

Worthing Deanery Prayer

The theme of this week 6th February 2017.

Light



Reflection

The theme of the gospel on 5th February tells us about Jesus who was speaking to his disciples about their mission in Palestine. He tells them that they are like **salt** and **light**. What does this mean? Well, salt is very important in cooking and for our health; a little drop can totally flavour our food but if **salt** loses its taste then it is worthless and we throw it away. Jesus said that the Twelve were to be like '**light**' to the world around them in showing God's message of love. A small pinch of **salt** and the **light** from a small candle flame can be powerful symbols. We are also being told by Jesus that we too must let our love, care, concern, time, patience, understanding, fairness and **light** be visible, seen and real to those around us in our school, our home and our communities. Jesus tells us that "your light must shine for all people to see, so that, seeing your good works, people will give praise to God in heaven." (Matthew 5: 16) So this week I have a question and task for all of you: **can you be a shining light for those you meet this week in your school, with your friends and at home with your parents and carers?**

Prayer

"I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life." (John 8: 12)

Lord Jesus, help us to be a shining light in our everyday. Amen.

From the bible

"You are the light of the world."

Matt 5: 14