



5th Sunday in Ordinary Time

Matthew 5: 13-16

Jesus said to his disciples: "You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet.

"You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven."

Some things to think about...

- Do you know why we put salt in the water when we cook vegetables or some people put salt on their food?
- Salt is added mainly to give more flavour to food so that it tastes even better! This means that the disciples, if they follow Jesus closely and follow his call, they will make the world a better place. They need to follow Jesus closely to keep their distinctive character, like salt has a distinctive flavour.
- A light stands out and can be seen. In this way disciples of Jesus are not trying to draw attention to themselves but pointing people towards God so that they too can experience God's love. If people know about the work of the Mini Vinnies, they might want to join the group too!

Activities

- Materials needed: Each student receives a candle and can decorate it with pictures of stain glass windows or a cross etc.. Then turn off the lights in the class room and light up one candle at a time. Show how one light can make a small difference then as you add the candles together the room lights up brighter and brighter.
- Research and give some examples on the use of salt in history and then an example of how we use it today.

Materials needed:

- 1 candle for each child (you may wish to use LED candles)
- permanent markers or paint

Teacher's Notes

Throughout history salt has been a very valuable resource, used to preserve meat. The second important purpose of salt is to season food for flavour. Salt was also a form of currency and was used to heal wounds. Because of the value and versatility of salt, Jesus compared his followers to salt so they would understand their value on Earth. As believers we have been chosen by God as his representatives (salt) on Earth. To be an example of God on Earth and show his goodness so that others would believe and turn to him.

Notes:
