

# BREAKING OPEN THE WORD



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February 9, 2014

Fifth Sunday in Ordinary Time

Lectionary: 73

Gospel [mt 5:13-16](#)

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."

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## Spiritual Reflection:

My mother used to use salt for two reasons. The first was to season food to make it taste good but there were times where she would over-salt something like her French fries because she knew that other people would not eat them. Christ does not say you are the salt of the earth or the light of the world if you do this... Instead He declares that we are the salt of the earth and the light of the world by simply us being us. The question is what will we do with this greatness. Will we use it for harm or to make the world a better place.

## Spiritual Questions:

1. What are some of your God given talents that make you stand out?
2. How do use those talents for good?
3. How do use those talents for bad?
4. What talents have you hidden under a bushel basket?
5. How can you help others see their God given dignity?