

5th Sunday in Ordinary Time
February 5th, 2023

FATH @ HOME

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First Reading: Isaiah 58: 7-10
Responsorial Psalm: Psalm: 112: 4-5,6-7,8-9
Second Reading: 1Corinthians 2: 1-5
Gospel: Matthew 5: 13-16

[Full Readings can be found here!](#)

1. HEAR

Gospel Reflection [Here](#):

Watch a children's Video [Here](#)

2. PRAY

Watch Adult's Video: [Gospel Reflection](#)



In today's readings, we hear about being a light in the darkness. Pray with Jesus today and ask him to transform your heart to be a person of genuine love, joy and peace. Ask Jesus to remove any darkness that blocks you from being loving to our family and friends. Ask Jesus to help you radiate joy and peace to others. Ask Jesus to help you to be a forgiving person. As you pray with Jesus, also thank Him for his sacrifice for us.

Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.

Thank Jesus for the gift of the Sacraments of Reconciliation and Eucharist, knowing that these Sacraments allow you to experience His Divine love and mercy.

At the close of your prayer time with Jesus, recite the Responsorial Psalm again: "The just man is a light in darkness to the upright."

Children:

Today is the Gospel, we hear about being the salt of the earth and the light in the darkness. Pray with Jesus and ask Him to help you be more loving, kind and happy. As you pray with Jesus, draw a picture of all the things you can do to be kind – example: being nice to your siblings, helping with chores at the house, etc. After drawing and praying with Jesus, share your picture with your family.



3. TALK

- Share with your household, family or a friend.
- What is one way you can commit to be "salt and light" to the world this week? If you want share with each other what it felt to be this salt and light to others during the week.