



a Kendall Hunt Company

## Fifth Sunday in Ordinary Time, Year A - RCLB Lectionary



Lectionary: 73

Read Sunday's Gospel: [Matthew 5:13-16](#)

### Gospel Summary

It is common for us in our times to be careful about the salt we use. However, in Jesus' day, salt was a very important commodity. It was used to pay salaries. Like us, people used salt to flavor food. But, because there was no refrigeration, salt was also used to *preserve* food. That is why, when Jesus called his disciples "salt" and "light," he declared their great importance. What was of significant importance to Jesus was the enthusiasm with which the disciples spread the Good News.

### Reflection for Parents

Imagine taking your child(ren) on a hike in the woods at night. A small flashlight will never do. Not even the type that takes "C" batteries will give enough light. No, you will need the heavy-duty-light-up-the-next-mile type of camping lantern. This is so you and your children don't trip on any roots or uneven ground or lose the trail. In just the same way, we are light for our children. What they see us do and how we live our faith exhibits the magnitude of the flashlight we choose.

### Bringing the Gospel into Your Family

Gather all the candles in the house and set them on the table at meal time. Try to have enough candles burning so that theirs is the only light you have in the room. As you eat, talk together about how each member of the family is light to one another and to others. You might get the conversation going by asking what difference the candlelight makes in your otherwise dark room.

### Discussion Starters

1. As a Christian witness, I could use a little more salt in . . .
2. I know I am a light to others when . . .
3. The greatest challenge I have ever faced in my call to be a light for Jesus was when . . .

### Connection to Faith First®

Faith First® At Home Family Guide. Theme 13

Faith First® Kindergarten, chapter 21

Faith First® Grade , chapters 5, 20

Faith First® Grade 2, chapter 20

Faith First® Grade 3, chapter 20

Faith First® Grade 4, chapter 22

Faith First® Grade 5, chapter 23



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Faith First© Grade 6, chapter 22

Faith First© Junior High—Liturgy and Morality, chapter 18

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