

## Here's a text if you've only a minute ...

Then shall your light break forth like the dawn.

*First Reading*

A light rises in the darkness for the upright.

*Psalms*

I am the light of the world, says the Lord; whoever follows me will have the light of life.

*Gospel Acclamation*

You are the light of the world.

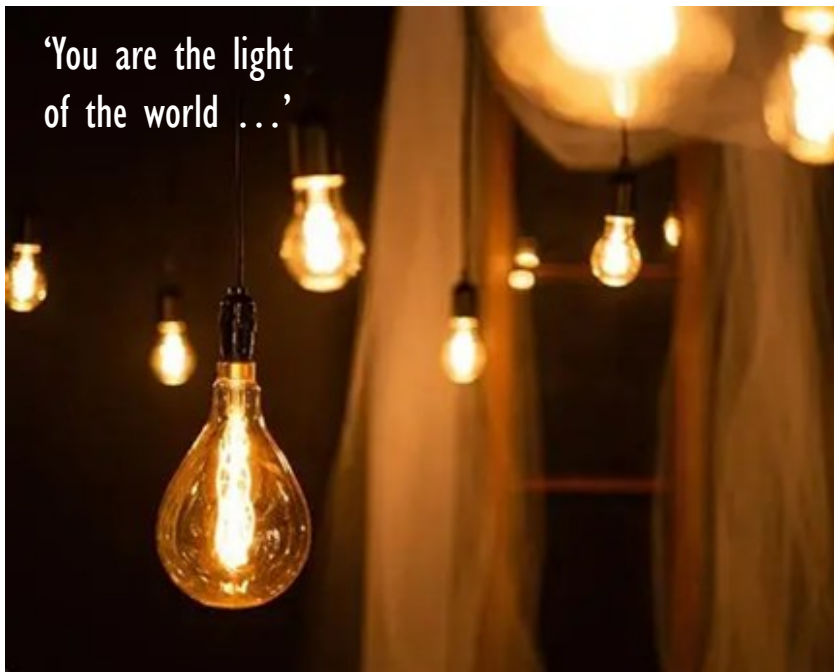
*Gospel*

Father,  
watch over your family  
and keep us safe in your care,  
for all our hope is in you.

*Old Opening Prayer*

This week's texts if you'd like to reflect further:

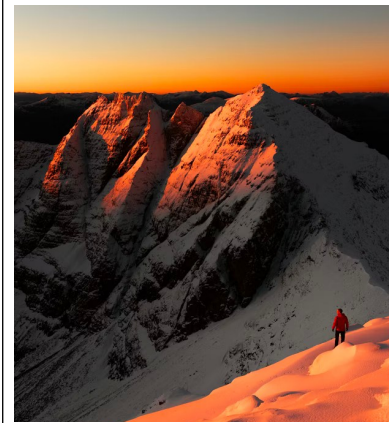
Isaiah 58: 7–10; Psalm 111 (112); 1 Corinthians 2: 1–5; Matthew 5: 13–16



'You are the light  
of the world ...'

If you'd like to receive Prego by email each week, sign up at  
[www.stbeunosoutreach.wordpress.com](http://www.stbeunosoutreach.wordpress.com)

ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



### PREGO LEAFLET

Fifth Sunday in Ordinary Time,  
Year A, 8th February 2026

'Then shall your light  
break forth'

Today's readings encourage us to be bold in our actions.

When we share and welcome those in need, and protect that which builds loving community, we bring God's light into dark places, lifting the gloom of isolation (**First Reading**).

The **Psalms** says that those who imitate God's light will be remembered and honoured forever.

For St Paul, knowledge of Christ crucified was everything – it was the light for his way, and revealed how the power of the Spirit was at work in the world (**Second Reading**).

The **Gospel** reminds us that, in service of the Kingdom, our good works cannot and should not be hidden. By our acts of loving service, we live as salt; by our faithful trust in God's love, we live as light. And all so that God might be glorified.

Let's pray that our coming week might be full of good works, and that through them, God's glory might be revealed.



### Opening Prayer

Keep your family safe, O Lord, with unfailing care,  
that, relying solely on the hope of heavenly grace,  
they may be defended always by your protection.

### First Reading Isaiah 58: 6–10

Thus says the Lord:

Is not this the fast that I choose:

to loose the bonds of wickedness, to undo the straps of the yoke,  
to let the oppressed go free, and to break every yoke?

Is it not to share your bread with the hungry and bring the homeless  
poor into your house; when you see the naked, to cover them,  
and not to hide yourself from your own flesh?

Then shall your light break forth like the dawn, and your healing  
shall spring up speedily; your righteousness shall go before you;  
the glory of the Lord shall be your rearguard.

Then you shall call, and the Lord will answer;  
you shall cry, and he will say, ‘Here I am.’

If you take away the yoke from your midst,  
the pointing of the finger, and speaking wickedness,  
if you pour yourself out for the hungry  
and satisfy the desire of the afflicted,  
then shall your light rise in the darkness  
and your gloom be as the noonday.

How do I feel as I come to prayer today? Am I feeling light and uplifted,  
perhaps with a sense of God close by? Or a bit overburdened, tired and  
gloomy? However I am, I simply acknowledge this before the Lord and then  
gently begin to settle in my usual way.

Though weak, I can still reflect Christ’s light if I rely solely on the power of  
the Spirit of God. So I ask for the help of the Holy Spirit, perhaps by ‘calling’  
or even by ‘crying’ to the Lord.

I read and re-read the words of the prophet, pausing where I feel drawn.  
I ask myself, what is drawing me about this word, this line? I ponder...

God desires a particular type of fast, on behalf of the afflicted, the needy,  
the oppressed, the hungry. Is God’s desire nurturing a desire of my own?  
What is it? I speak to the Lord about whatever is arising in me.

I think of Jesus reading and praying deeply with this text. What desire did it  
awaken in him? I look to his life and ministry seeing, perhaps with new  
eyes, this passage from Isaiah coming alive in him.

I end by thanking him for his light which continues to rise in the darkness.  
*Glory be ...*

### Gospel Matthew 5: 13–16

At that time: 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.’

I take some time to enter that disposition of quiet that will help me hear this  
Gospel text more fully. Then I read it slowly, prayerfully, more than once.

We may have forgotten how precious light and salt were in Jesus’s day.  
Our world is so illuminated that we never have to worry about nightfall,  
and food is so well processed that we don’t even think about salt.  
Yet we need only to turn on the news to know that many are groping and  
stumbling their way through the dark.

We sometimes struggle to taste and savour what is good for us.

Perhaps this Gospel is encouraging me, firstly, to look to Christ, who was  
both light and salt for those around him.

What would it be like to reveal to him the dark corners of my life and any  
areas that have lost their taste?

Now, I might ponder the qualities of the one who walks in the light; the  
fruits of one who brings rich flavour to life.

Who is a person of light and salt for me today?

Finally, I might ask, how might I bring colour and taste to my family, my  
work, my community?

In what ways can I heal, nurture growth and preserve what is good?

When ready to end, I make a slow sign of the cross.