



Sunday 8 February 2026  
5th Sunday in Ordinary Time  
Matthew 5:13-16

## In the GOSPEL TODAY

### BE HAPPY!

#### Shining light

What sort of light will you be?  
People around me will SEE me...



### A PRAYER TO SAY

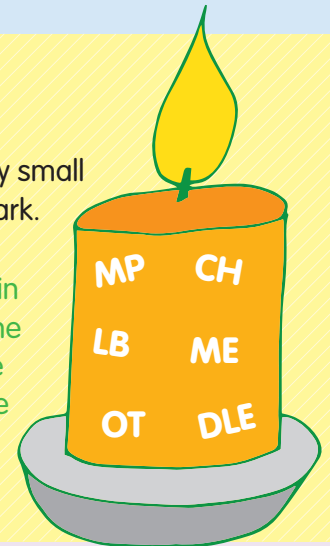
Help me, Jesus, to shine like a light in the world so that everyone will know how much you love them. Amen.

Jesus wants us to be like light and salt for other people. Light and salt make things better. When we do good things and make the world better, people see Jesus' love in action.

#### Lights

In Jesus' day there were only small lamps to see by in the dark.

Match up the beginnings of words in the first candle with the ends of words in the other candle to make words that go with **LIGHT**



#### Good work

Many people around you do good work. Can you match the person with the good work that they do?



Heals the sick

Teaches others

Keeps the law

Feeds people

#### A good puzzle

How many times can you find the word **"GOOD"** in the word search below?

times

G	O	O	D	G	D
O	O	G	O	O	D
O	D	O	G	O	G
D	G	O	D	D	O