



Friends of Jesus and Mary

Cycle A - V Sunday in Ordinary Time

Isaiah 58, 7-10; Psalm 111; 1 Corinthians 2, 1-5; Matthew 5, 13-16

You are the salt and light of the world.

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."

Reflection

What effect does salt have on food? (It improves the taste; it can preserve it so it doesn't spoil.) **What does Jesus say happens when the salt loses its taste?** (It is worthless; it must be thrown away.)

Jesus compares the apostles to salt. How are they salt of the earth? (Just as salt improves the taste of food, Jesus' words that the apostles proclaim, improve our lives because they open us to the Holy Spirit who gives us happiness, peace, joy, hope, love...) **Jesus also says that the apostles are the light of the world. How are they light?** (When people hear their words and see their good works, their love, their happiness, they want the same for themselves. They find Jesus and Salvation.)

How can we be salt and light of the world leading others to Jesus? Share.



Activity

1-On the next page, fill in the blanks. 2-The lighthouse illuminates the night so that boats can see; they don't hit the rocks which cause them to sink and lose everything. We can be light that take others to Jesus, thus saving their souls. Cut and color the lighthouse and the rays of light. Glue to a black construction paper, landscape mode, to leave space for longer rays of light. On the other page, cut and color the pictures of children being light to others and glue to the rays of light. Talk about how to be light to others. 3-Play a game: sit the children in a circle with a flashlight turned on. Play the song below and have the children pass the flashlight around to each other. Stop the music and whoever is holding the flashlight has to give an example of how to be light for others.

Prayer

My Jesus, thank you for bringing your light to this world. Help me to know you more and imitate you better so that others may see your light through me. I love you very much. Amen.

Song: This Little Light of Mine Dance, <https://youtu.be/ZdsPbE9awKY> (3-7 years)

Be a Light, Thomas Rhett, <https://youtu.be/IgYOQr6gBRE> (8+ years)

PPT: https://docs.google.com/presentation/d/15an25h3ki6Lbsn4ufctYbiDlOcmUmvWy/edit?usp=share_link&ouid=115268475267556305384&rtpof=true&sd=true



Salt and Light

Use the words below to fill in the blanks from Matthew 5:13-16. Then keep shining for Jesus!

basket	Salt	light	works
shine	bowl	good	lamp
again	deeds	house	loses
hidden	glorify	lampstand	trampled

You are the _____ of the earth. But if the salt _____ its saltiness, how can it be made salty _____? It is no longer _____ for anything, except to be thrown out and _____ by men.

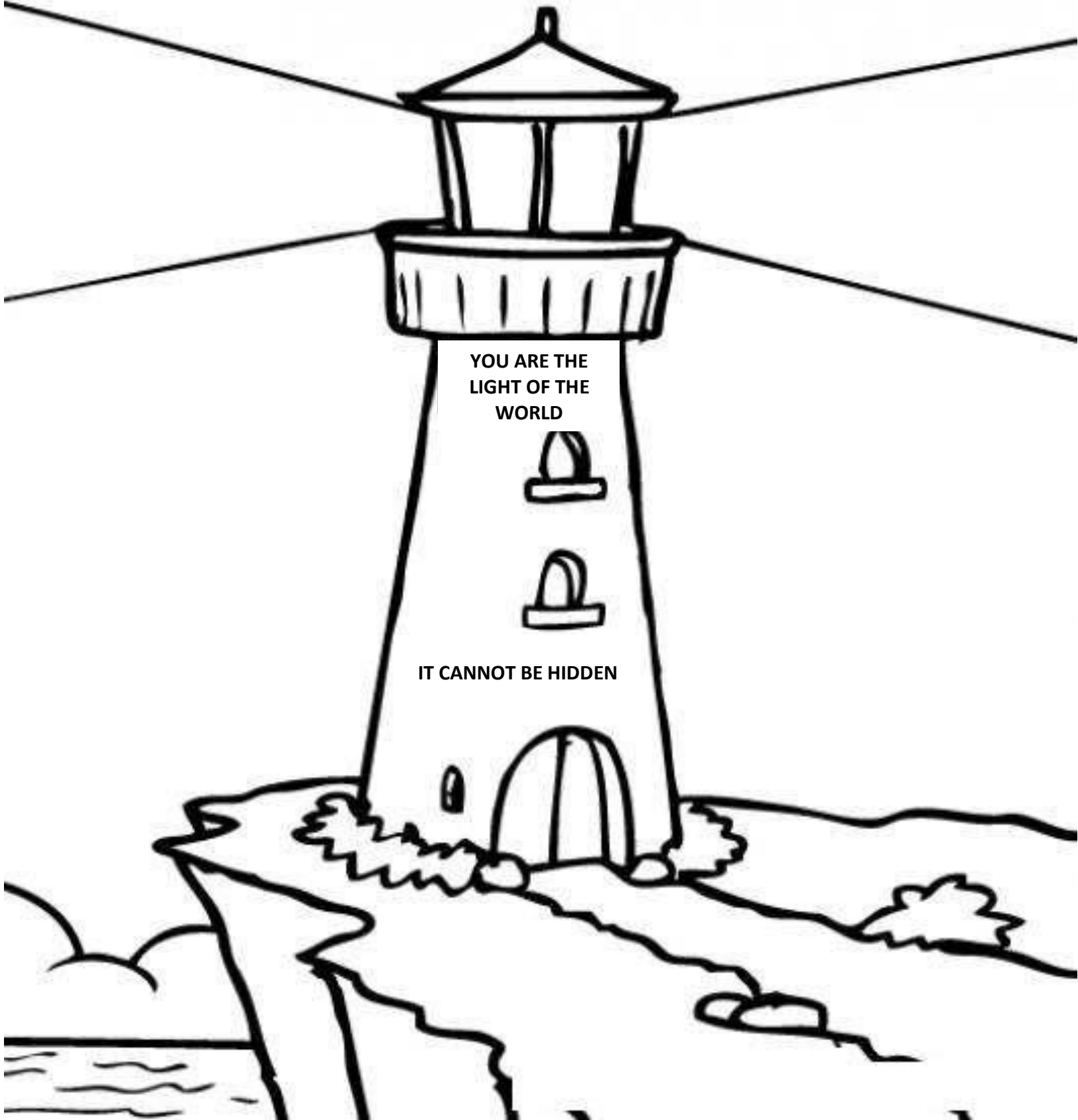
You are the _____ of the world. A city on a hill cannot be _____. Neither do people light a _____ and put it under a _____. Instead they put it on its _____, and it gives light to everyone in the _____. In the same way, let your light _____ before men, that they may see your good _____ and _____ your Father in heaven.



Friends of Jesus and Mary
Amigos de Jesús y María



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YOU ARE THE LIGHT OF THE WORLD...IT CANNOT BE HIDDEN (Cont.)

Instructions: Cut, color, and glue the pictures below in the rays of the lighthouse.

