

Good First.

The Fifth Sunday of Ordinary Time



February 8, 2026

OPENING PRAYER

Lord God, You have called us your beloved children and named us salt of the earth and light of the world. Not as an ideal, but as who we already are in you. As we gather, root us again in your love. Free us from the need to draw attention to ourselves, and shape our lives into offerings that reveal your goodness and your glory. When we feel weak or ordinary, remind us that your light still shines through us. Help us live the Beatitudes with trust and courage, so that all we do may give glory to you. Amen.

MATTHEW 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."

CALLING ALL WRITERS, READERS, AND THINKERS!

We're expanding our Small Group Reflection Series team and are looking for thoughtful voices to join us. If you enjoy spiritual reading, writing, editing, or offering meaningful feedback, this is a chance to help shape our small group materials from the ground up and be part of a collaborative, creative process.

If this sounds life-giving or simply sparks your curiosity, we'd love to hear from you. Reach out to KristinaB@StMaryMagdalen.org.

SALT & LIGHT

As we come to the final week of the God First series, Jesus turns from blessing to mission. After naming who we are in the Beatitudes, He now tells us what that life looks like lived out in the world: “You are the salt of the earth... You are the light of the world.” Not like salt and light—you *ARE!* This is not a suggestion or an ideal for a few; it is the calling that flows directly from our identity as children of God.

Salt and light never exist for themselves. Salt brings out the goodness already present; light dispels darkness simply by being what it is. In the same way, Christian discipleship is not about drawing attention to ourselves, but about offering our lives so that God’s goodness and glory can be seen. Like St. John the Baptist, everything we do, our words, our choices, our faithfulness in ordinary moments, is meant to point beyond us to God.

Jesus knows that life will test us. Trials may threaten to dilute our “saltiness” or dim our light, but nothing can take away our capacity to reveal God’s love. Even our weaknesses are no obstacle to God. When we allow Him to work through what feels small, imperfect, or unqualified, His glory shines even more clearly. Remember, even the smallest light in a room full of darkness changes everything.

Living the Beatitudes is how we become salt and light. When we live with mercy, humility, peace, and trust in God, we participate in the kingdom already at work among us, and the world is changed—often in ways we may never see. As this journey of God First concludes, remain rooted in God’s love and confident in His grace. Even in weakness, let your life reflect His light, trusting that God will use your faithfulness to draw others to Himself and make His glory known.

REFLECTION QUESTIONS

- What did you hear in the homily, readings, or reflection this week that stayed with you or challenged you? Why do you think it stood out to you right now?
- Jesus says, “You are the salt of the earth” and “You are the light of the world.” What does it mean to you to hear this as something you already are, not just something you are asked to do?
- Salt and light exist to help others. Where in your everyday life—at home, at work, at school, or in your community—do you feel called to bring goodness, hope, or guidance to others?
- The reflection says that even our weakness does not stop God from working through us. Where do you sometimes feel small, unsure, or not good enough, and how might God be using you there?
- Looking back over the God First series, what is one small but real way you want to live differently so that God is more clearly first in your life?