

GOSPEL MEDITATION - ENCOURAGE DEEPER UNDERSTANDING OF SCRIPTURE

February 8, 2026

5th Sunday in Ordinary Time

Matthew 5:13-16

I recently learned why zebras have stripes. Scientists used to think it was for camouflage, but new research suggests something more interesting: the stripes help zebras blend in with one another. When a predator looks at a herd, the overlapping stripes make it hard to single out one animal. But if a researcher spray-paints a dot on just one zebra, predators lock on it and eventually attack. The lesson? In the wild, blending in is protection. Standing out can be dangerous.

Human beings are not so different. Most of us would rather blend in than stand out, especially when it comes to our faith. We know that giving bold witness to Jesus — through our words, values, or public choices — can make us targets for criticism, isolation, or judgment. That's why Jesus' words in today's Gospel are so challenging: **"You are the light of the world. A city set on a mountain cannot be hidden"** (Matthew 5:14).

A city on a hill draws attention. It also draws fire. But that's part of the cost of discipleship. Jesus doesn't call us to be tribal or boastful. He calls us to stand in the open with humble confidence, so that people might see our good deeds and glorify our Father in heaven. Today, let's ask for the courage not just to believe in Christ, but to be seen believing in him.

— *Father John Muir*

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