

## 5th Sunday in Ordinary Time

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

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

## 1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? No worries you can find the Gospel reading by clicking [HERE](#).  
(Bishop O'Connell's Gospel Reflection page.)

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). (YouTube, WOG channel, 0:52 min.)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#).  
(YouTube, The Global Gospel channel, 0:49 min.)

## 2. PRAY

In today's Gospel, we hear Jesus' call to become like the salt that flavors and the light that shines. We are invited to be examples of his love and mercy among the darkness that can be found in many situations around us. Invite your family or a friend to pray with Jesus today.

Sit comfortably around a lighted candle and an open Bible (find today's Gospel passage). Begin with the sign of the cross and speak to Jesus from your heart, ask him to transform your heart to be a person of genuine love, joy and peace.

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

Ask Jesus to remove any darkness that blocks you from showing love and care to your family, friends and neighbors. Ask Jesus to help you radiate joy and peace to those you meet every day. Ask Jesus to help you to be a forgiving person, especially with those who have hurt you.

*(If you have children at home, invite them to say their own prayer to Jesus.)*

To close this time of prayer, invite all to recite the Responsorial Psalm: ***"The just man is a light in darkness to the upright."***



## 3. TALK

Looking around the news and what's shared via Social Media, we know that many people are experiencing difficult times in many different areas of their lives. The invitation we hear from Jesus is to put our faith into practice with those who are most in need. **Ask those who are gathered with you, what is one way we can commit to be "salt and light" this week?**

Identify an individual, a family you know, a neighbor, a friend who is experiencing difficulties and brainstorm specific ways how you can provide help and support directly to them. Make a commitment to do this during the course of this week.