

Read the following passage four times.

- The first reading, simple read the scripture and pause for a minute. Listen to the passage with the ear of the heart. Don't get distracted by intellectual types of questions about the passage. Just listen to what the passage is saying to you, right now.
- The second reading, look for a key word or phrase that draws your attention. Notice if any phrase, sentence or word stands out and gently begin to repeat it to yourself, allowing it to touch you deeply. No elaboration. In a group setting, you can share that word/phrase or simply pass.
- The third reading, pause for 2-3 minutes reflecting on "Where does the content of this reading touch my life today?"
 Notice what thoughts, feelings, and reflections arise within you. Let the words resound in your heart. What might God be asking of you through the scripture? In a group setting, you can share your reflection or simply pass.
- The fourth reading, pause for 2-3 minutes reflecting on "*I believe that God wants me to today/this week.*"
 Notice any prayerful response that arises within you, for example a small prayer of gratitude or praise. In a group setting, you can share your reflection or simply pass.

Reading

2 Cor 1:18-22

Brothers and sisters:

As God is faithful, our word to you is not "yes" and "no." For the Son of God, Jesus Christ, who was proclaimed to you by us, Silvanus and Timothy and me, was not "yes" and "no," but "yes" has been in him. For however many are the promises of God, their Yes is in him; therefore, the Amen from us also goes through him to God for glory. But the one who gives us security with you in Christ and who anointed us is God; he has also put his seal upon us and given the Spirit in our hearts as a first installment.



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Responsorial Psalm *R. Lord, let your face shine on us.*

Ps 119:129, 130, 131, 132, 133, 135

Wonderful are your testimonies; therefore I keep them.

R. Lord, let your face shine on us.

The revelation of your words sheds light, gives understanding to the simple.

R. Lord, let your face shine on us.

I sigh with open mouth, yearning for your commandments.

R. Lord, let your face shine on us.

Turn to me and be gracious, according to your judgment for those who love your name.

R. Lord, let your face shine on us.

Steady my feet in accord with your promise; do not let iniquity lead me.

R. Lord, let your face shine on us.

Let your face shine upon your servant; teach me your statutes.



R. Lord, let your face shine on us.



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Alleluia

R. Alleluia, alleluia.

Let your light shine before others that they may see your good deeds and glorify your heavenly Father. **R. Alleluia, alleluia.**

Gospel

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."

Mt 5: 13-16

Mt 5:16