



ST. MARY CHURCH
OF THE IMMACULATE CONCEPTION



stjv ST. JOHN VIANNEY
CATHOLIC CHURCH

WEEK 4 - February 8-14, 2026

*After proclaiming the Beatitudes, Jesus tells His disciples who they are called to be: **salt and light**. He does not say, “Try to become salt and light,” but “You are.” To be hooked on Jesus means allowing the transformation He works within us to be visible.*

OPENING PRAYER

Heavenly Father,

You call us to be the salt of the earth and the light of the world.
As we gather, open our hearts to Your Word
and help us to live our faith with humility and courage.

May Your Spirit guide us,
so that our lives reflect Your love
and give glory to You in all things.
We ask this through Christ our Lord.

Amen.

THIS WEEK'S SCRIPTURE READINGS

[CLICK HERE TO READ THIS WEEKEND'S READINGS](#)

THEME: To be hooked on Jesus means allowing the transformation He works within us to be visible.

- **First Reading:** We are reminded that when participate in works of mercy, we share the light of Christ.
- **Gospel Reading:** Jesus reminds us who we are: “You are the salt of the earth... You are the light of the world.”

GOSPEL INSIGHTS

After proclaiming the Beatitudes, Jesus tells His disciples who they are called to be: salt and light. He does not say, “Try to become **salt and light**,” but “You are.” At our baptism, we receive this light of Christ. This light doesn’t even burn out, even if we try to hide it. We share this light of Christ - with all those who have gone before us and received the light of baptism.

To be hooked on Jesus means allowing the transformation He works within us to be visible. Salt enhances flavor and preserves; light reveals, guides, and offers hope. Think of the child who is “afraid of the dark.” What hope can be given by offering a nightlight? When we live the Beatitudes, our lives naturally point others toward God offering that Hope. Jesus reminds us that our faith is never meant to be hidden or private. Our words, choices, compassion, and integrity become ways God’s light reaches the world. How can we “Be the light” in our workplaces? Homes? Communities? Our faith isn’t something to be lived out just on Sundays, but during the liturgy we are “sent forth” into the world to be the “Salt” and to be the “Light”. Our actions should reflect that we are followers of Christ in the way we live. Do we live “Set apart” or do we live like everyone else? Do we live as a people of Hope?

QUESTIONS FOR REFLECTION AND DIALOGUE

Take some time to reflect on this week's message and discuss with your group:

1. What does it mean to you that Jesus says, "You are the salt of the earth" and "You are the light of the world"? Which one resonates with you more?
2. Where in your life do you feel called to bring light right now—at home, work, or in your family/community? How can you small group work together to be the "light"?
3. What can cause us to "hide our light" or lose our "saltiness"? How do fear, comfort, or distractions play a role for you in hiding your light?
4. Why is humility important in being a follower of Jesus?
5. Who has been salt or light in your life, and how did their faith make a difference?

SCRIPTURE FOR MEDITATION

Your light must shine before others, that they may see your good deeds and glorify your heavenly Father. — **Matthew 5:16**

"He has showed you, O man, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?" — **Micah 6:8**

"So faith by itself, if it has no works, is dead." — **James 2:17**

PRAY

- Ask God for the grace of humility
- Begin each day by praying:
"Lord, help me be salt and light today."
- *Pray by name for someone who needs hope, guidance, or encouragement.*

ACT

- Invite a person to join us for our Lenten series: "Catholic Atheist"
- Work on an intentional plan for Lent- and write it down.
- **"Feed the hungry" by bringing a food item to Mass next weekend**

INSPIRE

- Ask yourself: Who can I be the "light" for this week?
- Try to notice those who may be overlooked or overburdened
- Send a note of encouragement to someone struggling

INTERCESSIONS FOR THE GROUP

Take some time to pray together for the persons or people on the Hearts of your small group members.

CLOSING PRAYER

Lord Jesus,

Thank You for calling us to be salt and light in the world.

Give us the courage to live our faith each day with humility, love, and trust in You.

As we go forth, help our words and actions reflect Your goodness

and lead others closer to the Father.

We ask this in Your holy name.

Amen.