



WORD OF THE WEEK

Jesus said to his disciples: “You are like salt for everyone on earth. But if salt no longer tastes like salt, how can it make food salty?

All it is good for is to be thrown out and walked on.

You are like light for the whole world.

A city built on top of a hill cannot be hidden, and no one would light a lamp and put it under a clay pot.

A lamp is placed on a lamp stand, where it can give light to everyone in the house.

Let your light shine, so that others will see the good that you do and will praise your Father in heaven.”

Matthew 5:13-16

Something to talk about...

- Why do you think Jesus uses the symbols of salt and light in this week’s scripture passage?
- Who or what brings light into your life?
- In what ways can we be salt and light to others?



“No one lights a lamp and then hides it...

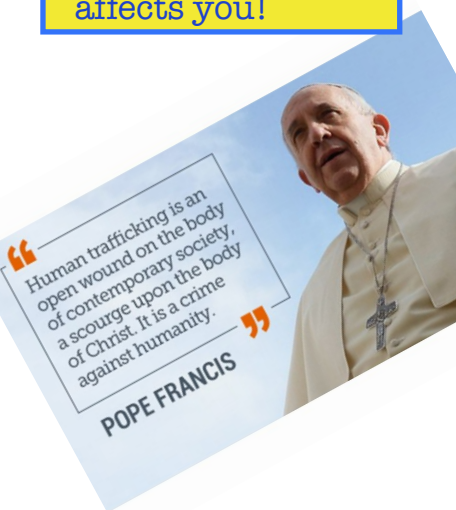
Instead, a lamp is placed on a stand, where its light can be seen by all...” **Luke 11:33**

let your light shine



WHAT'S ON THIS WEEK?

WEDNESDAY is the World Day of Prayer for Victims of Human Trafficking. Remember in your prayers today all those who are caught up in trafficking and modern day slavery, those who sadly don't have the opportunity to let their light shine. Visit www.endslaverynow.org to find out how modern day slavery affects you!



Let your light shine!

"Let your light so shine before men, that they may see your good works, and glorify your Father which is in Heaven." Matthew 5:16



Something to think about...

We all have our own special light. Inside each of us is the gentle glow of who we are, where we've come from and where we're going. This 'light' within us can represent several things. It can be our soul, our innate goodness, the glow of inner joy, our compassion, our love and courage, our life force, and more. So, how do we celebrate and share our inner light with others, and make it glow even brighter? Taking a moment to reflect each day can help us think about the decisions we've made – or that we're about to make – and it can help us to discover the positive changes we need to make in our lives. If you only make one change, consciously showing appreciation and gratitude to the people around you is a great place to start. This gratitude then reassures and supports others – hopefully bringing light into their lives. So nurture your light – and share it with those around you – and maybe make the world a little brighter.

SOMETHING TO DO

As a form try this short reflective exercise, which is designed to help you to be in touch with the inner light which is aglow inside of you...

- 1) **Relax.** Make yourself comfortable and close your eyes, breathe deeply...slowly bring your focus to yourself.
- 2) **Relive.** Take yourself on a journey back through the events of the past hour. What did you do? Who did you see? Focus deeply...
- 3) **Reflect.** Think about how you felt: What made you happy? What brought you unhappiness? Was there any conflict? What could have been better? Trust your instincts, which will help you improve your emotional intelligence, too.

Prayer for the week...

Loving Father, You created us to shine, to let the light of your love show in all we do and say. Help me always to recognise in myself the light of your Risen Son, who lives and reigns for ever and ever. Amen

