

5 February 2023

FIFTH SUNDAY AFTER EPIPHANY

JESUS CALLS
US TO BE
SALT AND
LIGHT FOR
HIM





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Share your highs and lows, or respond to the following:

- 1. What is your favourite salty food?
- 2. What gives us light and why do we need it?



**BIBLE READINGS** 

Read the following Bible readings throughout this week. Talk about what words or phrases stand out for you.

1st reading

2nd reading

Isaiah 58:1-12
True fasting

1 Corinthians 2:1-16

God's wisdom revealed

Gospel reading

Matthew 5:13-20

Salt and light

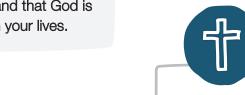
## DISCUSS

Jesus calls his followers the 'salt of the earth' (Matthew 5:13). What do you think he means by this?



## **ACTION RESPONSE**

In 1 Corinthians 2:3, the apostle Paul says that when he first visited the Christians in Corinth he came in 'weakness and fear, and with much trembling.' Pastors and other church workers may seem composed on the outside, but often they feel inadequate in their work. Write a note of encouragement to your pastor or a staff member of your church. Let them know that you appreciate them and that God is using them as a light in your lives.



**BLESSING** 

**PRAYER** 

Lord Jesus.

help us to be

your salt today,

flavouring the

world around

us with your

love and truth.

Amen.

May God's love shine through you, so that others see him.



MEALTIME PRAYER

Jesus our Light, may we shine for you, with love so bright. Amen.

MAKE YOUR LIGHT SHINE, SO THAT OTHERS WILL SEE THE GOOD THAT YOU DO AND WILL PRAISE YOUR FATHER IN HEAVEN.

MATTHEW 5:16

VERSE OF THE WEEK

