life
To the others.
Stop being so that
The other person,
Is much better.
Provide the magic touch
That gives flavour and
enhances the being.
Touch the lives of others,
Coming out of ourselves
So that the others
May have a life in abundant.
Provide the sensible touch,

Be alert and vigilant.
Do not stop being salt.
Bring the donated touch,
And choose every day to be
salt and to be light.
Add the necessary touch
Learning to contemplate
Better life.
Provide the deep touch
To recognize the new
Life in each one
Give the authentic touch
To express with transparency
Truth, justice
Provide the serene touch,
To understand and listen to
what is different,
In the daily chore
Where the life bursts forth
with life.
Let my life be salt
Let my life be light
A way of being and being.

SONG. MY LIFE IS IN YOUR HANDS: Biboyvince

<https://www.youtube.com/watch?v=7nA8mMEBb9U>

SONG - Salt and light

<https://www.youtube.com/watch?v=pjQ-JKjGfyY>



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