



# **‘Worship at home’**

## **February 8<sup>th</sup> 2026**



We come to worship God  
who calls us to shine light, love and truth  
to those around us, in all of who we are and what we do.  
Today, you might bring with you a  
**small container of salt** to aid your prayer time.

### **Opening**

We are called to bring a new understanding of God:  
that God so loves the world.

**We are the salt of the earth.**

We are called to bring a new hope in God:  
that God gives us new life.

**We are the light of the world.**

We are called to follow  
the commandments and the law.

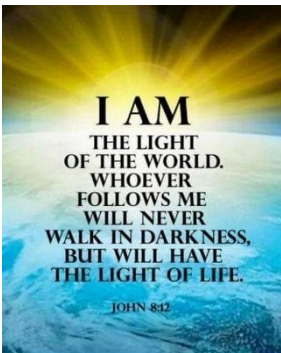
**The Law of God is to love God  
and to love one another.**

Come, let us be the salt of the earth,  
the light of the world.

**Come, let us love one another  
with the love of God.**

**Let us join together in our love of God  
to worship and follow Jesus.**

*~ written by Rev Mindi*  
<http://rev-o-lution.org/>



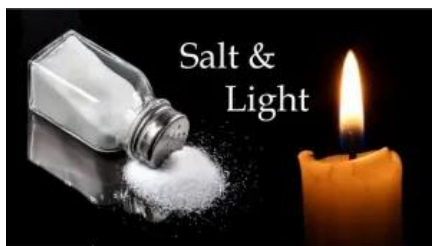
In this season of Epiphany, we reflect on the many ways in which God is revealed in our world. We celebrate the ongoing presence of Christ with us, bringing light and hope to our world. This is the Christ whom we are called to follow, and we are called to shine light to others, that they too may come to know the fullness of Christ's light and love and life. We are called to make a difference.

## **Matthew 5:13-20**

*"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot. "You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. "Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them. For truly I tell you,*

*until heaven and earth disappear, not the smallest letter, not the least stroke of a pen, will by any means disappear from the Law until everything is accomplished. Therefore anyone who sets aside one of the least of these commands and teaches others accordingly will be called least in the kingdom of heaven, but whoever practices and teaches these commands will be called great in the kingdom of heaven. For I tell you that unless your righteousness surpasses that of the Pharisees and the teachers of the law, you will certainly not enter the kingdom of heaven.*

*New International Version*



Light and salt are ordinary, everyday things. We might not even notice they are present... until they are not... and then we notice their absence. They make a difference, not by anything remarkable they do, but by their

very nature. We too are called to make a difference, not always by our remarkable deeds, but by who we are as we live as followers of Christ.

**What does the phrase 'salt of the earth' mean for you?**

**What type of people would you describe as  
'salt of the earth'?**



**Reflect on your container of salt.**

**Place a little on your tongue...  
how does it taste?**

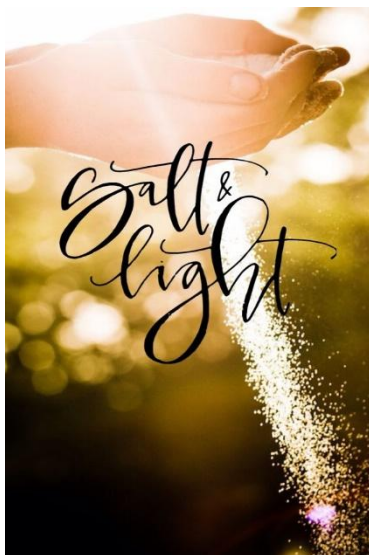
**Reflect on the many uses of salt.**

- Enhance flavour – a little, but not too much, makes food taste better.
- Preservative – to prolong the life of food, and preserve its goodness.
- Item of value and worth - in biblical times, salt was used as a unit of exchange, given as payment for work done. The word 'salary' comes from 'salt money'.
- Cleansing and healing for wounds.
- Useful in refining some metals, tanning leather, softening water, making rubber and latex, bleaching wood pulp in the paper making industry, amongst others.
- Essential component of life, necessary for our survival.

**What do you think Jesus meant when he called his followers to be salt of the earth?**

Salt and light make a difference by the nature of their substance. As followers of Jesus, we too make a difference by who we are, as the light of God's love shines from within us.

*Salt and light are only useful when they enhance something else. We, as followers of Jesus, fulfill our roles as disciples when we flavour the earth and illuminate the world with our actions and words that ultimately point to Christ.*



## Prayer

Lord Jesus, you have called your followers to be  
‘light to the world.

Light propagates itself, dispelling darkness.  
It sows rays of joy and hope. It is life-giving.

Help me, Lord, to be a light to this world,  
so that my life radiate your message of love, hope, and joy.  
May I be the beacon leading to You those who seek truth.

You also called your disciples to be  
‘salt to the earth’.

Salt gives taste to food.

It retards spoilage.

It is also a healing agent.

Lord, may I be the salt  
that enhances the flavour of life,  
that preserves goodness and love,  
that brings compassionate healing  
to anguished souls I encounter.

Lord, help me to be "worth my salt,"  
and infuse your "saltiness" in me,  
so that I do not become "flat" and useless.

~ adapted from a longer prayer posted on **Catholic Online**  
<https://www.catholic.org/prayers/prayer.php?p=829>



## Closing

May our love be like salt  
that makes life  
tasty and worthwhile.

May our Christian living be a light  
to those who live in darkness.

May our Christian communities  
be cities of light to be seen from  
afar as signs that God lives and works in God's people.

Go now, and let the light of Christ shine  
on all those who live around you.

**Amen.** ~ adapted from Liturgy Alive <http://www.bibleclaret.org/liturgy/CycleA/>

